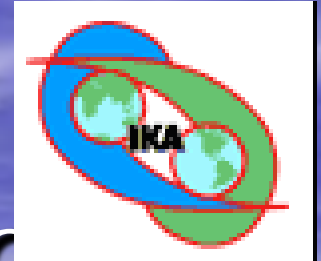


PRESENTER

Dirk Crafford

IKA Continental Referee



- Kurash South Africa
2012

Kurash Referee and
Technical Official Course

IKA Rules

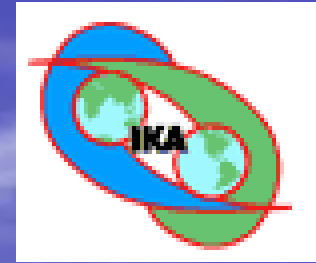


*African Kurash
Union*



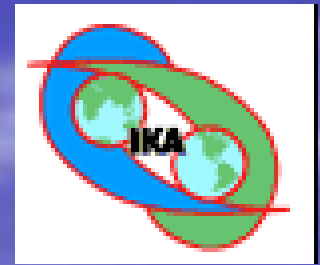
P.O Box 3123 Vanderbijlpark 1900 South Africa, Email: jsasael1@mweb.co.za, Tel/Fax: +27169331633, Mobile: +27828591905

CONTENTS



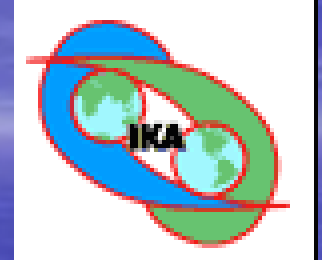
- What is Kurash
- Judo & Kurash similarities
- Judo & Kurash differences
- General rules
- Age & weight categories
- Fight duration
- Rules in fights
- Scoring
- Forbidden actions and penalties
- Kurash terms
- Gestures
- Appraisal
- Drawsheet

What Is Kurash?



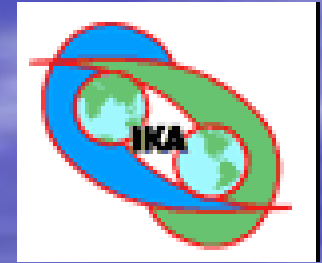
- Kurash is an ancient form of grappling
- Originated in Uzbekistan
- More than 3500 years old
- Practised in almost 100 countries
- President is Komil Yusupov

Kurash & Judo similarities

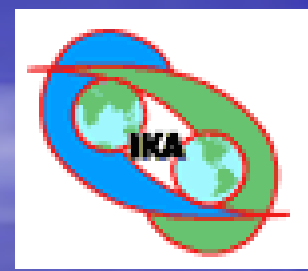


- Judogi (clothing) is called Yakhtak
- Red belts are worn
- Techniques are same – not touching legs
- Contest rules are similar
- 90% of Judokas do judo and kurash
- Scoring is similar

Differences between Kurash and Judo



- Kurash is only contested in the standing position
- No ground work, arm locks or strangulations
- Touching of pants or legs not permitted
- Referee stops fight before announcing score/penalty
- Referee indicates to blue with right hand and green with left hand



General Rules

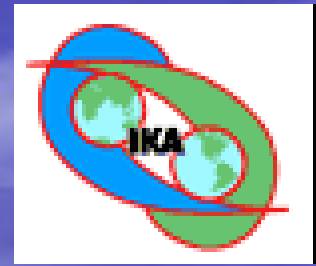
BEGINNING/END OF FIGHT

REFEREES

- Referees meet before on edge of mat, put right hand over left of breast, bow, then take places
- At end referees meet on edge of mat, put right hand over left of breast, bow, then leave mat

General Rules

BEGINNING/END OF FIGHT

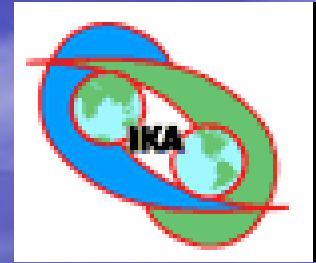


PARTICIPANTS

- Bow towards each other with right hand over left breast before coming into safety zone
- Move forward to marked place, bow with right hand over left breast towards each other

