



**COMPETITION RULES
OF MONGOL BOKH**

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I. Description.

Mongolian national wrestling from immemorial years has been widely used in the preparation the soldiers; in addition, it often acted as a determining factor in the battle between the warring sides. Before the beginning, battle first came out soldiers-heroes famous for their strength, agility and courage, the duel that could decide the outcome of the battle so that it could not happen.

According to centuries-old tradition, the amount of wrestlers participating in the tournament should not exceed 1024. Competitions are held in 9 stages, which are called "davaa" (pass). After each davaa the losing wrestler is retired. The winners of each stage are awarded honorary titles: "Aslan" (lion), "Zaan" (elephant), "nachin" (falcon). The highest title that could get the winner of all 9 stages in the national tournament, "Naadam" is the "avraga" (giant).

Before beginning of each bout the wrestlers perform a ritual dance "devig", simulating the flight of falcon. After that, the rivals come together and begin a bout that is only in the front.

Wrestlers use techniques in the bout such as grappling and the liberation from them, the jerks and jolts with the aim of removing the opponent off balance, throws, including using leg and foot pegs. Allowing capture hands on feet in the wrestling. It is necessary first instruct the opponent to touch the ground with any part of the body from the knee and above to win. Absence continuing the bout on the ground because in ancient times, the troops consisted entirely of horsemen and a warrior fell down his horse was died quickly. The most prestigious victory is the one when the winner throws the opponent on his back and kneels down to the ground.

II. Rules.

Traditionally, the number of wrestlers taking part in major competitions is 8, 16, 32, 64, 128, 256, 512, 1024.

Mongolian wrestling is different from many other types of wrestling that a fallen down wrestler shall have not a right continuing to participate in the competition.

Mongolian wrestlers are ranked titles received as in the result of the success shown at the national, aimach or somon of nadam, when the draw for the wrestler with the highest rating fights a wrestler with the lowest rating. As the wrestlers participating in international competitions are not rated, prior to the start of the competition, all wrestlers are ranked by random draw, in accordance with which to conduct further fighting.

In Mongolian wrestling, each wrestler comes to the arena with the assistant. International competitions involve judges to determine the winner of each pair.





III. Determination of winners.

Wrestler's elbow, knee or some other part of the body which first touch with the ground, is considered to be loser (fallen).

If the judges determine that the wrestlers fell at the same time, it will be re-bout.

IV. Arena of wrestling.

Mongolian wrestling competitions can be held:

- if under the open sky, on the grass;
- if indoors, on a wrestling mat.

The venue of the competition can serve as a circle with a radius of not less than 15-20 meters or square not less than 20×20 meters.

V. The duration of the bout.

The duration of bout in Mongolian wrestling can be as following:

- on the 1st, 2nd and 3rd round -10 minutes;
- on the 4th and 5th round -15 minutes;
- on the 6th and 7th round -20 minutes;
- an 8th, 9th and 10th round -25 minutes.
- If during this period the winner is not revealed, the bout continues with a forced "capture throw". Victory is not awarded for activity or points.

In the international competitions, the maximum term of bout for each round is established for 10 minutes.

VI. Uniform of the wrestlers.

The bout of Mongolian wrestlers performed with using a special clothes called "zodog", "shuudag", and Mongolian boots. In addition, it is possible to use high shoes.

VII. Forbidden actions.

In Mongolian wrestling, there are following forbidden bouts:

- the seizure of two hands on the rope "tdog" (belt);
- capture top shuudag with pressure.
- gripping with two hands on the rope "zodog" (belts);
- capturing of the top of Shudag with pressure.

VIII. Prohibited actions.

In Mongolian wrestling, the following actions are forbidden:

- butt to the face and head;
- perform slaps and punches;
- perform kicks;



- apply pressure against the joint of hand.

