

ORGANIZING AND CONDUCTING WRESTLING COMPETITIONS

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Abstract

The article describes in detail the rules for organizing and holding a wrestling competition. In addition, the rules of the organization of the competition, the composition of the judges, their duties, criteria for evaluating the competition, hygienic rules of the competition were discussed.

Keywords: competition, competition activities, competition statute, competition time, competition types, a tamalar, composition of the jury, side referee, referee on the scoreboard, referee controlling the time, head referee.

In the course of training, it is usually not possible to create conditions for the high level manifestation of all the qualities that help the wrestler to achieve high sports results. Organization and holding of wrestling competitions. In competitions, every wrestler strives to defeat his opponent, and this pursuit requires the wrestler to mobilize all his strength. It allows not only to show the functional capabilities of a person, but also to serve as a means of their formation.

Technical training in sports wrestling is aimed at solving a number of complex tasks:

- increase the efficiency of using the maximum voltage;
 - save working voltage;
 - to increase the speed and accuracy of movement in the changing conditions of competition activities.
- Improvement of sports technique is carried out during the annual training of students, and it is the improvement of technical skills in the chosen type of wrestling. Pedagogical control and analysis of wrestling competition activities prepared for mastering the theoretical and practical foundations of the type of wrestling in the curriculum, as well as their proper planning, improving the qualifications of teachers and trainers, training loads in sports wrestling formed from the point of view of formation and formation of professional-pedagogical qualifications and skills related to methods of determining intensity.

Criteria for evaluating competition activity. Special competition activity The system is based on the interaction and subordination of elements and periods shows the unity of activities and actions. Such the integrity of the association, the dynamic of the competition activity system, various movements and activities with kinematic, rhythmic characteristics contrasted with. Basic sports equipment balance parameters of individual and group characteristics of students with technical characteristics and structural balance conflict. In this way, sports technique balance and stability an existing barrier and competition to achieve high sports results depending on the situation, it is interrelated with the parameters of the movement and the variable dynamics of the system. Sports wrestling refers to a type of sport with dynamic and kinematic characteristics of movement techniques that change regularly and variably according to the competition situation. Adaptation to the frequently changing situations of sports wrestling is the reason for the regular change of the mechanisms of training techniques will be such in various situations, high-level academics lead to victory performs actions, for which a combination of separate elements of the technique is used in complex combinations. With the large number of variants of competitive actions and the need to respond appropriately to each

situation of the student, the development of action stereotypes of the student's competitive activity is a complex, but not an appropriate process. Every time the learner uses exactly the same methods as a known opponent and never faces repetition of situations and conditions. During the competition, observing the actions of the student and not observing the actions of his opponent means not being able to clearly name the situation and the action chosen by the student. In this case, it is possible to determine the characteristics and structure of the technique of training movement, to determine the technical-tactical direction of the available movements, not only to analyze the movement of one training team, but also to take into account the response actions of the opponent, distance interdependence and temporal dependence. need to be determined. The control and assessment of the competition activity is based on the comparison of the planned or previously shown sport results and the training of the learner in order to achieve his future maturity. It is aimed at improving the weak and strong aspects. The results of the competitions represent the effectiveness of preparation and competition activities. Balance of results and regular growth of educational preparation shows that the process is properly organized. In the process of controlling the competition, the efficiency and number of technical and tactical actions are taken into account; determines the reliability, efficiency and balance of the technique; as a result of the impact of the competition load, the characteristics of the reaction of the main systems of the training organism are determined. The control of competition activities requires the calculation of integral indicators, which are considered sports results, as well as defines a set of special parameters that indicate specific aspects of student actions in different situations of competition activities. Thus, it shows a unique control in different aspects of the sport.

There are three main methods of monitoring student performance :

1. With the help of visual examination conducted by the teacher .

As a result, students will be able to evaluate the overall quality of the competition .

2. Video of the ongoing fight in the process of recording . Video processing the record (editing with the main moments of the fight, achievement and systematization of shortcomings, etc.) the teacher's expert assessment fills

3. "transcript" by writing the parameters of the performed technical actions

using and analyzing them. The last of the methods of competitive activity of students is the wide spread of all types of sports wrestling. Based on the "Transcript" analysis, it is possible to determine the main indicators of the technical and tactical skills of the students. Students' competition activities must comply with metrology requirements of registration . In this aspect, the necessary solution to the following questions is given:

How to organize the registration system?

wrestling professionals today differ. One of them is very complex and, of course, it is possible to use it in practice makes it difficult, others do not fully meet the requirements of metrology.

