



International Zurkhaneh Sports Federation

فدراسیون بین المللی ورزش های زورخانه ای

RULES AND REGULATIONS

OF

ZURKHANEH SPORTS

COMPETITION

BY:

“IZSF”

INTERNATIONAL ZURKHANEH SPORTS FEDERATION

Objectives:

- To Introduce & Develop Zurkhaneh Sports all around the world.
- To promote ethics & heroic values of Zurkhaneh Sports
- To Strengthen Peace , Friendship & Cordiality among the Youths of the world

Events:

- 1- Zurkhaneh Sports Team Skills competitions
- 2- Zurkhaneh Sports Individual Skills competitions
- 3- Qualification Recording in Individual Skills of Zurkhaneh Sports
- 4- Champion of Champions Competition
- 5- Koshti Pahlevani “Heroic Wrestling” Competitions

General Rules:

*** Sports Equipments Control:**

Sport equipments must be examined and be confirmed by the Technical Committee from Weight, Size and Dimensions points before the Competition.

*** Medical:**

At Registration, It is mandatory for all participants to present a medical certificate be confirmed by their National Federation.

*** Weigh in:**

At Registration, It is mandatory for all participants of Koshti Pahlevani Heroic wrestling to pass the weigh in, their weight will be inserted in Weight table.

*** Age of participants:**

IZSF Technical Committee will decide for the age of participants due to the existing conditions of the competition.

*** Awards:**

- In team competition, all members of the first three teams and the shared third-place will be awarded by Medals (gold-silver-bronze), Diploma and Certificate.
- In individual-skills competition, the first three athletes and the shared third-place will be awarded by Medals (gold-silver-bronze), Diploma and Certificate.

Competition Refereeing:

a) Team Skills Competitions:

Three referees will judge the Team Skills Competitions and the total of their scores will make the final score of the team.

b) Individual Skills Competition:

In Sang Giri (Shield lifting) one of the Judges counts and two other give score, the total of their scores will make the final score of the athlete.

In the following disciplines, A referee and two beside judges will referee the competition and

the total of scores declared by the two beside judges is the criterion for scoring:

Charkh Teez - Charkh Chamani Charkh tak fer (whirling)

Kabbadeh (chain and bow)

Meel Bazy (juggling club)

Meel Gereftan with heavy Meels (turning heavy club)

Shelang takhteh

Individual Skills Recording

Championship Competitions

 **A referee is responsible for :**

1-declaring the start of the competition, in co-ordination with the time keeper, by use of a whistle or a hand signal

2-Guiding the athletes

3- Declaring faults and warning the athletes.

4- In all competitions, one of the judges is liable for keeping time.

5-Cooperation with Technical Committee for a better organizing of the events.

 **A beside Judge is responsible for:**

1- Registering positive and negative scores in Refereeing Paper and adding up the scores.

2- Signing the Refereeing Paper presenting it to the Head of Technical Committee.

3-Cooperation with Technical Committee for a better organizing of the events.

Other Notes:

1- When the Zang (bell) is sounded as the end of the competition, no score will be given.

2- In the team competition, as the first member of the team enters the Gowd, timing of the competition will be started.

3- The termination of the competition is announced by the time keepers Zang (bell).

Technical Committee:

Technical committee of any competition is formed of three well-experienced referees with championship record in their Zurkhaneh sports or Koshti Pahlevani Heroic Wrestling background.

Technical Committee is Responsible for:

1- Controlling the technical and refereeing affairs of the competition.

2- Reviewing and Controlling the Refereeing Papers before delivery to the person in charge of Table.

3- Registering the total of the scores.

4- Controlling the Sports equipments before the competitions.

5- Announcing the technical necessities of the Sports Hall for organizing the competition to the LOC.

- 6- Head of Technical Committee will decide himself in the case of receiving written protest of Team Supervisors or great difference between the scores registered by the referees.
- 7- Confirming the finalist of Championships to issue the Diploma.

Zurkhaneh Sports Team Skills Competitions:

This kind of competition is performed by a team in accordance with the following rules.

General Rules:

- The weight of Sports equipments and time of team skills performances (Tables 15 & 16)
- Each team may include the following members maximally 10 persons:
 - Athletes (5-7 persons)
 - Murshed (1 person)
 - Coach (1 person)
 - Supervisor (1 person)

** Note:*

For any athletes more than minimum that is 5 persons as above mentioned, 0.1 percent of total Score will be added to the total score of that team.

