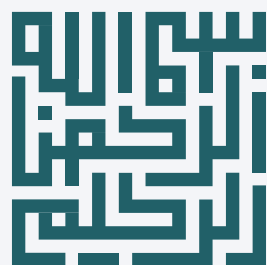


الاتحاد
السعودي
للمصارعة
SAUDI WRESTLING



Wrestling Technical Regulations for Private Clubs



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3	Equipment
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A/ Technical Requirements



1. Coaches

- 1.1** The coach should be a holder of a certified coaches certificate recognized by the Saudi Wrestling Federation or the United World Wrestling or the Olympic Solidarity certificates for the Wrestling Coaches Courses

Courses supervised by the Leadership Development Institute (LDI):

- Wrestling Coaches Course (Introductory)
- Wrestling Coaches Course (Intermediate)
- Wrestling Coaches Course (Advanced)

Courses supervised by the United World Wrestling (UWW):

- Wrestling Coaches Course (Level 1)
- Wrestling Coaches Course (Level 2)
- Wrestling Coaches Course (Level 3)
- Wrestling Coaches Course (Level 4)

Courses supervised by the Olympic Solidarity for Wrestling Coaches

- 1.2** For the Non-Saudi coaches we can consider also the holder of the coaches courses certificates recognized by his National Federation Certificate should be legalized.

Also we can consider the graduates of the faculties of physical education, training division (wrestling specialization), or a membership card in the sports professions unions (Training Division - wrestling specialty)

2. Facilities

- 2.1** The facility must contain a hall suitable for wrestling practice
(An open space that can accommodate a full wrestling mat for training purposes
Size: 12 x 12 meters, 10 x 10 meters 8 x 8 meters, with the hall area being between 64 and 144 square meters as a minimum)
- 2.2** A complete wrestling mat for training according to the approved sizes for training mats (12 x 12 meters), (10 x 10 meters) or (8 x 8 meters)
If the dimensions of the hall differ from the sizes of the official training mats, the entire space should be covered with wrestling mattresses.
- 2.3** The necessity of having a protection area around the wrestling mat that does not contain any solid materials, any tools, glass, or anything sharp inside the wrestling training hall. Especially around the wrestling training mat to protect against injuries
If there are walls close to the training mat, it is necessary to cover the bottom of the walls with compressed foam to protect wrestlers from possible injuries.
- 2.4** The facility must have changing rooms, bathrooms and showers attached to the training hall and a gym or some tools for physical preparation.

Appendix A

A photo for a wrestling training hall, as a model



3. Equipment

- 3.1** It should be a specialized wrestling mat for training purposes, inside the wrestling training hall.
(Wrestling mat is the minimum equipment required by the facility)
(Wrestling mat made of compressed foam, 5 cm or 6 cm high)
- 3.2** Not mandatory - it is preferable to have some tools to aid training, such as (dummies), ropes, parallel bars, etc.
- 3.3** The club should provide the specialized sports clothing for wrestlers to practice wrestling
(Specialized wrestling singlets + specialized wrestling shoes) - according to the technical specifications of the UWW

4. Safety

- 4.1** Upon acceptance of the player, the player is required to submit a medical examination stating that the participant is medically fit and the club is held the full responsibility for that.
- To obtain it, please fill out the following form (player form): <http://sfsm.org.sa/mos20>
 - Then fill in the following form (hospital / clinic form): <http://sfsm.org.sa/mos10>
- 4.2** Having a certified physiotherapist for the team or a valid contract with a clinic from the Saudi Federation for Health Specialties. In the event that a specialist is available but not accredited, one can apply for accreditation by filling out the following form by the Saudi Federation for Sports Medicine (SFSM) <http://sfsm.org.sa/mos30>
- **** If needed, SFSM provides a list of physiotherapists. To request, please click on: <http://sfsm.org.sa/mos40>
- 4.3 First Aid** - Provide first aid kit with adequate equipment as it's stipulated here <http://sfsm.org.sa/mos70> as per SFSM's minimum standards, and to have an ambulance car during games & tournaments (if available).
- **** For your convenience, we have prepared a ready-made first aid kit, to obtain it please click on the below:
<http://sfsm.org.sa/nafes/>
- ✓ **Small Bag:** SAR 12,650 (up to 50 persons)
 - ✓ **Large bag:** SAR 14,375 (up to 100 persons)
- 4.4 Fire alarm system according to the requirements of the Civil Defense**

