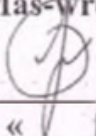


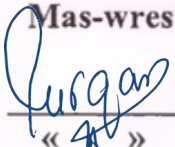
APPROVE
Secretary General
International
Mas-wrestling Federation


I. Ya. Grigoriev
« 4 » 2026


AGREED
President
Asian
Mas-wrestling Federation


I.M. Kadirov
2026


APPROVE
President
Pakistan
Mas-wrestling Federation


F. Ahmad Khan
« 4 » 2026
**PAKISTAN MAS-WRESTLING
FEDERATION**

REGULATION
on holding Asian Mas-Wrestling Championship
among men and women

Lahore, Pakistan, 2026

REGULATION
on holding Asian Mas-Wrestling Championship
among men and women

Aims and objectives

The 2026 Asian Mas-Wrestling Championship among men and women is the official sporting competition of the International Mas-wrestling Federation and is held to promote and develop mas-wrestling in the world and solves the following tasks:

- determination the strongest mas-wrestling athletes of Asia;
- improvement of sportsmanship of athletes;
- strengthening friendly sporting relationship among countries.

Date and venue

The 2026 Asian Mas-Wrestling Championship among men and women is held on May 11-15, 2026 in Lahore, Pakistan.

Arrival day – May 11, 2026, departure day – May 15, 2026.

*Competition Program: **

May 11 (Monday) - arrival day

May 12 (Tuesday)

10.00 – 12.00 – work of Commission on registration and admission of participants;

14.00 – 16.00 – weigh-in and drawing of participants:

- men 90 kg, 105 kg, 125 kg, 125+ kg;

- women 70 kg, 75 kg, 85 kg, 85+ kg;

16.30 – 17.30 – meeting of the Panel of judges with coaches and team representatives.

May 13 (Wednesday) – first competition day

10.00 – 17.00 – preliminary, semifinal and final bouts:

- men 90 kg, 105 kg, 125 kg, 125+ kg;

- women 70 kg, 75 kg, 85 kg, 85+ kg;

17.00 – 18.00 – weigh-in and drawing of participants:

- men 60 kg, 65 kg, 70 kg, 75 kg, 80 kg, and 85 kg;

- women 55 kg, 60 kg, and 65 kg.

May 14 (Thursday) - second competition day

10.00 – 16.00 – preliminary, semifinal and final bouts:

- men 60 kg, 65 kg, 70 kg, 75 kg, 80 kg, and 85 kg;

- women 55 kg, 60 kg, and 65 kg.

May 15 (Friday) – departure day

*Changes are possible in the Program.

Management

General management of preparation and holding of Championship is carried out by the International Mas-wrestling Federation, Asian Mas-wrestling Federation, Pakistan Mas-wrestling Federation and ANO «World Mas-wrestling Center».

Direct responsibility of holding the event carried on the Grand Jury, approved by the International Mas-wrestling Federation.

Participation terms

Allowed to participate athletes, representing Asian continent, aged of 18 before the day of competitions and over, passed medical examination and permitted to engage in power sports by the application of the National Mas-wrestling Federations or authorized bodies.

The National Federations are entitled to be represented up to 17 (seventeen) athletes, but no more than 3 (three) athletes in a weight category, Pakistan Mas-wrestling Federation

as the host country is given the right to nominate up to 34 (thirty four) athletes, but no more than 4 (four) athletes in a weight category.

National federations are recommended to include in their delegation 1 (one) referee of the corresponding referee's category to work as part of the judging panel of the competition.

Participants are required to perform in sportswear in accordance with the rules of the International Mas-wrestling Federation.

Competitions are of individual-team character and are held according to the current rules of the International Mas-wrestling Federation.

Depending on the number of participants in the weight categories in the competition system changes are possible according to the competition rules:

- for 7 or more athletes in the weight category according to the system with elimination after two defeats, divided into groups "A" and "B";
- for 6, 5, 4 or 3 athletes in a weight category, a round robin system is used;
- for 2 and 1 athlete in a weight category, the weight category is added to the next weight category.