General Rules

BEGINNING/END OF FIGHT

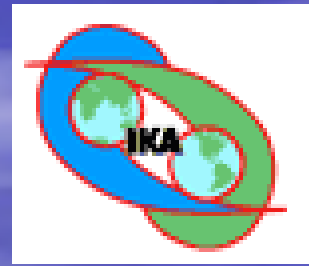


PARTICIPANTS (CONTINUED)

- Referee announces result of fight, bow with right hand over left breast to each other
- Move forward to marked place, bow with right hand over left breast towards each other

General Rules

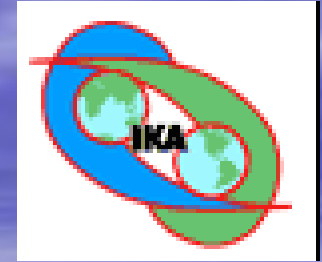
BEGINNING/END OF FIGHT



GENERAL

- Referee & corner judges take their places before the participants come onto mat
- Bows are for GREETING purposes only
- Referees to examine mats and participants' clothing

Age & weight categories



Male - Junior & Senior

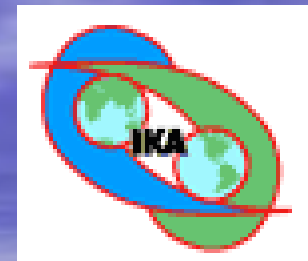
-56, -60, -66, -73, -81, -90, -100, 100+ kg

Female - Junior & Senior

-44, -48, -52, -57, -63, -70, -78, 78+ kg

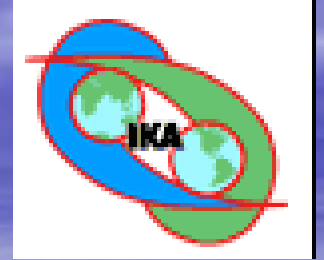
NB : For this competition, if not enough weight categories, weights could be combined!

Fight Duration



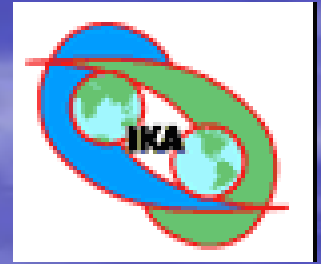
- Juniors men - 4 minutes
- Senior men - 4 minutes
- Ladies - 3 minutes

Rules in fights



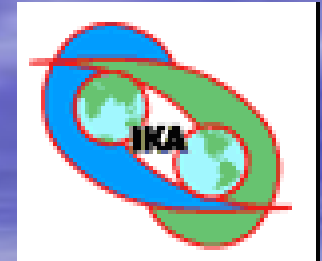
- If scores are equal, the last person to score, wins
- If scores are equal, winner is the person without a penalty
- **If scores and penalties are equal after half contest time, referees will decide and penalise contestant with least attacks**

Rules in fights



- If equal penalties, contestant who was penalised last, loses
- **If penalties are equal and given simultaneously, majority of three referees' will win**
- Knockout system is used – not repechage
- Technique is valid if started inside mat and ending outside mat

Scoring - scoreboard

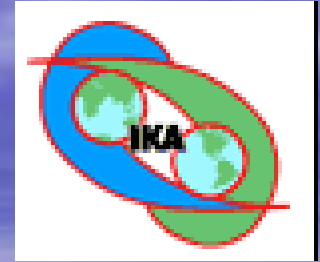


Blue				
YONBOSH		CHALA	TANBEKH	DAKKI
Green				

150 cm

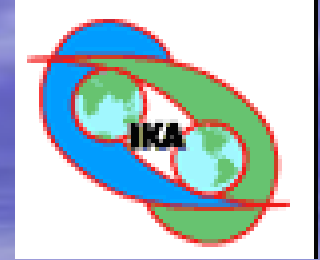
100 cm

Scoring - Points



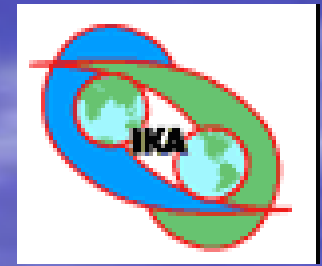
SCORE	VALUATION	POINTS	PENALTY	VALUATION	POINTS
Khalol / 2 x Yonbosh	Pure victory - fall on back	10	Girrom	Serious infringement	-10
Yonbush (Waza-ari)	Fall on side	5	Dakki	Infringement	-5
Chala (Koka)	Fall on thigh, buttocks or belly	3	Tanbekh	Minor infringement	-3