In any situation, a wide range of information is needed, which is useful for a deeper study of the form of competition, its laws, and comprehensive control of each student's actions. But the registration method is not fully suitable for all competitive actions. (for example, for operational control when it is necessary to quickly process information). This is the optimal planning of the training process for the fighter Competition activity with indicators and loading dynamics to analyze the result of comparison of representative criteria is explained by the justification. But such pointers if too much joint analysis is ineffective even when electronic counting techniques are used.

To avoid this, it is necessary to get new data, not all pointers . In this case, the teacher fights them it will be possible to determine, calculate after competitions and compare with other indicators . One of

the appropriate options for monitoring students' competition activities is technical-tactical activity: throwing, exchanging, using standing style, systematic in using style. Such registration is carried out in previously prepared statements. (a number equal to the number of points given by the jury for this style) if the wrestler performs a technical move well, it is written on the established table. When an attack is performed with a technique, a (+) is placed on the table. In addition, the final result, the time of the fight, the number of objections, the total number of techniques used are also included in the table. Individual indicators of technical and tactical skills of the wrestlers are determined based on the interpretation of the recorded tapes at the end of the competitions. In this case, the question arises about the importance of criteria characterizing the preparation of qualified students.

It should be noted that in this direction, scientific studies have been developed that are offered for practical application to more than 30 instructors of wrestlers' competitive activities.

Rules of competition in wrestling. The rules of the competition are drawn up and approved by the organization that organizes the competition. The following should be noted in the competition regulations.

Competition type.

Goals and objectives of the competition.

Participating organizations and teams, participants (sport classification, age, gender, from which team).

and time of the competition .

Opening ceremony of the competition ;

Competition procedure;

Conditions for participation in the competition;

The organization responsible for conducting the competition;

Jury.

Departure time.

Break time - 20 minutes.

Deadline for submission of applications for participation in the competition.

medical control and cleanliness.

Documents recommended to the Mandate Commission.

for making complaints and handling them.

Competition dates and competitions in each weight category start time.

competition winners and prize-winners.

The closing ceremony of the competition.

Types of competition in wrestling.

Personal priority.

First team.

Individual and team primacy.

Open carpet first.

Absolute first.

Individual championships are held to determine the results of each wrestler, his place in this competition. At the end of the competition, winners and prize-winners will be determined in each weight category;

in the championship of the teams, the position of each team is determined;

in individual and team championships, the position of each participant and, accordingly, the position of each team is determined;

in the open carpet championship, each wrestler fights to improve his sports classification, title and skill;

in the absolute first place: any wrestler has the right to participate regardless of the weight category (with the permission of the chief referee);

Composition of the jury and their duties

Before holding each competition, the state organizing the competition in its territory shall prepare the list of referees serving in the competition according to the scale of the competition.

referees approved by these federations are entitled to serve in this competition. Every international tournament, continental championships and championships, world championships and championships only fight K

International Association of __ Judges approved by and having a special certificate operate.

Composition of the jury:

- Chief referee ;
- Chief referee assistants , their number should be one person more than the number of carpets on which competitions are held;
- Chief secretary and carpet clerks ;
- Judges and referees on the mat ;
- V aqt supervising judge ;
- The referee in T ablo ;
- The announcing judge ;
- M competition ;
- Medical officer (doctor) of the competition .

The chief referee is responsible for the organization and conduct of the competition based on the rules of wrestling. The chief referee's instructions must be followed by wrestlers, team leaders, teachers, referees and all participants.

Duties of the chief referee: Checks the place of the competition (gym or stadium), the preparation of equipment and carpets;

the drawing of lots, strong wrestlers are divided into two groups;

distributes the judges to the mats;

prepares the competition schedule;

appoints judges to weigh wrestlers;

each competition and supervises their actions;

holds a meeting of the jury before the start of the competition;

the competition, every day after the competitions, together with the jury, teachers, representatives of the teams, he reviews the results and report of the current competition, eliminates the shortcomings and defects within his rights and possibilities;
may hold a jury session at any time if necessary;
assesses the preparation of the judges for the competition and the competition process;
the competition, he fills out a written report on the level of organization and conduct of the competition and submits it to the relevant organization.

Chief referee's rights: if the building, equipment and carpets for the competition are not ready, he can prohibit and postpone the competition;
the competition, it is possible to temporarily suspend the competition if a situation arises that prevents it from being held at a high level;
may change the order or schedule of the competition;
may disqualify a referee who grossly violates the rules of wrestling competitions or does not follow the rules while informing the jury;
wrestlers who do not have permission to participate in the competition or who have violated the rules of wrestling may also be excluded from the competition;
may warn or exclude from the competition the representatives and teachers of any group for rudeness or violation of the rules of wrestling;
Note : The Referee cannot cancel or change the rules of the match.

