



CISM

International Military Sports Council

CISM Sports Committee Wrestling

Rules and Regulations

English Edition 2026

CISM WRESTLING COMPETITIONS REGULATIONS

(JAN, 2026)

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General

The art of wrestling dates back to ancient times and it has been popular ever since its beginning. For centuries in ancient Greece and Rome wrestling was honored, respected, admired and praised people were the followers of this noble sport.

Wrestling is a sport of which the existence dates back to the origin of civilization. In 1938 an archaeological expedition in Mesopotamia found a bronze figurine depicting two wrestlers in temple ruins at Kyafaji, near Baghdad.

At the beginning of the Christian era, wrestling was a sport that was reserved for kings, princes and their guests. Celebration established by the kings included wrestling matches. Many monarchs, who prided themselves on their powerful armies, were equally proud of having wrestling champions among their subjects.

The North American Indians made a sport of wrestling long before Christopher Columbus cast off in 1492. The first Spanish settlers wrestled, as well as, the English, the Dutch and the French in Canada.

The Olympic Games gave wide impetus to the sport of wrestling. The styles and rules of this sport vary from country to country depending upon culture and the athletic environments, which is why there are different wrestling styles.

The first CISM Wrestling Championship was organized by the Turkish delegation at Istanbul in 1961, followed by Iran in 1962 and the Arab Republic of Egypt in 1963. After an interruption that lasted until 1970, Greece organized a CISM championship in 1971, and they continued to be contested annually as military operations permit.

The championship should be held preferably in accordance with the World Wrestling Union (UWW) Calendar.

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1. UWW

CISM Wrestling events (such as the CISM World Military Championship and the CISM Military World Games) are conducted in accordance with the rules and regulations of the United World Wrestling federation (UWW). Exceptions apply when specified in these CISM Sports Committee Wrestling Regulations. Additional exceptions may be granted in consultation with the President of the CISM Sports Committee Wrestling (PCSC Wrestling).

All participants will be informed of any changes during the technical meeting. Such changes may also be communicated by means of a communiqué or through specific event regulations.

2. Organizing Country and Organization

The objective is to organize at least one CISM Wrestling Championship annually in the three Olympic wrestling disciplines.

While Championships may be organized exclusively by the military, it is strongly recommended that civilian Organizing Committees be involved, as they can provide essential technical and logistical expertise.

The Organizing Country must contact the PCSC to discuss all details. This includes technical matters (for example, the competition and training venues) and logistics (for example, lodging and transport). If necessary, a pre-event visit by a member or members of the CISM Sports Committee Wrestling (CSC) may be organized in consultation with the Organizing Country.

Close cooperation with the respective National Federation is encouraged.

For practical guidance, a brief checklist is provided in Annex A.

3. The CISM Wrestling event

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3.1 Series

As a general rule the CISM wrestling championships are organized each year, under the auspices of the Military Sports Council. A country that has been appointed to organize a CISM World Military Wrestling Championship has to include at a minimum, men's Freestyle and Greco-Roman competitions. Military World Championships usually take place between the 1st of September and the 15th of December, except in those years when the Olympic Games take place. In this case, the dates are arranged in agreement with the participating countries.

3.2 Titles of the CISM Wrestling event

Official CISM Wrestling Championships are numbered in chronological order.

4. Competitions

4.1 Participation criteria

All competitors must have a valid passport and a military ID from the country they are representing with a clear photo. The licenses and IDs will be checked at the Technical Meeting.

4.2 Weight Categories

Will be contested in the categories designated by UWW for the current year's World Championships. Weight categories during single WMWC is ten (10) per each discipline and during Military World Games, six (6) Olympic categories per each discipline.

4.3 Teams

Each country is represented either by three teams (GR, FS, WW) at full strength or by one or several individuals. There will be a maximum entry of one athlete per weight category. The names of each of the competitors are confirmed during the preliminary meeting and are finalized at the weigh-ins. CISM strongly encourages all host nations to include a women's division.