Forbidden actions



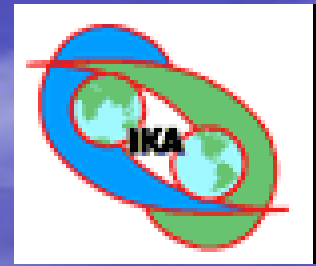
- Gripping of opponents trousers
- Applying of grips/grids which may cause dangerous injuries
- Applying painful or strangling techniques

Penalties



TANBEKH / SHIDO (MINOR VIOLATION)

- Deliberately running away or not wanting to fight
- Deliberately pushing opponent out of mat
- Running out of dangerous zone
- Adjusting clothing without permission
- Gripping of opponent's trousers or legs
- Non-combativity for 20 – 25 seconds

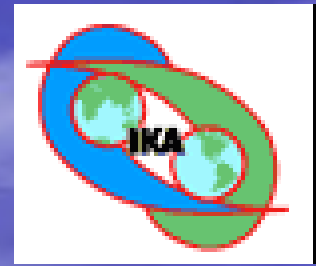


Penalties

DAKKI / KEIKOKU (MEDIUM VIOLATION)

- After receiving a Tanbekh, commits another infringement (second time)
- Repeated intentional falls on knees
- Competitor does not follow referee's commands, talks or cries out obscene expressions

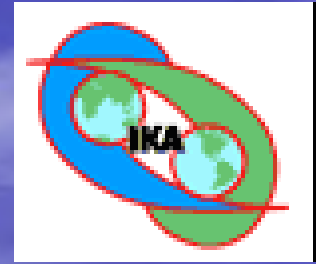
Penalties



GIRROM/HANSAKU-MAKE (SERIOUS VIOLATION)

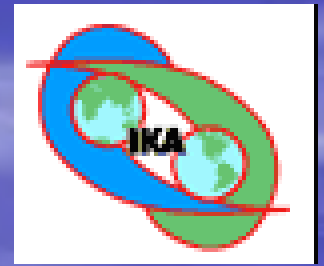
- If already received a Dakki, committing another infringement (third penalty)
- For serious obscene cries/gestures during fight, offensive to opponent/referee
- If injured by fault of opponent, receives a Khalol and opponent receives a Girrom (Hansaku-Make)

Kurash terms



- TAZIM - Command to bow with right hand on left breast
- KURASH - Begin the fight
- TOKHTA - Stop
- GILAM - Mat
- VAKT - End of fight

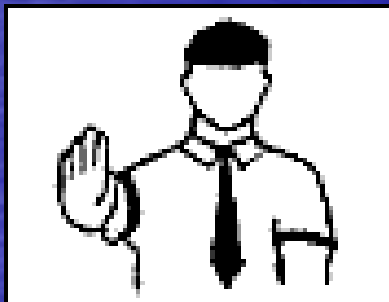
Gestures GENERAL



TAZIM (BOW)



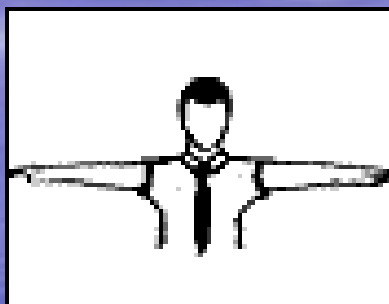
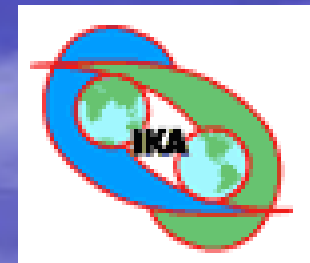
KURASH (START)



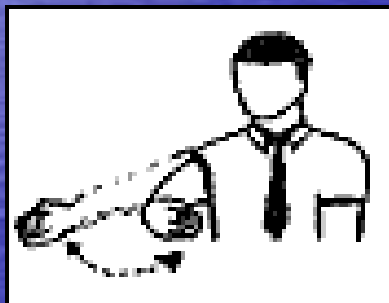
TOHTA (STOP)

Gestures

GENERAL (CONTINUED)



