

BENT Collective oil wrestling ground rules

Hi! If you're thinking of wrestling at our Oil Wrestling Fundraiser on July 4th, there are some rules you should be aware of. Here is everything you'll need to know about oil wrestling:

Code of conduct

Most of this document is written very professionally, just so we've got everything down in writing and it's as clear as possible. However, our code of conduct is simple:

Don't be a dick.

We're here to have fun, be gay and get oily while wrestling some hot queers. While some friendly competition is fun, we're not the Olympics, the UFC or the WWE. We want you to have a good time, not fight as if your life depended on it and win at all costs.

Be a good sportsperson. Shake your opponent's hand. Have fun and make sure your opponent does too. Don't try to psych anyone out or mock them. Respect everyone's pronouns. Be graceful in victory and defeat. Don't be stingy with the oil.

If we encounter any kind of racism, sexism, queerphobia, ableism or any other kind of intolerance, we will ask you to leave. Our Oil Wrestling Fundraiser is a safe space, and in order for us to maintain that we will have zero tolerance for anyone who tries to make it unsafe.

As long as you're trying to have fun and make sure everyone else does too, then we should have a lovely event!

Before the bout:

- Each competitor will need to be oiled up.
 - In traditional oil wrestling, this is done by your opponent as a mark of respect. If you are happy to have your opponent oil you up, then that is what we suggest.
 - However, if you are uncomfortable with this, that is okay! You can either oil yourself up or we're happy for you to nominate someone else to oil you up.
- Once both competitors are happy with the level of oil on the other, they will kneel down on both knees in the Combat Arena (paddling pool).
- Once the referee is happy both competitors are ready, they will instruct the bout to begin with a call of "fight".

During the bout

- Competitors will attempt to score points by forcing their opponent's shoulder blades onto the ground, which is referred to as a "pin".
 - Once a competitor has their opponent pinned, the referee will begin counting. For every second their opponent's shoulder blades are touching the mat, the competitor scores a point.
 - If a competitor manages to pin their opponent for three seconds, the referee will call "break" and the competitors will reset as they were at the start of the match. The referee will then call for the bout to resume with a call of "fight".
 - As the bout goes on, the points scored will be tracked by a third-party scorekeeper.
- All bouts will last for two minutes, at the end of which the referee will call "time" and break up the competitors.
- The bouts are wrestling, and as such competitors can use whatever takedowns, throws, trips and other techniques that allow them to get their opponent to the ground (as long as they do not stand up to their feet). Other techniques, such as strikes, are not allowed. Please refer to the list of banned techniques before competing.
- Competitors must abide by our code of conduct throughout the event.
- If competitors break any rules, the referee can disqualify them (granting victory to their opponent) or issue a warning. Multiple warnings are grounds for disqualification.

After the bout

- The referee will consult with the scorekeeper to confirm who won the bout, and will then announce that to the crowd.
- Competitors are encouraged to shake hands or show appreciation in another form, and will then be provided towels to clean themselves off.

Banned techniques

- The following techniques are strictly banned, and any deliberate use of them will result in an instant disqualification. If the referee determines that the technique was accidental, they may issue a warning instead, but can disqualify a competitor for any reason. The banned techniques are:
 - Strikes of any kind (including punches, kicks, elbows, headbutts etc.)
 - Joint locks (any techniques that apply excessive force to a joint in order to cause pain)
 - Eye poking or gouging
 - Hair pulling
 - Biting
 - Fishhooking (using a finger to pull on the inside of a person's cheek)
 - Grabbing or striking the groin
 - Chokeholds (compressing the neck in a manner that restricts air or blood flow)
 - Picking up your opponent and slamming them into the mat.

- Standing up on both feet; you may put one foot on the ground if your other knee is down.
- In addition, any wrestling determined to be unsafe (such as a large throw or slam) will result in a warning or disqualification at the referee's discretion.