



# Pesta Sukan Wrestling & SAMBO Championships 2026

## COMPETITION RULES AND REGULATIONS

### Venue and dates

The event will be held at: **Delta Sports Hall**, 900 Tiong Bahru Road Singapore 158790 from Friday **24<sup>th</sup> July** to **Sunday 27<sup>th</sup> July 2026**.

### Eligibility

Participants **MUST** be Singapore citizens, Permanent Residents, or Non-Citizen Residents on valid passes (MOM / MOE passes). Age divisions shall be based on **YEAR of BIRTH**.

Participants may register in multiple events in their weight category and age division only, and must provide their coach information for verification.

All individual divisions are inclusive and open to participants of all abilities, including participants with disabilities, who may register and compete in their respective age groups.

All participants must complete the Pesta Sukan 2026 indemnity form using their/their parents/legal guardian's Singpass and provide proof (email) of completion to Registration staff on event day.

### Registration and Fees

Participants may register in multiple disciplines (Sambo / FS / GR / WW / Team) **ONLY** in their respective age division and weight category.

Registrations will be opened from 9th June 2026 to 10th July 2026. The closing date for entries shall be 11:59PM 14th July 2026. Incomplete and/or late entries will not be accepted. The registration fee shall be:

- a. \$10.00 per category (including team event) for kids and youth (17 years and younger)
- b. \$15 per category (including team event) for the adult and masters divisions

Competition registration and payment shall be done via [2026 Pesta Sukan Wrestling & Sport Sambo Championship - Smoothcomp](#).

### Rules and Regulations

**2026 PESTA SUKAN  
WRESTLING & SPORT SAMBO CHAMPIONSHIP**

	<b>Wrestling</b>	<b>Sport Sambo</b>	<b>Sock-Off Challenge</b>
<b>Eligible Age Groups</b>	<ul style="list-style-type: none"> <li>• Kids (4-6, 7-10, 11-13 yrs)</li> <li>• Youth (14-17 yrs)</li> <li>• Adult (18+ yrs)</li> <li>• Masters (46-55, 56-65, +66 yrs)</li> </ul>	<ul style="list-style-type: none"> <li>• Kids (4-6, 7-10, 11-13 yrs)</li> <li>• Youth (14-17 yrs)</li> <li>• Adult (18+ yrs)</li> <li>• Masters (46-55, 56-65, +66 yrs)</li> </ul>	<ul style="list-style-type: none"> <li>• Kids 4 - 6 years</li> <li>• Kids 7 - 10 years</li> </ul>
<b>Weight Categories / Brackets</b>	<ul style="list-style-type: none"> <li>• Kids 4-13: 5 categories per age group</li> <li>• Youth 14-17: 8 Boys &amp; 8 Girls classes</li> <li>• Adult 18+: 10 male/female classes</li> <li>• <b>Masters (46-55, 56-65, +66): 5 Men's Wrestling &amp; 5 Women's Wrestling classes</b></li> </ul>	<ul style="list-style-type: none"> <li>• Kids 4-13: 5 categories per age group</li> <li>• Youth 14-17: 8 Boys &amp; 8 Girls classes</li> <li>• Adult 18+: M8 &amp; W8 classes</li> <li>• <b>Masters (46-55, 56-65, +66): 5 Men's Sambo &amp; 5 Women's Sambo classes</b></li> </ul>	<ul style="list-style-type: none"> <li>• Kids 4-6: 5 categories</li> <li>• Kids 7-10: 5 categories</li> </ul>
<b>Adaptive Rules (Visually Impaired)</b>	<ul style="list-style-type: none"> <li>• <b>Mandatory grip position start</b></li> <li>• <b>Instant referee reset if contact breaks</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mandatory grip position start</b></li> <li>• <b>Instant referee reset if contact breaks</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mandatory grip position start</b></li> <li>• <b>Instant referee reset if contact breaks</b></li> </ul>
<b>Governing Ruleset</b>	United World Wrestling (UWW) base	International Sambo Federation (FIAS) base	Event custom
<b>Starting Position</b>	Standing	Standing	<b>Kneeling</b> (minimum 1 knee on mat)
<b>Immediate Win Condition</b>	Win by Pin	Win by standing throw	<b>Removing opponent's sock</b>
<b>Point Scoring System</b>	Standard UWW rules	Standard FIAS rules	<b>1 point per takedown</b> (chest/back hits)
<b>Tie-Breaker Rule</b>	Standard UWW criteria	Standard FIAS criteria	<b>Contestant scoring the final point</b>
<b>Arm Locks</b>	Permitted for <b>Cadet/Youth (14-17), Adults, and Masters</b>	Permitted for <b>11-13 division, 17+, Adults, and Masters</b>	<b>Strictly prohibited</b>
<b>Leg Locks</b>	<b>Strictly prohibited</b> (All divisions)	Permitted for <b>17+, Adults, and Masters</b> only	<b>Strictly prohibited</b>
<b>Footwear Regulations</b>	Wrestling Shoes required (or socks for those without shoes)	Sambo shoes required (or socks for those without shoes)	<b>Socks required</b> ( <i>Provided by organizer</i> )