Order of Team Performance and of Team Competition scores (Table-1):

No	Activity	Maximum Point
1	Form of entering the Gowd, harmony, Positioning and standing in a circle	6
2	Shirinkari all together and at the same time with Miandar	6
3	Press & roll Sang giri “shielding”	1
4	Sang (Shield) Shirinkari each movement with one hand	1
5	Sang (Shield) Shirinkari each movement with two hands	2
6	Ethical speech from holy books	10
7	Shena Sarnavazi -Shalagi and Keshideh	16
8	Integrative Sheno (press up) ,all athletes together and in harmony	6
9	Sheno Pich, maximum 17 times	17
10	Left and right legs and warm-up exercises	10
11	Warm-up exercises and Shirinkari all together and at the same time with Miandar	6
12	Laying press-up boards aside, taking Meels and positioning	6
13	Meel Bazy	25
14	Plain Meel Gereftan	10
15	Meel Gereftan along with doing stunts	6
16	Laying Meels aside	4
17	Paa Zadan	20
18	Each Charkh Zadan (whirling) between Paa Zadan (One Fer, two Fer, three Fer)	8
19	Simultaneous co-ordination with Miandar	6
20	Charkh teez 30 seconds	15
21	Charkh chamani 60 seconds	15
22	Complete Paye akhar (final Paa Zadan)	15
23	Charkhs of Paye akhar (final Paa Zadan)	7
24	Harmony in the final Paa Zadan each movement	6
25	Prayer (all athletes together)	15
26	Kabbadeh 1 minute each pair	0.5
27	Kabbadeh Shirinkari “stunts”	2
28	Carrying out heroic wrestling techniques (Koshti Pahlevani), With regard to the elegance of each technique	2
29	Form of leaving the Gowd	5

*** Note:**

1. Shirinkari Stunt means performing new and beautiful skills.
2. Maximum score for Sang Gereftan, Kabbadeh Zadan, and Meel Bazy is 25 for each discipline for every team.
3. For Charkh Teez in every second 0/5 score will be allotted.
4. For Charkh Chamani in every two seconds 0/5 score will be allotted.
5. In the case of equal result for two teams, the total scores obtained in the Individual Skills competition will determine the winner team.
6. No score is allotted to a repeated performance in different parts. (Each performance gains score just once).

7. As the end of legal time is declared, the competition will be stopped and the team must leave the Gowd, the scores up to that time will be calculated.

Zurkhaneh Sports Individual Skills Competitions:

- 1) Sang gereftan (Shield lifting)
- 2) Kabbadeh (chain and bow)
- 3) Meel Bazy (juggling club)
- 4) Meel Gereftan with heavy Meels (turning heavy club)
- 5) Charkhidan Whirling: Charkh Teez - Charkh Chamani Charkh tak fer
- 6) Shelang takhteh
- 7) Professional Meel giri

*** General Conditions:**

1. Only the athletes who participate in Team Skills Competition can participate in Individual Skills Competition excepting the athlete who takes Meel Sangin heavy Meel and +90 Kg wrestling category.
2. The Countries which have no participants in team skills, might take Max four participants in Zurkhaneh individual skills disciplines or four wrestling categories.
3. Countries cannot introduce more than one athlete for any individual skills disciplines or wrestling categories. But each athlete can participate in two individual skills disciplines and one wrestling category and he will obtain the score of every discipline separately.
4. The participants in team skills should not be less than 5 and more than 7. One of them would be Miandar.
5. The Countries which participate in the Zurkhaneh team skills, they can take one wrestler +90 Kg and one participant in heavy meel, more than what was mentioned in item 4.
6. If a Country is participating with a complete team, then they can take a coach, a referee and an official along in events, otherwise just an official can accompany the athletes in events.
7. Just the referees, who have participated in IZSF referee courses and pass the exams, can participate in the events.
8. The weight of the Zurkhaneh Sports implements and the timing is mentioned in tables number 15 and 16.

***Champion Cup Rewarding Conditions:**

1. For achieving the 1st place in all individual skills disciplines and four wrestling categories, 10 points would be counted and recorded for the Country.
2. Second to tenth place of each discipline would take the point from 9 to 1, countdown.
3. Points for the team skills would be multiplied into the number of the participants in the team (5-7). For example if the team participated with 7 athletes and took the 1st place the point would be 70 (7 x 10) for them, with 6 athletes 60 (6 x 10), with 5 athletes 50 (5 x 10). For other places in ranking it would be calculated the same. See the table below.
4. The Champion Cup would be awarded to 1st, 2nd and joint 3rd place in total points of individual skills, team skills and Koshti Pahlevani.
5. Note: In the Zurkhaneh Sports World Cup, Just one Cup would be awarded to the 1st place in total points of individual skills, team skills and Koshti Pahlevani.
6. Medal & Diploma will be awarded to 1st, 2nd and joint 3rd place in each class.