5. Participation-Composition of the Mission

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5.1 World Military Wrestling Championship

A country's delegation that is participating in the World Military Wrestling Championships may be composed of a maximum of 37 people. The breakdown for the composition of a participating country's delegation is as follows:

Number of Wrestlers	1-3	4-10	11-30
Chief of Mission	1	1	1
Team Captain	-	1	1
Coaches	1	2	3
Referees*	-	1*	1*
Extra/Doctor	1	1	1
Total	4-6	10-16	18-37

5.2 World Military Wrestling Games

A country's delegation that is participating in the World Military Games Wrestling Championships may be composed of a maximum of 25 people. The breakdown for the composition of the participating country's delegation is as follows:

Number of Wrestlers	1-3	4-10	11-18
Chief of Mission	1	1	1
Team Captain	-	1	1
Coaches	1	2	3
Referees*	-	1*	1*
Extra/Doctor	1	1	1
Total	4-6	10-16	18-25

*Referees according to UWW rules:

- Minimum number to avoid being penalized
- Each referee must present his/her valid current UWW license.

6. Scoring and Classification

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6.1 Team Placement

There will be competitions to determine a team champion for each wrestling discipline; GR, FS, and WW. Team placing will be according to the international UWW regulations.

6.2 Individual Placement

Each weight class will be contested and awards will be given according to UWW rules.

7. Calendar of the Competitions

7.1 Example Program for World Military Wrestling Championship

1st day

- *Arrival of the missions*

2nd day

- *Training*

- *Preliminary meeting and CISM press conference*

- *At Large technical and referees meeting*

- *Draw of bouts*

3rd day (1st competition day)

- *Medical control and weighting for FS (57, 65, 70, 74, 92kg) and WW (50, 55kg)*

- *Qualification and Repechage rounds for FS (57, 65, 70, 74, 92kg) and WW (50, 55kg)*

- *Opening ceremony before competition*

- *Medal matches and awards for FS (57, 65, 70, 74, 92kg) and WW (50, 55kg)*

4th day (2nd competition day)

- *Medical control and weighting for FS (61, 79, 86, 97, 125kg) and WW (53, 59, 65, 72kg)*

- *Qualification and Repechage rounds for FS (61, 79, 86, 97, 125kg) and WW (53, 59, 65, 72kg)*

- *Medal Matches and awards for FS (61, 79, 86, 97, 125kg) and WW (53, 59, 65, 72kg)*

5th day (3rd competition day)

- *Medical control and weighting for GR (55, 63, 72, 82, 97kg) and WW (57, 62, 68, 76kg)*

- *Qualification and Repechage rounds for GR (55, 63, 72, 82, 97kg) and WW (57, 62, 68, 76kg)*

- *Medal Matches and awards for GR (55, 63, 72, 82, 97kg) and WW (57, 62, 68, 76kg)*

6th day (4th competition day)

- *Medical control and weighting for GR (60, 67, 77, 87, 130kg)*

- *Qualification and Repechage rounds for GR (60, 67, 77, 87, 130kg)*

- *Medal Matches and awards for (60, 67, 77, 87, 130kg)*

- *Awards ceremonies*

- *Closing ceremonies, banquet and exchange of gifts*

7th day

- *Cultural Tour*

8th day

- *Departure of missions*

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7.2 Example Program for World Military Wrestling Championship during Military World Games

1st day

- Arrival of the missions

2nd day

- Training

- Preliminary meeting and CISM press conference

- At Large technical and referees meeting

- Draw of bouts

3rd day (1st competition day)

- Medical control and weighting for FS (57, 74, 97kg) and WW (50, 57kg)

- Qualification and Repechage rounds for FS (57, 74, 97kg) and WW (50, 57kg)

- Opening ceremony before competition

- Medal matches and awards for FS (57, 74, 97kg) and WW (50, 57kg)

4th day (2nd competition day)

- Medical control and weighting for FS (65, 86, 125kg) and WW (53, 62kg)

- Qualification and Repechage rounds for FS (65, 86, 125kg) and WW (53, 62kg)

