

國際沙灘角力規則

Article 10 – Duration and Basic Rule The match consists in 1 period of 3 minutes for all age categories. Beach wrestling is only practiced in standing position. The use of the legs is allowed in all actions.

所有年齡層都是比賽一回合，三分鐘。且只有立姿，所有腿的攻擊都是合法的。

Article 13 – Scoring for Actions and Holds during the bout

1 point is awarded to: 一分動作標準

- the wrestler who manages to bring any of his opponent's body part to the ground, except the hands. 將對手帶至地上
- the wrestler who manages to bring any of his opponent's body part out of the competition area. 讓對手出界
- the wrestler whose opponent has received a caution for illegal action. 對手因犯規動作得到警告

Note: the attacker (and only the attacker) can put one knee to the ground when executing an action if this action is finished by the opponent in the ground.

攻擊者於攻擊時可單膝觸地，且讓他持續到該攻擊動作完成。

3 points are awarded to: 三分動作標準

- the wrestler who manages to expose his opponent's back to the ground during a takedown or a throw
攻擊進入危險狀態

Article 16 – End of the Match The first athlete to 3 points wins the match. If there is a tie at the end of the match, the following criteria will be used to declare the winner:

先得到 3 分者贏，如平分時以以下標準順序判定

- The highest value of holds 大動作
- Last point scored 後得分
- Weight of the athletes* 體重較輕者
- The lowest number pulled during the draw/rank 抽籤簽號

Illegal actions include:

- Holds causing dislocations 因控制造成對方脫臼
- Neck cranks 折頸部
- Biting, punching, kicking, head butts, malicious cross faces 打、踢、用頭撞或抓臉
- Eye, ear, or nose gouging, fish hooking 戳眼、耳、鼻
- Pulling of hair, nose, ears, or attacking the groin 拉頭髮、鼻、耳或攻擊下體
- Standing throws onto the head or neck (spikes) 立姿攻擊只控制頸部以上

- Coating the skin with any kind of greasy or slippery substance 皮膚上塗抹任何油性物質
- Stopping the match or leave the competition area for any reason 自行暫停比賽會自行離場
- Pretense of injury 假裝受傷