Place	Team Skills			Individual Skills	Wrestling
	Team with 7 athletes	Team with 6 athletes	Team with 5 athletes	Sang- Kabbadeh- Meel giri- Charkhteaz- Charkh Chamani- Meel Bazi	60-70 Kg. & 70-80 Kg. 80-90 Kg. & +90 Kg
1 st	70 7x10	60 6x10	50 5x10	10 Points for each disciplines	10 points for each category
2 nd	63 7x9	54 6x9	45 5x9	9 Points for each disciplines	9 points for each category
3 rd	56 7x8	48 6x8	40 5x8	8 Points for each disciplines	8 points for each category
4 th	49 7x7	42 6x7	35 5x7	7 Points for each disciplines	7 points for each category
5 th	42 7x6	36 6x6	30 5x6	6 Points for each disciplines	6 points for each category
6 th	35 7x5	30 6x5	25 5x5	5 Points for each disciplines	5 points for each category
7 th	28 7x4	24 6x4	20 5x4	4 Points for each disciplines	4 points for each category
8 th	21 7x3	18 6x3	15 5x3	3 Points for each disciplines	3 points for each category
9 th	14 7x2	12 6x2	10 5x2	2 Points for each disciplines	2 points for each category
10 th	7 7x1	6 6x1	5 5x1	1 Points for each disciplines	1 points for each category

1-2-1 Regulations of Meel Sangin (heavy club) Competitions:

Weight and size of Meels and time of the competition (table 15 & 16)

- The method of taking Meel Sangin (heavy club)

Meel Gereftan with heavy Meel is performed in two ways

1. Aram (slow)
2. Shalaghy (fast)

Faults and Negative scores in Taking Meel Sangin heavy club (Table-2):

No	Faults	Negative Scores
1	In case Meels are located on shoulders	scores will be cut by half
2	Pausing more than authorized	2
3	Speed more than authorized for every whirling	1
<ul style="list-style-type: none"> • Total of negative scores is subtracted from obtained scores • In case of score equality for two athletes, weigh-in determines the winner so that the lighter athlete will be the winner. (Weight of the participants are inserted in weigh in table) • In the case of weight equality, joint place will be announced. 		

Meel giri Sangin “Heavy Meel “ Scoring (Table-3)

No	Faults	Scores
1	Taking off the Meels	Max 10
2	The first 20 pairs	1
3	The 21 pairs to 72 pairs	2
4	+72 pairs	3

Meel Bazy Competition (Club Juggling):

Weight and Size of Meels and Time allotted to the competition (table 15-16)

General Technical Regulations for Meel bazy Competitions:

- Vertical body position while performing Meel Bazy.
- Athletes who perform this exercise would not exit from the Meel Bazy allotted area.
- Unbended knees while performing Meel Bazy.
- Grabbing Meels handle, after throwing it up, and while its coming down.
- The area allotted to Meel bazy is a circle with 3 meters in diameter.

Table of Meel Bazy Scores (Table-4)

No	A: Meel Bazy with two Meels	Score
1	Forward throwing, using one hand	1
2	Forward throwing, using two hands	2
3	Backward throwing, using one hand	2
4	Backward throwing, using two hands	4
5	Doing stunt in backward throwing, using one hand	2
6	Doing stunt in backward throwing, using two hands	4
7	Each whirling under the thrown Meel	2
8	Each rolling under the single-hand-thrown Meel	8
9	Each rolling under the two-hand-thrown Meel	10
B: Meel Bazy with three Meels:		
1	Forward throwing with three Meels (each)	3
2	Three-Meel throwing, two Meels forward and one Meel backward	5
3	Three-Meel throwing, one Meel forward and two Meels backward	5
4	Three-Meel throwing, each whirling under the thrown Meel	2
5	Three-Meel throwing, by use of one hand, each forward or backward rolling	10
6	Three- Meel throwing by use of two hands, each forward or backward rolling	12
C: Meel Bazy with four Meel		
1	Simple-four-Meel forward throwing	5
2	Crossing-four-Meel throwing forward or backward and left and right	6
3	Four-Meel throwing, two Meels forward and two Meels backward	8
4	Pair-four-Meel throwing with single whirling	10
5	Pair-four-Meel throwing with two whirling	12
6	Each extra whirling	2
7	Fourth throwing with forward rolling	12

*** Note:**

- Not more than One score is allotted to each performance; Recurrence of performances in all parts doesn't gain any scores.
- If Meels handle separates from the Meel, another Meel will be utilized and the athlete won't lose any scores.