- Medal Matches and awards for FS (65, 86, 125kg) and WW (53, 62kg)

5th day (3rd competition day)

- Medical control and weighting for GR (60, 77, 97kg) and WW (68, 76kg)

- Qualification and Repechage rounds for GR (60, 77, 97kg) and WW (68, 76kg)

- Medal Matches and awards for GR (60, 77, 97kg) and WW (68, 76kg)

6th day (4th competition day)

- Medical control and weighting for GR (67, 87, 130kg)

- Qualification and Repechage rounds for GR (67, 87, 130kg)

- Medal Matches and awards for GR (67, 87, 130kg)

- Awards ceremonies

- Closing ceremonies, banquet and exchange of gifts

7th day

- Cultural Tour

8th day

- Departure of missions

8. Technical Jury

8.1 Composition

The Technical Jury is composed exclusively of active or retired military personal that are particularly skilled in matters pertaining to wrestling.

The President of CISM Sport Committee appoints the President and members of the Technical Jury during the preliminary meeting from the technicians attending the

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championship with a special knowledge of the appropriate sports matters and regulations. The President of the CISM Wrestling Committee serves as the chairman.

Under no circumstance may any member of the Technical Jury belong to the organizing committee.

The CISM Wrestling Committee shall add up to four (4) other members, chosen among the missions for the duration of the competition, who are skilled and knowledgeable in the sport of wrestling to serve as a Technical Jury.

The Technical Jury controls and ratifies the results. It hands over to the Official CISM Representative for transmission to the General Secretariat all originals of the protests as well as the decisions taken.

8.2 Functions

- ✓ Assures that competitors are currently active-duty military members for their respective country by confirming a military ID card or an issued country passport which indicates that the competitor is in the military. If such documents are not available then the Chief of Mission for the respective country must sign a waiver stating that the individual is actively serving in their country's military. This document will then be sent to their country's CISM representative for confirmation.
- ✓ Assures, before the competition, that the facilities meet the requirements of the CISM and UWW regulations.
- ✓ Assures that the wrestlers are matched according the results of the lots that have been drawn;
- ✓ Assures that UWW and military regulations are strictly respected during the matches;
- ✓ Records the objections. All objections are written down and are signed by the Chief of Mission;
- ✓ Gives a ruling on all objections except those concerning decisions taken by the judges and the jury during matches.
- ✓ Checks and ratifies the results.

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9. Titles and Awards

9.1 Title of the Championship

“XX..th World Military Wrestling Championship” (Logo CISM)

9.2 Prizes and Awards

The sponsoring country is responsible for and will present medals and awards to:

- ✓ To the winner of each weight category: the CISM gold medal and the champions’ certificate.
- ✓ To the wrestler who came second in each weight category; the CISM silver medal.
- ✓ To the wrestler who came third in each weight category; the CISM bronze medal (2 bronze medals)
- ✓ To the top three countries in each wrestling discipline. (Ref 4.3.1)
- ✓ A “Fair Play,” award will be given to an athlete or team that demonstrates the best sportsmanship.
- ✓ Other possible awards are given on the sponsoring country's initiative (cups, medals, memento).

10. Anti-Doping Control

10.1 Among the wider public, doping is often understood to be the use of prohibited substances and methods. But there is a variety of other offenses, for example possession and trafficking in prohibited substances, or refusing to undergo doping testing procedures.

10.2 CISM takes great importance on maintaining a fair and clean sports environment. Because doping undermines the fundamental values of sport, such as health, fairness, commitment, integrity, and equal opportunities, it is strictly forbidden within CISM and Wrestling.

10.3 The rules governing clean sport are established at the international level by the World Anti-Doping Agency (WADA). The International Sports Federations (e.g. UWW), National Anti-Doping

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Organizations, National Olympic Committees, and Major Event Organizers such as CISM, which have signed up to the WADA regulations are then legally bound by them.

10.4 In the CISM Regulations, Chapter IX is devoted entirely to anti-doping regulations, based on the overarching, prescriptive and most current WADA guidelines and standards.