BEKOR

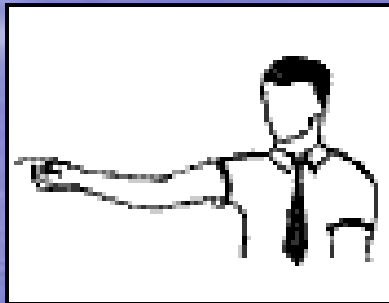
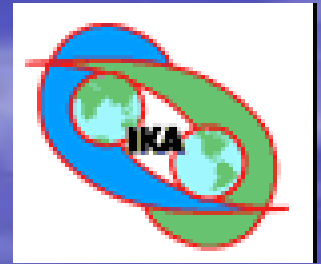


TENG



VAQT

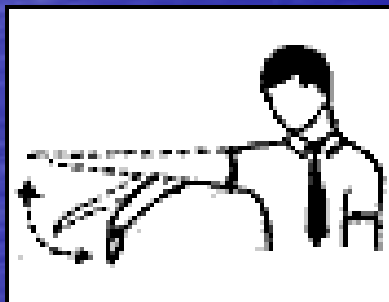
Gestures PENALTIES



TANBEKH



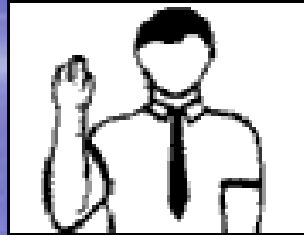
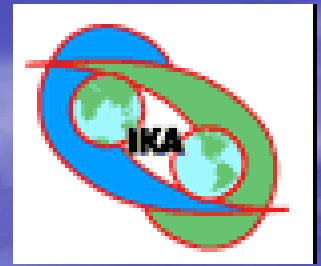
DAKKI