Faults and negative scores in Meel Bazy:

No	Fault	Negative Score
1	Bending knees while performing Meel Bazy (each time)	0.5
2	Exiting of the athlete from the allotted area	2
3	Falling of Meel in two-Meel performance, for the first time	5
4	Falling of Meel in two-Meel performance for the second time	10
5	Falling of Meel in three or four-Meel performance for the first time	5
6	Falling of Meel in three or four-Meel performance for the second time	10

🚩 Other Cases:

- In case Meel falls for the third time, competition is stopped and scores are calculated up to that point.
- After the announcement of the competition conclusion, no score will be given to the performances.
- In case of equal scores, weigh-in determines the winner that is the heavier athlete.
- In case of equal weight, shared-place will be awarded to the athletes.

Regulations of Charkhidan (whirling):

This kind of competition is carried out in three disciplines:

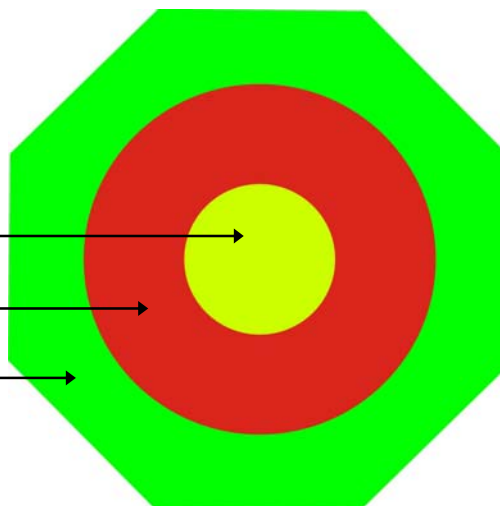
1. Charkhe Teez
2. Charkhe Chamani
3. Tak fer

Charkh Whirling Circle:

Charkhe Teez area – 1.5 meter in radius

Charkh chamani-tak fer- 4 meter in width

Guarded area- 5 meter in width



Charkh Teez Score (Table - 6)

Time (second)	Good	Excellent
1-20	1	2
21-60	2	3
+60	3	4
Fer akhar	5	7
Charkh tak fer	5	7
Shirinkari	5	7

Charkh Chamani Score (Table - 7)

Time (second)	Good	Excellent
1-40	1	2
41-180	2	3
+180	3	4
Fer akhar	5	7
Charkh tak fer	5	7
Shirinkari	5	7

Charkh Chamani Score (Table - 8)

Time (second)	Good	Excellent
1-20	1	2
21-60	2	3
+60	3	4
Shirinkari	5	7

- Maximum Time allotted for Charkh Competition will be specified in related sections according to the Competition type and age levels of participants.

Negative scores in Charkh Teez, Charkh Chamani and Tak fer (Table-9)

No	Faults	Negative Score
1	Dis-harmonious legs in every 10 seconds	2
2	Non stretched arms and non vertical head in every 10 seconds	2
3	Non vertical body position in every 10 seconds	2
4	One leg entrance to guarded area (each time)	2
5	Both legs entrance to guarded area(each time)	4
6	One leg exit from the main area to guarded area(each time)	4
7	Both legs exit from guarded area	Termination of competition

- In case of equality of scores of two athletes, weigh-in determines the winner that is; the heavier athlete is the winner.
- In the case of equal weight, shared-place will be awarded to the two athletes.

4-2-1 Regulations for Kabbadeh Zadan (Pulling Chain and Bow):

Weight, Size, Time of Competition and Number of Pulls (Tables 10 and 11).

Appropriate principles for Kabbadeh Zadan:

1. Vertical body position (straight standing).
2. Fixed and vertical head position.
3. Harmonious movement on tip toes.
4. Radius of movement shouldn't exceed 1 meter.
5. At the beginning of the competition the athlete should hold the middle of the bow in one hand, the chain in another hand and Kabbadeh above head.
6. The athlete should bend his fore-arm from elbow and pass it above his head with his wrist bent toward the ear. Another hand should be stretched horizontally and parallel with the ground.
7. Hands shouldn't touch the head

Kabbadeh Scoring (Table - 10)

No	Number of Pulling	Scores
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1	The first 50 pulls	1
2	+ 50 pulls	2
3	Doing Shirin Kari (stunt)	4

- ❖ The athlete weights will be considered in their scores. The athlete weight would be deductive from total scores, and it makes the final point.

Faults and Negative scores in Kabbadeh Zadan (Table-11):

Class	Fault	Negative Score
1	Non straight body position	3
2	Disharmony of legs and absence of movement on tip toes	3
3	Non Horizontally Stretched hands in each pulling	0.5
4	Inaccurate pulling of the chain in each pulling	0.5
5	Any touch between hands and head in each pulling	0.5

- ❖ In the case of non stretched hands or weak pullings, the competition will be stopped and the scores will be added up to that time.

🚩 Other Cases:

- If the bow or the chain is released, the competition will be stopped and obtained scores are calculated up to that point.
- In case the chain ripped, the competition will be postponed to proper later time.