Chief referee Deputy Head referee in the competition temporarily didn't happen at the time his license with gave authority basically his duties performs;
Getting away result and next to receive getting ready residents announcement by doing goes; in the middle referees, secretary, time control doer referee, scoreboard the judge movement control by doing goes and replaces

General secretary and secretaries. The general secretary checks the documents of the wrestlers when the participants of the competition pass the mandate commission.
records the meeting of the jury, the minutes of competition and competition, the order of competition and other documents.
Clerks write minutes on their carpets.
write down grades and warnings on a control sheet.
The general secretary together with the chief judge is the person responsible for completing and signing the report of the competition.

Judges on the carpet. During the competition, when the referees come to the wrestling mat, the referee in the middle places his right hand on his chest, and both referees on the side put their hands on their chests, facing the spectators and the chief referee.

Referee action, control by the referee and the jury. will be done. If they act contrary to the rules of the competition, they will be deprived of the referee's certificate. removed from this competition and sent to the appropriate organization.

The referee in the middle . Before the start of the fight, the hygienic condition of the wrestlers on the mat is checked, the wrestling uniform meets the requirements of the rules, if it does not meet the requirements of the wrestling rules, they are asked to go out again (within the allowed time).

of the fight and strictly observes the rules of the fight during the fight.

He also monitors the scores of the referees sitting on the sidelines during the match.

When evaluating each method used by the wrestler, it is necessary to stop the fight with the command "**STOP**" , **give the appropriate assessment within 2-3 seconds, and** start the fight again with the word "**FIGHT**" .

In order to announce warnings for violation of the rules during the match, the referee in the middle stops the competition with the command "**STOP**" **and gives the appropriate warning within 8-10 seconds (during this time, the wrestlers arrange their clothes and stay in their places** must stand up), must start the fight again saying "**FIGHT**" ,

At the signal of the timekeeping referee, the middle referee must stop the shooting by saying the phrase "**TIME**" and pointing with his hand.

Referees on the sidelines. Referees on the side help the referee in the middle, evaluate all the actions of the wrestlers. When evaluating the action of the wrestlers, the majority opinion of the three judges on the mat is used. If the opinions are different, they should consult to come to an agreement. Side referees sit on chairs on opposite sides of each other, if necessary during the match, the side referee can also stand and watch the match. If it is necessary for one or both wrestlers to leave the mat for a short time, one of the judges on the sidelines must accompany them.

Timekeeper . The timekeeper controls how long it takes for the wrestlers to arrive on the mat after being called. If they arrive late without an excuse, they must immediately notify the referee.

It monitors every minute and calculates the time of departure. If the wrestler receives medical help during the match or if the match is stopped for other reasons, he must inform the chief referee. If the wrestler does not get on the mat in 1 minute, "**Tanbeh**", "**Dakki**" in 2 minutes , "**Ghirrom**" is given in 3 minutes .

Referee on the scoreboard. Each score or warning announced by the center referee shall be displayed on the scoreboard;

if the middle referee cannot see or hear the announced results, the mat will determine from the referee;

the scores displayed on the scoreboard must remain on the mat until one of the wrestlers is announced as the winner.

The announcing referee. He announces the agenda of the competition, in which weight category, between whom there will be a fight, and which wrestlers are preparing for the fight. It provides information about every wrestler who steps on the mat. He also informs the audience about the judge running the mat and the judges on the mat.

Once announced by the announcing arbitrator, the decision of the arbitrators shall be final and shall not be contested.

Announcements that are not related to competition and wrestling are made only with the permission of the referee or his deputies.

The commandant of the competition is the person responsible for the preparation of the sports hall, stadium or field where the competition will take place, the carpet (tatami), tables and chairs for judges, bells (gong) and other equipment;

the person responsible for the smooth running of the competition;

of the competition works according to the instructions of the chief referee.

Competition doctor. Before the start of the competitions. examines the wrestlers' health documents, signatures and seals, if there are any deficiencies, the wrestler will not be allowed to participate.

Wrestlers are inspected as their weights are weighed;

controls the cleanliness of the facility where the competition takes place and wrestling mats and wrestlers' uniforms;

treats injuries received during the competition;

the wrestler is injured and does not go to the mat for 3 minutes, he will be removed from the competition with the permission of the doctor, and the victory will be given to his opponent.

Emergency situations outside the rule of combat

If a situation occurs that is not specified in the wrestling rules, then the referee on the mat consults with the judges at the edge of the mat. If a decision is not reached, this situation should be resolved in consultation with the chief referee and the jury.



Hygiene of wrestlers

The wrestler's clothes (underwear and pants) must be clean, dry, not smelly, fingernails and toenails must be trimmed, and long hair must be trimmed so as not to disturb other wrestlers. Any wrestler who does not comply with hygiene rules will be disqualified from participating in competitions.

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