10.5 The Prohibited List is a list of prohibited substances and methods. The updated list is published annually by WADA on January 1st. More detailed information must always be gained from WADA's website.

10.6 There are situations in which a judoka needs to take a prohibited substance or use a prohibited method, as specified by the Prohibited List, for health reasons. The anti-doping rules therefore stipulate therapeutic use exemptions, or TUE for short. The TUE Application procedure can be found on CISM's website.

10.7 At every CISM Wrestling event designated as a World Championship or part of the World Military Games, doping control is mandatory. Tests may be conducted randomly or based on ranking, in full accordance with WADA and CISM anti-doping regulations.

10.8 The document that regulates the total number of anti-doping tests and which substances to be tested for is the Test Distribution Plan (TDP). The TDP for every CISM Wrestling Championship is provided annually by the CISM Anti-Doping Manager and is shared with the Local Organizing Committee well before the beginning of the Championship.

10.9 At every World Championship a CISM Anti-Doping Commission (ADC) is formed. The composition of the Commission is as follows:

- ✓ The Official CISM Representative (OCR) is the president of the commission.
- ✓ The President of the CISM Sports Committee (PCSC Wrestling).
- ✓ An Anti-doping representative of the organizing committee of the championship who may be seconded by the Doping Control Officer of the Sample Collection Authority.

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10.10 Every athlete can be designated for a doping test! Whether the athlete selection is made on the basis of final classification, drawing of lots, or something else, is the responsibility of the ADC.

Annex A: Brief check list for the Organizing Country

This checklist provides the key points to be addressed when preparing a CISM Wrestling event. It is intended as practical guidance for the Organizing Committee, the PCSC, the OCR, and all stakeholders.

General Planning

- Define the disciplines to be organized.
- Confirm the event date on the CISM, UWW, and National Federation calendars.
- Send the official invitation at least six (6) months before the event.
- Appoint key personnel for logistics and for national technical aspects of the event.
- Coordinate early with the National Federation and the PCSC.

Technical and Organizational Guidelines

The Organizing Committee must prepare a comprehensive technical/program guide. At minimum, it must:

- Confirm that the championship will be conducted under UWW and CISM Regulations.
- Where applicable, comply with national Anti-Doping legislation in addition to the CISM Anti-Doping Regulations.
- Ensure the competition area is in compliance with UWW regulations.
- Ensure there is a training/warm-up area for the athletes to prepare for their bouts.
- Ensure there is a training area in close proximity to the lodging facility.
- Ensure there is a continuous transportation plan for the athletes between the competition venue, the lodging and dining facilities.
- Ensure there is enough TV screens for any replay.
- There should be video monitors with live-stream of each competition mat in the training/warm-up areas
- Specify the venue and time of the Technical Meeting.
- Identify the exact location of the doping control station.
- Ensure possession of each nation's flag and national anthem of every country participating in the event.
- Define award ceremony procedures.
- List prizes and medals to be awarded.

Ceremonial and Hospitality

- Designate a VIP area.
- Plan opening and closing ceremonies.
- Include a cultural element, if applicable.

Annex B: Overview of substantive changes

This annex provides an overview of the substantive changes between the 2020 and 2026 editions of the CISM Wrestling Regulations. Only material modifications have been included. Editorial changes such as corrections of typos, grammar, or formatting have not been listed.

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No	Article	Change	Summary
1	General	Ensure Cism Wrestling Regulations compliance with (UWW) rules.	Automatically alignment with global standards
2	Calendar of the Competitions	Modeled after the World Wrestling Union standard, the competition has been organized by dividing the weight classes across four separate days. Modeled after the World Wrestling Union's standard for weigh-ins, the procedure will follow similar protocols.	The 30 weight classes for freestyle, Greco-Roman, and women's wrestling will be spread across four days, with medals awarded at the conclusion of each day's events. Weigh-ins for each weight class will take place on the morning of the competition.
4	Anti-Doping	Has been updated to align with the latest WADA regulations.	Section fully rewritten; aligned with WADA Code.