Regulations for Sang Gereftan (Shield Lifting) Competition:

Time, Weight, Sang Dimension and number of Pulling (Tables 12 & 13)

Point:

- The allotted area to Sang giri “shield lifting” is a circle in 2 meters Diameter.
- It is mandatory to perform 12 pair of Sang giri “shield lifting” otherwise the athlete will be out.

Sang Gereftan “Shield lifting” Scoring (Table-12)

No	Number of Pulling	Scores
1	The 12 mandatory pullings	
2	The 1 st 50 pairs	1
3	+50 pairs	2

- ❖ The athlete weights will be considered in their scores. The athlete weight would be deductive from total scores, and it makes the final point.
- ❖ Exiting from the allotted area of Sang Giri leads to the termination of the competition and the scores will be added up to that time.
- ❖ Falling of Sang (Shield) leads to the termination of the Competition and the scores will be added up to that point.
- ❖ Performing Shirin Kari (stunts) only in pair-press mode (each performance) 4 scores in addition to 1 scores of press.
- ❖ In the case of equal weight Shared-place will be awarded to the athletes.

Faults and Negative scores in Sang Giri (Table-13):

No	Item	Score
1	Any contact between the two Snags (shields), between sang and the ground, between sang and the athletes' body	0.5
2	Not raising the head while doing press	0.5
3	Non balanced Sangs "shields"	0.5
4	Shaky hands in each lifting	0.5
5	Incomplete rolling of Body while performing the rolling mode	0.5
6	Opening the legs while rolling	0.5
7	Legs not placed under the Sang while rolling	0.5
8	Legs not pulled back towards abdomen while rolling	0.5
9	Hitting against the sang, while lifting it up	0.5
10	Non straight elbows	0.5
11	Relocation of body under the Sang while rolling	6

Regulations for Shelang takhteh Competition:

Time of competition (Table 15)

Scores:

After obtaining permission and bell ring by Murshed, the athlete will start Shelang takhteh skill from the center of Gowd.

Through performing harmonic rolling skills, he will arise from the Gowd bottom and he will hit exactly in the middle point of every side of the Gowd

Then he will return to the center of the Gowd as he is continuing harmonic rolling skills.

He will repeat this skill in across side.

Three will be maximum point given to harmonious of performance, minimum of rolling in the length of every side and arising from the bottom of the Gowd.

1-3 Qualification Recording in Individual Skills of Zurkhaneh Sports Competition

The athletes who obtained the 1st, 2nd and 3rd place of Individual Skills competition can

participate in the Recording Competition.

This kind of competition will be in all disciplines of individual Skills competition and its judgment will be according to the Regulations of the Individual Skills without time limitation.

1-4 Champion of Champions Competition:

1. The athletes who obtained the 1st place in any discipline of Qualification Recording Competition can participate in the Champion of Champions Competition.
2. the participants would carry out General Skills for 8 minutes before performing Individual Skills (Table-14)
3. General Skills: entrance into Gowd, positioning, types of Sheno, warming up exercises after sheno, Meel giri, types of Paa zadan and prayer.
4. The athlete, who obtained 50% scores of General Skills, will be authorized to participate in other disciplines of Championship competition.

Scores of Champion of Champions Competition:

1. The obtained score in the Qualification Record Competition will be inserted in the table of Championship Competition (There is no need to repeat performance).
2. Obtaining at least 50 Scores of General Skills.
3. Obtaining at least 30 scores of total scores obtained by the 1st places of the Individual Skills Competition in this event.
4. In the case of not achieving above items 2 and 3, the participants in Championship competition can not gain Champion title.
5. Only the 1st place athlete will be entitled as Champion and there is no 2nd or 3rd place.

Zurkhaneh Sports General Skills Scoring (Table –14)

No	Title	Score
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1	Entering the Gowd	6
2	Positioning and circling (standing in a circle)	2
3	Shenoye Sarnavazi for 5 times	5
4	Shenoye yek shallagheh for 2 times	4
5	Shenoye do shallagheh for 2 times	6
6	Shenoye seh shallagheh for 2 times	8
7	Shenoye pich for 6 times	9
8	Warm up and left and right legs exercises	10
9	Aram Meel giri at least for 10 pairs	10
10	Shallaghi Meel giri at least for 10 pairs	10
11	Paa zadan and relevant shirin kari “stunts”	25
12	Prayer	5
Total		100

This Regulation is approved by IZSF Technical Committee.