## 2026 PESTA SUKAN WRESTLING & SPORT SAMBO CHAMPIONSHIP

<b>Required Attire</b>	Wrestling singlet (Blue and Red) or short sleeved rashguard with tights/shorts with no pockets and zippers	Sambo uniform preferred. Grappling uniforms with wrist-length sleeves and pocketless shorts are allowed.	Singlet, or pocketless rashguard and athletic shorts.
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*\*Note: Women are permitted to wear athletic headcovers for religious purposes across all three formats.*

Participants are guaranteed a minimum of 2 matches in their weight class and division. Categories with only 1 participant shall be cancelled, the participants will be offered an opportunity to compete in the next higher weight category or opt for a refund in smoothcomp credits for future WFS events.

Competitors are required to provide proof of identity on their appointed competition day.

Complete rules and regulations may be viewed at the following links:

Wrestling: [https://cdn.uww.org/2026-01/wrestling\\_rules.pdf](https://cdn.uww.org/2026-01/wrestling_rules.pdf)

Kids Wrestling: <https://tinyurl.com/Kids-wrestling>

Kids Sock out challenge: <https://tinyurl.com/sock-out>

Sambo: <https://tinyurl.com/Sambo-rules>

### Contest Area and Officiating

The event (activities and competition) shall be held over 2 standard contest areas. Technical officials and referees shall be appointed by the Technical Delegate in consultation with the WFS officiating and Refereeing Committee.

### Event information and schedule

The contest order for all divisions shall be done at 1200h, 1 day after registration closing. Draws will be done automatically via the SMOOTHCOMP system, and the contest order can be viewed online thereafter. The system will be updated continuously to provide real time information.

Official weigh-in (30 minutes) shall be conducted at least 1 hour prior to commencement of the contested division. Each participant may only weigh-in once during the official weigh-in. No weight allowance will be given. Participants who fail to make weight shall be disqualified (NO REFUND).

### Medical coverage and waiver

## **2026 PESTA SUKAN WRESTLING & SPORT SAMBO CHAMPIONSHIP**

Immediate first aid services, including on-site medical personnel and ambulance support, will be available at the competition venue. Participants requiring further medical attention may be transported to the nearest hospital or appropriate medical facility for treatment. Any costs arising from such treatment, transportation, hospitalization, medication, or related medical services shall be borne solely by the participant.

All participants are strongly encouraged to obtain and maintain adequate medical, personal accident, and travel insurance coverage prior to participating in the event. Participation in the event is voluntary and undertaken entirely at the participant's own risk.

Participants acknowledge and accept the inherent risks associated with wrestling, sambo and combat sports activities, including the risk of serious injury, permanent disability, or death. To the fullest extent permitted by law, the Wrestling Federation of Singapore (WFS), Sport Singapore, the Organising Committee, officials, referees, volunteers, sponsors, venue operators, and any affiliated parties shall not be liable for any injury, illness, death, loss, damage, expense, or other claim arising out of or in connection with participation in, travel to, attendance at, or involvement in the event, except where such liability cannot be excluded by applicable law.

### **Awards and Ceremony**

Up to four (4) medals shall be awarded for each category (Gold, Silver and two (2) bronze). Medals for adult categories will only be awarded to participants who have won at least 1 match in their category.

An overall Champion and runner up trophy shall be awarded to the club or group (1 point per registered participant, 2 points for bronze medal, 3 points for silver medal and 5 points for gold medal).

Prize money (if any) will be transferred to individual winners or the Team manager (For team events) via PayNow

### **Protest**

Disputes or protests must be submitted in writing to the Technical Delegate by the end of day of the incident, along with a fee of \$50.00 (individual) or \$100.00 (team). Should the protest be dismissed, the protest fee shall be forfeited. The decision of the appointed jury shall be final; no further appeal shall be entertained.

### **Refund Policy**

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All registrations are final and non-refundable.

## **2026 PESTA SUKAN WRESTLING & SPORT SAMBO CHAMPIONSHIP**

Refunds will only be considered in the following circumstances:

1. **Medical Withdrawal** – A participant is unable to compete due to injury or illness and submits a valid medical certificate.
2. **Category Cancellation** – A category with fewer than three (3) participants is cancelled. Affected participants will first be offered the opportunity to compete in the next higher weight category.

Any approved refund will be issued as **Smoothcomp credits** for use at future Wrestling Federation of Singapore (WFS) events. No cash refunds will be provided.

The organiser's decision on all refund matters shall be final.

### **Other matters**

The organiser, through its appointed representatives, may add, delete or vary the competition protocol to bring about the safe and successful conclusion of the event.