4. Safety

- 4.5 Approval of the facility from the civil defence and the municipality.
- 4.6 The facility must abide to the health regulations and protocols issued by the Ministry of Health, the Ministry of Sports and the Saudi Game Federation.
- 4.7 The Federation checks the safety of the mat every year to ensure that there are no risks that may cause harm and maintains reports, reviews the commitment of the establishment owner and affects the renewal of membership.
- 4.8 Maintenance of the facility and safety devices must be carried out periodically or in the event of any damage to ensure the facility remains safe.
- 4.9 Upon acceptance of the wrestler, the club is required to submit a medical examination stating that the participant is medically fit, and the club bears full responsibility for that.
- 4.10 Attention must be paid to beginners and children and not mixing them with youth, by separating training times for each age group.
For example: the training period for young people from 4-6 in the evening and youth and adults from 6-8 in the evening.

5. Competition

5.1 The Saudi Arabian Olympic Committee and Federations issues the conditions and instructions regulating the internal and external participations, whether in training camps, tournaments or competitions, and circulates them to the sports federations to work in accordance with them.

B/ Administrative Requirements



6. Membership

6.1 Conditions for membership of the club in the federation:

To obtain membership in the federation, the party that wants to join must apply to the federation, after that the executive management will review the application to make sure that it is completed before it is submitted to the board of directors, and the issue of the decision does not exceed thirty days. In addition, the following must be attached to it:

6.1.1 A statement of the names, qualifications and experiences of the technicians and supervisors of the activity and the game

6.1.2 A statement containing the existing facilities, stadiums and equipment.

6.1.3 Acknowledgment of compliance with the regulations, decisions issued by the Federation.

6.1.4 Receipt of payment of the prescribed fee for joining the Federation

6.1.5 Any requirements which the Association considers necessary.

6.2 The board of directors study the request and issues its decision within thirty days from the date the request was submitted by the executive management of the federation.

6.3 The membership applicant is considered a member of the Federation from the date of the Board of Directors' decision.

6.4 Membership is renewed annually after obtaining the technical approval of the Federation.

7. Fees

7.1 The annual membership fee for Wrestling is as follows:

- The financial fee for the applicant for the new club license is free for the first year, and 5,000 five thousand Saudi riyals for the second year
- The financial fee for the applicant license is 10,000 ten thousand Saudi riyals starting from the third year
- The financial fee for the applicant for a license for the currently existing clubs, an amount of 10,000 ten thousand Saudi riyals
- The license is renewed annually with payment of the fees

8. Violations & Penalties

8.1

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		Lorem Ipsum	Lorem Ipsum	Lorem Ipsum
			Lorem Ipsum	
1	In the event that the conditions and instructions of the Federation are not implemented	A warning is directed not to repeat the violation	A fine of 5,000 riyals	The club to be suspended and prevented from participating until the end of the sports season
2	Failure to comply with safety standards	A warning is directed not to repeat the violation	A fine of 5,000 riyals	The club to be suspended and prevented from participating until the end of the sports season
3	If the specifications of the club's wrestling training hall are violated	A warning is directed not to repeat the violation	The club's activity will be frozen and it will not be allowed to participate in the Federation's activities until the problem is resolved	The club to be suspended and prevented from participating until the end of the sports season
4	In the event that the club or one of its athletes or employees violates the conditions of the tournaments while participating	The sanctions regulations approved by the Saudi Wrestling Federation will be applied	The sanctions regulations approved by the Saudi Wrestling Federation will be applied	The sanctions regulations approved by the Saudi Wrestling Federation will be applied

THANK YOU