Seyed Abdullad Sadjadi
Head of IZSF Technical Committee

Gholamhassan Mohammad panahiha
Member of IZSF Technical Committee

Medals Distribution Table (Table-15)

No	Competition	Gold Medal		Silver Medal		Bronze Medal	
		Men	Women	Men	Women	Men	Women
1	Zurkhaneh Sports Individual Skills	10	10	10	10	20	10
2	Sang giri	1	1	1	1	2	1

3	Kabbadeh keshi	1	1	1	1	2	1
4	Meel giri (Heavy Meel)	1	-	1	-	2	-
5	Meel bazy (2,3,4 Meel)	1	1	1	1	2	1
6	Charkhh teez	1	1	1	1	2	1
7	Charkh chamani	1	1	1	1	2	1
8	Charkh tak fer	1	1	1	1	2	1
9	Shelang takhteh	1	1	1	1	2	1
10	Qualification Recording in Sang giri	1	-	1	-	1	-
11	Qualification Recording in Kabbadeh	1	-	1	-	1	-
12	Qualification Recording in Meel giri "Heavy"	1	-	1	-	1	-
13	Skillfulness Meel giri "light"	1	1	1	1	1	1
14	Qualification Recording in Meel bazy	1	-	1	-	1	-
15	Qualification Recording in Charkh teez	1	1	1	1	1	1
16	Qualification Recording in Charkh chamani	1	1	1	1	1	1
17	Qualification Recording in Shelan takhteh	1	1	1	1	1	1
18	Qualification Recording in Charkhe tak fer	1	1	1	1	2	2
19	Championship Competition	1	-	-	-	-	-
20	Junior Heroic Wrestling	4	-	4	-	8	-
21	Youths Heroic Wrestling	4	-	4	-	8	-
22	Senior Heroic Wrestling	4	-	4	-	8	-
23	Total	40	22	39	22	70	23
24	Total Medals for Men	149					
25	Total Medals for women	67					
26	Total Medals for Men and Women	216					

- No 2nd and 3rd place in Championship Competition.
- At least 6 athletes would participate in World and Continental Individual Skills Competition.
- Qualification Recording Competition holding will be according to the opinion of the Technical Committee.

Weight, Standard Size and Dimension of Zurkhaneh Sports Equipments (Table-16)

No	Sport equipment	Weight (kg)			Dimension (cm)			
		Men	Women	Junior	Men		Women	Junior
1	Sang	20+20=40 kg ± 1 kg	7+7=14 kg ± 500 gr	15+15=30 kg ± 1 kg	height	100 cm	90cm	90 cm
					Width	70 cm	60 cm	65 cm
					thickness	5± 0.5 cm	1.5±0.25 cm	5± 0.5 cm
					Handle	15± 2 cm	15±2 cm	15± 2 cm
2	Kabbadeh	14 kg ± 500 gr	6 kg ± 150 gr	12 kg ± 500 gr	Length of bow	150± 5 cm	100± 5 cm	150± 5 cm
					Length of chain	200± 5 cm	150± 5 cm	200± 5 cm
					Handle	15± 2 cm	15± 2 cm	15± 2 cm
3	Heavy Meel	15+15=30kg ± 500 gr	-----	10+10=20kg ± 500 gr	Height	110± 5 cm	-----	100± 5 cm
					Main part	95± 5 cm	-----	85± 5 cm
					Handle	15 ± 2 cm	-----	15 ± 2 cm
					Maximum diameter	30± 5 cm	-----	25± 2.5 cm
4	Meel bazy	2+2=4 kg ± 100 gr	0.5+0.5=1 kg ± 50 gr	1.5+1.5=3 kg ± 150 gr	Height	65± 5 cm	45 ± 3 cm	60± 5 cm
					Main part	50 ± 5 cm	30 ± 3 cm	45 ± 5 cm
					Handle	15 ± 2 cm	17 ± 3 cm	15 ± 2 cm
					Maximum diameter	15 ± 2 cm	8 ± 2 cm	15 ± 2 cm
5	Light Meel	3+3=6 kg ± 100 gr	1.5+1.5=3kg ± 100 gr	3+3=6 kg ± 100 gr	Height	70± 5 cm	60± 5 cm	70± 5 cm
					Main part	55 ± 5 cm	45 ± 3 cm	55 ± 5 cm
					Handle	15 ± 2 cm	15 ± 2 cm	15 ± 2 cm
					Maximum diameter	18 ± 3 cm	15 ± 3 cm	18 ± 3 cm

Number of movements and techniques , Rest Time in Zurkhaneh Sports Events (Table -17)