Weight categories:

(10) - men: 60 kg, 65 kg, 70 kg, 75 kg, 80 kg, 85 kg, 90 kg, 105 kg, 125 kg and 125+ kg;

(7) - women: 55 kg, 60 kg, 65 kg, 70 kg, 75 kg, 85 kg and 85+ kg.

Weighing takes place the day before the start of the competition within 90 minutes.

The team total is displayed by points for the total number of medals:

1st place – 12 points, 2nd place – 8 points, 3rd place – 5 points.

In case of equal points among two or more team, priority is determined by most number of 1st, 2nd, 3rd etc. places.

Participants grant organizers a right to take a photo, to film or otherwise use their voice, appearance and name. Further, the content can be displayed, distributed or otherwise used in merchandising and advertising to promote the sport in any media now known and possible in the future. The rights to be granted indefinitely and without additional compensation.

The final results (protocols) on paper and electronic form should be given in 2 (two) weeks after the sports event is over.

Insurance

Participation in the competitions is allowed only in case of presence a life and health insurance policy against accidents (original) for each person, which is submitted to the commission for registration and admission of participants.

Insurance fees of the athletes carry the sending organizations.

Safety

Competitions to be held in sport buildings, agreeable to the standards of corresponding standard rules of law, functioning in the territory of Pakistan and directed to provide public order and safety of participants and spectators.

Qualified medical personnel should present in the competition venue.

Competitors are required to adhere to the generally accepted norms of social distancing in crowded places and comply with the requirements for organizing and holding official physical culture and sports events on the territory of Pakistan while maintaining the risks of the spread of COVID-19. Representatives of national teams must provide their athletes with personal protective equipment and disinfectants.

Financing

All costs connected with the preparation and holding of competition, under the terms of the equity, carry the International Mas-wrestling Federation, Asian Mas-wrestling Federation, Pakistan Mas-wrestling Federation and ANO «World Mas-wrestling Center».

The costs of sending participants (athletes, representatives, coaches, referees) of the 2026 Asian Mas-Wrestling Championship among men and women (travel, insurance, visa costs) are carry by the sending organizations.

Expenses related to transfer in the host country, meals and accommodation for six (6) organizers, including the Technical Delegates from the International Mas-wrestling Federation, will be borne by the Pakistan Mas-wrestling Federation.

Awarding

Top three athletes in each weight category to be awarded with medals, diplomas, and valuable prizes.

Top three team to be awarded with diplomas and cups.

Applications

Preliminary applications with the obligatory indication of the number of athletes, coaches and representatives are submitted until April 1, 2026 on address:

- Pakistan, Pakistan Mas-wrestling Federation,

e-mail: Furqankhan60@yahoo.com twfpak@gmail.com

- Russia, Yakutsk, Kirov Street 20/1, International Mas-wrestling Federation,

e-mail: imwf@mail.ru, tel.: +7 4112 508-572;

Applications are submitted to the Commission for registration and admission of participants to competition, signed by the head of the national federation and the doctor, as well as the following documents for each athlete:

- passport, certifying the nationality of the participant or a representing country's residence permit;

- life and health insurance policy against accidents (original).

Visa

Delegations of countries that require a visa to stay in Pakistan must send a list of participants to the organizers in advance for visa processing, indicating full names, gender, passport numbers (indicating the date of issue and expiration date), dates of birth, and a scanned copy of the first information page of the passport.

Marketing and advertising

The Organizing Committee guarantees maintenance of Sponsor rights by the partners and sponsors of the International Mas-wrestling Federation, appointed in the appropriate Agreements as well as basic principles of marketing of the International Mas-Wrestling Federation.

Media

The Organizing Committee guarantees accordance of the appropriate conditions of work on the event for accredited media representatives in accordance with the Statement of the International Mas-wrestling Federation on Mass-Media.

This regulation is the official challenge to the competition.