

USA Wrestling
2010 Beach Wrestling National Championships
World Team Trials &
National High School Beach Duals

Charlotte Beach, Rochester, New York
July, 9-11, 2010



Rules / Regulations:



- Competition Dress:
 1. Trunks for men without any accessory.
 2. Swimsuit in one piece or two pieces for women without other accessory.

- Competition Surface:
 1. On sand, inside a circle 6 meter (~ 20ft) in diameter.

- Duration Of The Matches:
 1. One period of maximum three (3) minutes.

- Officiating:
 1. The person in charge acts as referee and his decisions cannot be questioned.

- Kind Of Victories:
 1. By fall when a wrestler touches both shoulders on the ground.
 2. By throw when a wrestler has succeeded in having his opponent touch twice during the match a part of his body on the ground. In the action the attacking wrestler can put one or both knees on the ground.
 3. By leaving the competition area if a wrestler has succeeded in pushing twice one foot of his opponent out of the competition area.
 4. By adding to a throw a leaving of the competition area.
 5. By decision of the person in charge when at the end of (3) minutes no action was executed by one wrestler compared with the activity of the other wrestler.

- Prohibitions:
 1. Kick or punch.
 2. Attack the face or the hair.
 3. Cover the body with an oily and / or slippery substance.
 4. Holds that can lead to dislocation.
 5. Stopping the match for any reason is forbidden.