No	Competition	Sex	Maximum time allotted for competition (min)			Maximum number of Sports performances			Rest Time (min)			Note
			Team	Individual	Qualification Record & Championship	Team	Individual	Qualification Record & Championship	Team	Individual	Qualification Record & Championship	
1	Sang giri	M	3	10	Free	Free	Free	Free	----	-----	-----	in team events :1 min for prayer or national anthem – 1 min for praise
		F	3	4	-----	Free	30	----	----	-----	-----	
2	Kabbadeh keshi	M	1	2	Free	Free	Free	Free	-----	-----	-----	
		F	1	1	-----	Free	30	-----	-----	-----	-----	
3	Meel bazy2.3.4	M	1	7	Free	Free	Free	Free	-----	1	1	Rest between 2.3.4 Meel bazy : In team events, just 2 Meel Bazy
		F	1	4	-----	Free	Free	----	-----	1	-----	
4	Meel giri heavy	M	-	Free	Free	-	Free	Free	-----	-----	-----	
		F	-	-	-----	-	---	-----	-----	-----	-----	
5	Skillfulness Meel giri	M	Free	4	-----	Free	Free	-----	-----	-----	-----	
		F	Free	2	-----	Free	Free	-----	-----	-----	-----	
6	Charkh teez	M	0.5	1	Free	Free	Free	Free	-----	-----	-----	
		F	0.5	1	Free	Free	Free	Free	-----	-----	-----	
7	Charkh Chamani	M	1	2	Free	Free	Free	Free	-----	-----	-----	
		F	1	1	Free	Free	Free	Free	-----	-----	-----	
8	Charkh tak fer	M	-	2	Free	-----	Free	Free	-----	-----	-----	
		F	-	1	Free	-----	Free	Free	-----	-----	-----	
9	Shelang takhteh	M	1	2	Free	Free	Free	Free	-----	-----	-----	

Athlete name		MEEL BAZY SCORE SHEET	Refree 1	
Country			Referee 2	
City			Referee 3	
Weight			Date	

2 MEELS		Score of Stunts	Total of scores
1	One Meel; Forward throwing	1	
2	Two Meels; Forward throwing	2	
3	Each whirling under the thrown Meel	2	
4	One Meel; Backward throwing : 2 scores Pair will be 4 scores	2 & 4	
5	Each rolling under the single-hand-thrown Meel	8	
6	Each rolling under the two-hand-thrown Meel	10	
3 MEELS		Score of Stunts	Total of scores
1	Forward throwing with three Meels with stunts	3	
2	Three-Meel throwing, two Meels forward and one Meel backward	5	
3	Three-Meel throwing, one Meel forward and two Meels backward	7	
4	Three-Meel throwing, each whirling under the thrown Meel	2	
5	Three-Meel throwing, by use of one hand, each forward or backward rolling	10	
6	Three- Meel throwing by use of two hands, each forward or backward rolling	12	
4 MEELS		Score of Stunts	Total of scores
1	Simple-four-Meel forward throwing	5	
2	Crossing-four-Meel throwing forward or backward and left and right	6	
3	Four-Meel throwing, two Meels forward and two Meels backward	8	
4	Four Meel throwing with one thrown pair and a single whirling	10	
5	Four Meel throwing with one thrown pair and two whirling	12	
6	Each extra whirling	2	

Referee name:

Date:

Signature

Negative Score of first falling	5 points	Total of positive score	
Negative Score of second falling	10 points	Total of Negative Scores	
Third falling	Termination of Competition	Total Scores	

Team	
Country	
City	
Weight	

**TEAM COMPETITION
REFREE PAPER**
TIME: -----
NUMBER OF ATHLETES:-----

Referee 1	
Referee 2	
Referee 3	
Date	

NO	ACTIVITY	MAX. POINT	SCORE	NO	ACTIVITY	MAX. POINT	SCORE
1	- Form of entering the Gowd, harmony, Positioning and standing in a circle - Shirinkari all together and at the same time with Miandar - Ethical speech from holy books	6		9	- Complete Paye akhar (final Paa Zadan) - Charkhs of Paye akhar (final Paa Zadan) - Shirinkari all together and at the same time with Miandar	15	
		6				7	
		10				6	
2	- Press & roll shielding (maximum 3 min) (12 pair is mandatory) - Shirinkari Sang each movement with one hand with two hands - totally maximum	1		10	Prayer	15	
		1 1 1 25		11	- Kabbadeh zadan (max for 1 min) each pair - Kabbadeh Shirinkari (stunts) - Max. Scores	0.5 2 25	
3	- Sheno Sarnavazi -Shalagi and Keshideh - Shirinkari all together and at the same time with Miandar - Sheno Pich, maximum 17 times	16		12	Heroics Wrestling (performing techniques)	2	
		6 17		13	Form of leaving the Gowd	5	
4	- Left and right legs and warm-up exercises - Shirinkari all together and at the	10 6 6		14	Total of Obtained Scores		

	same time with Miandar - Laying press-up boards aside, taking Meels and positioning					
5	Meel bazy	25				
6	- Meel gereftan (taking clubs) - Shirinkari all together and at the same time with Miandar - Laying Meels aside	10 6 4				
7	- Paa zadan - Each Charkh Zadan (whirling) between Paa Zadan - Shirinkari all together and at the same time with Miandar	20 8 6		15	For every one more than minimum of team group (i.e. 5)	1% of total Score
8	- Charkh Teez 30 Sec. - Charkh Chamani 60 Sec.	15 15		16	Total of Scores	