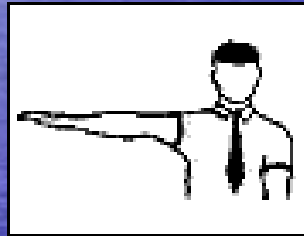
GIRROM

Gestures

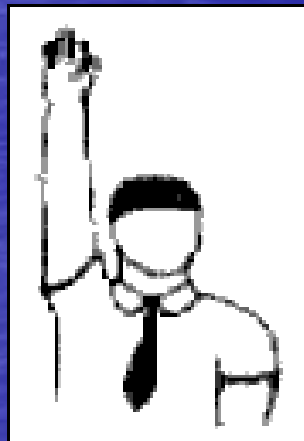
SCORING - POINTS



CHALA

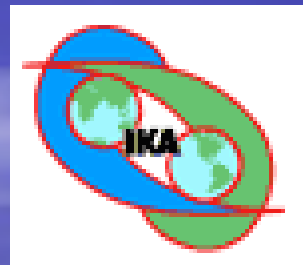


YONBOSH

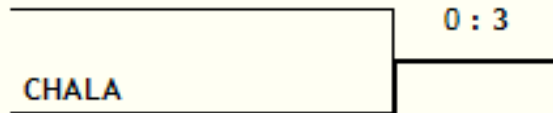


KHALOL

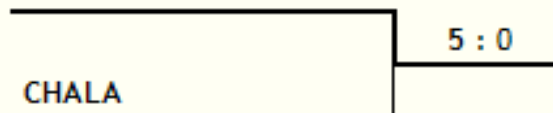
Appraisal



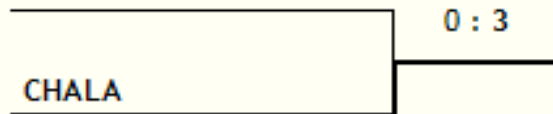
YONBOSH+DAKKI



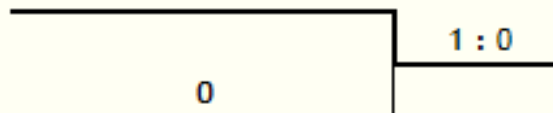
YONBOSH+TANBEKH



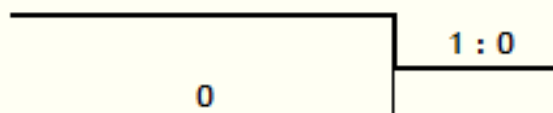
CHALA+TANBEKH



YONBOSH+DAKKI



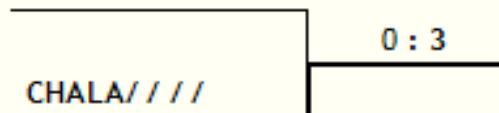
CHALA+TANBEKH



DAKKI+CHALA



CHALA///



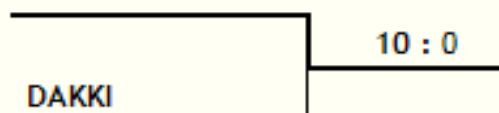
DAKKI



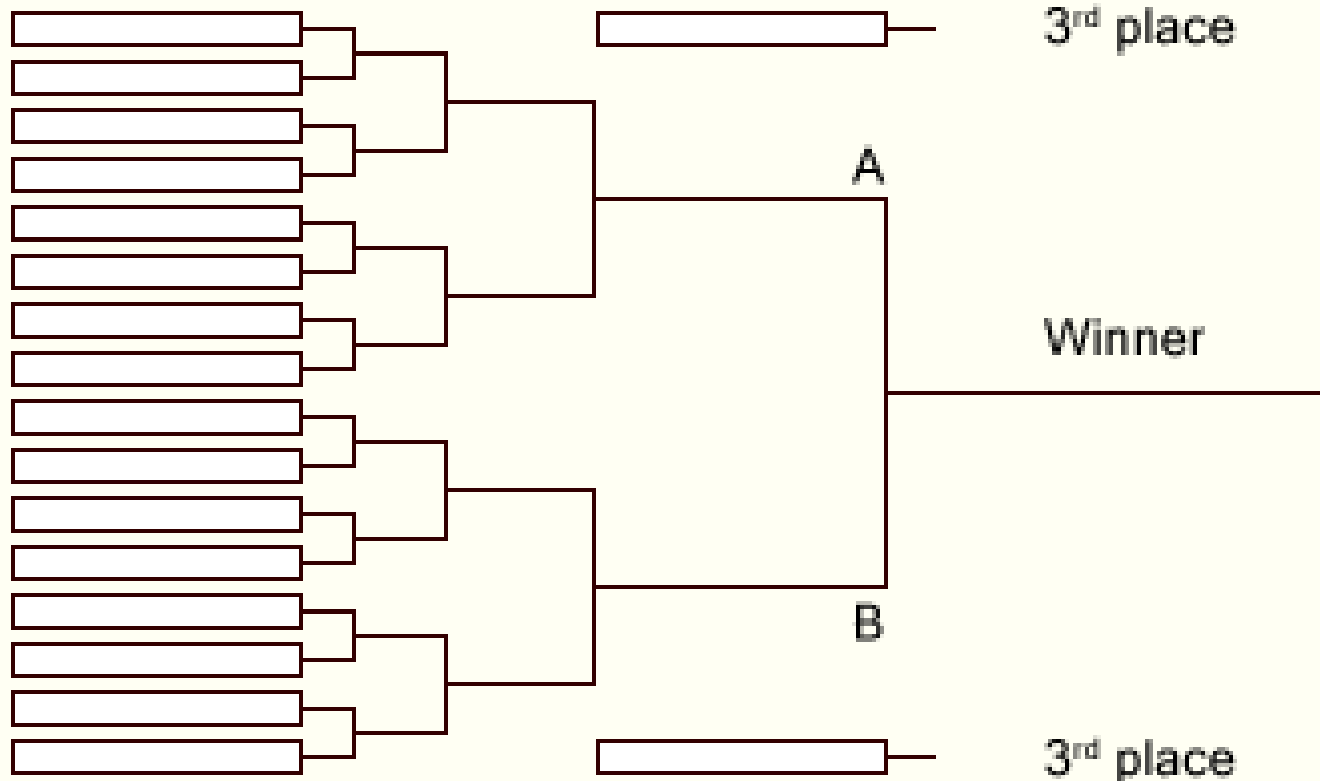
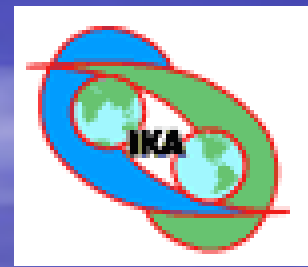
DAKKI+CHALA



YONBOSH



Drawsheet



Chief Referee _____ Secretary _____