Referee:

Date:

Signature:

Athlete Name	
Country	
City	
Weight of Body	

**CHARKH TEEZ
 SCORE SHEET**

Time:

Referee 1	
Referee 2	
Referee 3	
Referee in Gowd	

Negative scores	Faults Classification	Time of Charkhidan "whirling"		Time (sec)	Good	Excellent	Positive points
		Good	Excellent				
	One leg exit from the allotted area, 2 negative points, Max 3 times	Good	Excellent	1-20	1	2	
	Both legs exit from the allotted area, termination of charkh			21-60	2	3	
	Dis-harmonious legs, 2 negative points for every 10 seconds			+60	3	4	
	Non stretched arms and non vertical head			61-80	4	5	
	Non vertical body and disharmony arms , 2 negative points for every 10 seconds			Last tak fer	5	7	
				Tak fer whirling	5	7	
				Shirinkari	5	7	

Total Negative Points

↓

Total Positive Points

↓

Final point

↓

Referee:

Date:

Signature:

Athlete Name	
Country	
City	
Weight of Body	

CHARKH CHAMANI

SCORE SHEET

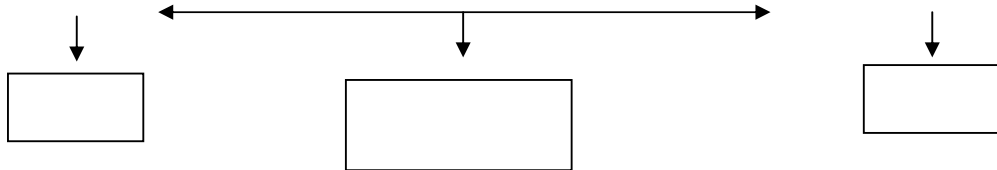
Time:

Referee 1	
Referee 2	
Referee 3	
Referee in Gowd	

Negative scores	Faults Classification	Time of Charkhidan "whirling"		Time (sec)	Good	Excellent	Positive points
		Good	Excellent				
	One leg exit from the allotted area, 2 negative points, Max 3 times			1-40	1	2	
	Both legs exit from the allotted area, termination of charkh			41-180	2	3	
	Dis-harmonious legs, 2 negative points for every 10 seconds			+180	3	4	
	Non stretched arms and non vertical head						
	Non vertical body and disharmony arms						
				Last Tak fer	5	7	
				Tak fer whirling	5	7	
				Shirinkari	5	7	

Total Negative Points

Total Positive Points



Referee:

Final point
Date:

Signature:

Athlete Name	
Country	
City	
Weight of Body	

**SANG GIRI
SCORE SHEET**

Time:

Referee 1	
Referee 2	
Referee 3	
Date	

No. of pulling	coefficient	Total of scores
12 Mandatory pair	1	
1-50	1	
+50	2	
Stunt with two hands	4	
Total of positive points		

Faults and negative Points		
Disharmony legs each time	0.5	
Any contact between the two Snags (shields), sang and the ground, sang and the athletes' body	0.5	
Extra pause – Unbalanced – and throwing sangs	0.5	
Relocation and moving of body under the Sang	6	
Twice Arising Head while pressing	0.5	
Shaking hands while sang giri	0.5	
Moving under the Sang	6	
Total of Negative points		

No. of Sang giri	
Time	

Final point	
--------------------	--

Referee Name:

Date:

Signature:

Athlete Name	
Country	
City	
Weight of Body	

**KABBADEH ZADAN
SCORE SHEET**

Time:

Referee 1	
Referee 2	
Referee 3	
Date	

No. of pulling	coefficient	Total of scores
1-50	1	
+50	2	
Doing stunts	4	
Total of positive points		

Faults and negative Points		
Non straight body position		
Disharmony of legs and absence of movement on tip toes		
Non Horizontally Stretched hands in each pulling		
Inaccurate pulling of the chain in each pulling		
Any touch between hands and head in each pulling		
Total of Negative points		

No. of Kabbadeh	
Time	
Total of Scores	

Final point	
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Referee Name:

Date:

Signature:

MEEL GIRI SCORE SHEET

Date:
Country:
City:
Weight:
Athlete's Name:

Manner of Scores	Scores	Total	Negative scores	Notes
Taking Meels	10			
1-20 Pairs	1			
21-72 Pairs	2			
+72 Pairs	3			
Final Score				

Referee Name:

Date:

Signature: