

In The Name of God

By-laws & Regulations of Zurkhaneh Sports' Competitions **Final Edition**

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IZSF Technical Committee

By-laws & Regulations of Zurkhaneh Sports' Competitions

Objectives :

- Introduction , presentation , Propagation and publication of Zurkhaneh Sports throughout the world
- development and promotion of moral & heroic values of Zurkhaneh Sports & Koshti Pahlevani
- Strengthening peace, friendship, fraternization and brotherhood among athletes and youths in all around the world

Events :

- 1-1 Team skills Championships of Zurkhaneh Sports
- 1-2 Individual skills Championships of Zurkhaneh Sports
- 1-3 Record Competitions or Tournaments in Individual skills Zurkhaneh Sports
- 1-4 Koshti Pahlevani Championships
- 1-5 Champion of the Champions Competitions
- 1-6 Zurkhaneh Sports Championships for Disabled (A special by-laws compiled and produced for this championship)

General regulations

Controlling Sports equipment and accessories:

-Sports equipment and tools must be controlled and analyzed by the Technical committee from the viewpoint of weight, size and dimensions .

Medical :

-It is obligatory to present and submit medical examination sheet approved by the National Federation of the related country at the time of registration of the athletes' entry forms for competition .Otherwise ,By paying \$20 ,each athlete will be examined by the Doctor approved by the IZSF before weigh-in . It is evident that athletes are not allowed to take part in the competition without having the medical examination sheet in hand .

-Doctor on duty must take part in all competitions .

Weigh in:

1.Weigh in all the athletes is conducted at all sports disciplines in accordance with a stipulated and regulatory program one day prior to championships and their bodyweight will be registered and included in the related table .

2.In emergency situations , if the participating teams arrive in the venue after weigh in written in the article 1 due to acceptable reasons such as no timely issuance of visa , flight problems , climate conditions and etc... ; then by reviewing the documents , Technical Committee can permit the necessary orders to weigh in the athletes and let them attend the competition .

3. At the time of weigh in , athletes should attend wearing Zurkhaneh T-Shirt & Pants or sportswear .

Other Conditions:

-Age of the participants :

Age group of the athletes in Zurkhaneh Sports :

1.Youth Athletes : From the beginning of 13 until the end of 15 years old .

2.Junior Athletes : From the beginning of 16 up to the end of 18 years old .

3.Senior Athletes : From the beginning of 19 years and over .

Note: With respect to the ability of members countries and the conditions of work force or human resource , Organizing the Competitions in age groups and different bodyweight categories using sports equipment in different bodyweight categories at national level is permissible .

Notification: Considering the above-mentioned articles , at the international events , Senior Championships shall only be organized and held in one age group namely 19 years old and over .

4.Masters : Organizing Masters Championships in different age groups will only be specified and notified by the Technical committee according to the specific terms and conditions .

5.If someone has residence permit to live in a country can participate in the competitions as the participant of that country, in case he provides the documents indicating and proving his residence .

Note : Youth and Junior athletes are allowed to take part in the competitions of one higher age group ; on the contrary , they are not allowed to take part in the competitions of one lower age group .

Awards :

-Gold , Silver & Bronze Medals as well as Team classification championship Diploma will be presented to all athletes of the top three winner teams in team competitions (joint championship Diploma for the third place winner team) .

-Gold medal will be awarded to the first place winner , silver medal will be presented to the 2nd place winner and bronze medal will be awarded to the joint third place winner and finally championship diploma will be awarded to the top three winners in each sport discipline of the individual skills competitions .

-If possible , prize money and cash awards will be provided by the Organizing Committee and the way of distributing it will be determined and decided accordingly .

-All (Team , Individual and Koshti Pahlevani) top six winners will be awarded with Championship diploma .

-In calculating the total points of individual and team skills and Koshti Pahlevani , the athletes who have managed to achieve joint third winning place , the athlete obtaining more points will acquire the point of 3rd place and the other athlete will attain the point of 4th place .

Refereeing of the Competitions

A) Competitions of the team skills

-Judgement and refereeing of the team skills competitions is managed and conducted by 3 referees that their total points will specify and determine the result .

B) Competitions of the Individual Skills

- In the Charkh discipline (Charkhe-Tiz Charkhe-Chamani) , Kabbadeh , Meel Bazi , Heavy Meel Giri , Sang (Iron Stone), Record tournament of individual skills and champion of the champions , one center referee and three side referees judge and officiate the competitions and the total points of three side referees will be the criterion of calculation and will be taken into consideration .

Functions and responsibilities of Referees

A) Function of Center Referee

1. Announcing the beginning and end of competition by hand sign in coordination with Referee No.1 and Morshed

2. Guiding the athletes

3. Announcing the notice and official notification to the participants

4. Cooperating with side referees to organize competitions more at higher level and successfully

B) Functions of Side Referees:

1. Registering the athletes' points and scores in the related sheets or in the refereeing software system , totalizing the points .

2. Signing the refereeing sheet or the related print and submitting it to the chief of referees

3. Cooperating with chief of referees to organize competitions better and at a higher level
4. In all competitions referee No.1 is responsible for keeping the time as timekeeper.

Note :Referees who have participated in the IZSF Educational Refereeing Courses and succeeded to pass the mentioned course and finally have received refereeing license from IZSF will be allowed to take part in the competitions .

C)Functions of the chart writer :

- 1.Registration of draw and weigh in time in coordination with Technical Committee
- 2.Receiving the final result signed by chief of referees to register the results
3. Extracting individual and team results and presenting them to Technical Committee for final approval.

D)Technical Committee

-In each competition ,Technical Committee at least is comprised of three experienced referees or masters with a championship record in the related sport discipline (Zurkhaneh Sport – Koshti Pahlevani) .

- 1.Supervision and decision making on the way of running and enforcement of technical affairs and refereeing of the competitions
- 2.Controlling the sports equipment before the championships
- 3.Announcing the location and technical requirements of competitions for preparation to the executive unit of the championships
- 4.In case of a protest by the team leaders and difference between referees , with the order of competitions' director and referring the protests to the chairman of Technical Committee of the Championships , Technical Committee will take the responsibility of verifying the objection and reviewing the film and then will make the final decision after discussing and consultation with the Technical Committee members and competition observer while reviewing their votes and this decision will be binding .

5.Verification and confirmation of final entry of the champions and submitting it to the responsible unit to issue the diploma .

E) Functions of the chief of referees

- 1.To control and review refereeing sheets before delivering them to Technical Committee
- 2.To register and hold sum of points in the special booklet or notebook (in case scoring is being done manual) .
- 3.To prepare and present the final list of champions to technical unit for final approval .

Protest

Team leader can protest in each sport which is under his leadership (Zurkhaneh individual and team skills) .

- 2.Time of submitting the written request (protest) by the team leader is maximum 5 minutes after each competition .
- 3.The scoring section to be protested must be clearly and exactly specified and announced in the written request or protest .
4. Team leader at least is allowed to protest against three sections of Zurkhaneh Team Competitions .
- 5.In case the protest is refused , 10 points for each referee will be reduced and subtracted from the score and point of that section .
- 6.Team Leader submits the protest to the director of competitions and then competition director will refer the protest to technical committee so that two members of technical committee and chief of referees will be present to review the film .
7. If the protest is refused in individual skills, 10% percent of total score of that sport discipline will be reduced.

1.1Competitions of Zurkhaneh Sports Team Skills

This is a team competition and all operations and activities of Zurkhaneh Sports (Ancient sports) are conducted as group and in accordance with related approved by-laws .

1.2 Competitions of Zurkhaneh Sports Individual Skills

This competition is organized and conducted individually in the following sport disciplines:

- 1)Sang Giri (Holding the stone)**
- 2)Kabbadeh Keshi (Stretching the Kabbadeh)**
- 3)Meel Bazi**
- 4)Meel Giri with Heavy Meel**
- 5) Chrkhe-Tiz**
- 6)Charkhe-Chamani**

Draw :

1.According to Technical Committee decision and discretion ,Zurkhaneh individual and team arts competitions will be held in the form of different tables .

2.Attendance of team leaders and coaches at the time of draw and briefing is mandatory . In case of non-attendance of each of the aforementioned persons , protests of that team against the approvals and ratified items of the briefing will not be reviewed .

Other cases:

1. In case the points are equal in all individual skills sport disciplines , the superior and winner athlete will be determined through weigh in . (In case of obtaining equal points in Sang ,Kabbadeh , Heavy Meel and Meel Bazi competitions , the athlete with lighter bodyweight and in Charkhe-Tiz& charkha-Chamani the athlete with heavier bodyweight will be winners .
2. In case two teams obtain equal points during Zurkhaneh Team Competitions , higher point and score of 4 main items including

Sheno , Narmesh (Limbering up) , Meel Giri & Pa Zadan (Step) will be the criterion for superiority of the participating teams .

General Conditions :

1.Each Junior & Senior Team consists of 8 athletes :

5 Zurkhaneh Team athletes , 1 Heavy Meel athlete , 1 Koshti Pahlevani athlete with the bodyweight between 80 to 90 Kg and 1 Koshti Pahlevani athlete with the bodyweight of +90 Kg . (Wrestlers in the bodyweight categories of 50 to 60 Kg , 70 to 80 Kg and other individual arts sports must be selected from among 5 Zurkhaneh Team athletes) .

Each Youth Team comprises 7 athletes:

5 Zurkhaneh Team athletes , 1 Koshti Pahlevani athlete with the bodyweight between 60 to 70 Kg and 1KoshtiPahlevani athlete with the bodyweight of +70 Kg . Wrestlers in the bodyweight categories of -40Kg ,40 to 50 Kg & 50 to 60 Kg and other individual arts sports must be selected from among 5 Zurkhaneh Team athletes) .

2.Only the athletes participating in the Team Skills Competitions (except Meel Gir with heavy Meel and wrestlers in the bodyweight categories of 90 and +90 Kg) are allowed to take part in the Individual Skills Competitions .

Note :

With respect to the ability and capacity of the member countries and conditions of human resource and work force ,Organizing the Competitions at national level is permissible with the determined circumstances and internal policies of that Federation .

3.Countries that don't have athletes in the competitions of team skills can attend 5 bodyweight categories of Koshti Pahlevani or individual skills competitions and Meel Giri with heavy Meel maximum using 5 participants .

Note :

Wrestlers in the bodyweight categories of 60 , 70 & 80 Kg must obtain the quota in one of the individual arts of Zurkhaneh Sports to be able to participate in Koshti Pahlevani championships .

4.Countries are not allowed to introduce and have more than one participant for each discipline of individual skills or each category of Koshti Pahlevani . On the other hand , each participant can take part in two disciplines of individual skill or one category of Koshti Pahlevani and one of individual skill competition that in case of obtaining point and winning title , medal and official Diploma of per sport discipline will be awarded separately to the winner and he will stand on the championship podium .

5.In case the countries have full team ,a coach and team leader will be allowed to attend the championships . Otherwise ,only one person (official) will be allowed to accompany the team .

6.One team can have a Morshed during the competitions . In Youth & Junior age group ,Morshed can play Zarb either at the same level or one higher level for the team . (If not , the aforesaid Morshed won't be permitted to attend the Championships .)

7.In case Morshed's age is the same as with the team and if the team could achieve a winning title in the end , team medal and Diploma won't be presented to the Morshed .

The way of donating and awarding Championship Cup to the participating countries and calculating their points and scores

1.In order to achieve first winning place in each of the individual skills and 5 bodyweight categories of Koshti Pahlavani competition , 10 points will be calculated and will then be registered by the name of the participating country .

2.The 2nd up to 10th place winner athletes will attain respectively 1-2-3-4-5-6-7-8-9 points for their country .

3.Points of first place winner to 10th place winner in team skills competitions will be calculated according to the number of participants (5 persons) respectively with coefficient 10 to 1 .

4.For example , if a team succeeds to obtain first place with 5 athletes will be able to attain and collect 50 points for their country .

5.Championship Cup will be awarded to the country that has been able to obtain most of the points entire the Zurkhaneh team and individual skills & Koshti Pahlevani competitions in accordance with the related table .

6.First , Second & Joint Third winning teams will receive their Championship Cup as well .

Note :

The Competitions organized under the title of World Cup will include a Cup which will be presented to the First Place Winner Team .

Table for calculating the team classification points of the participating countries (Table No.1)

KoshtiPahlevani	Individual Skills Sport	Team Skills Sport	Title & Place obtained
In each bodyweight category	Sang ,kabbadeh ,MeelGiri, Charkhetiz,Charkhe-Chamani ,MeelBazi	Team of 5 athletes	
10 points per bodyweight category	10 points per sport discipline	50 5*10	1 st
9 points per bodyweight category	9 points per sport discipline	45	2 nd
8 points per bodyweight category	8 points per sport discipline	40	3 rd
7 points per bodyweight category	7 points per sport discipline	35	4 th
6 points per bodyweight category	6 points per sport discipline	30	5 th
5 points per bodyweight category	5 points per sport discipline	25	6 th
4 points per bodyweight category	4 points per sport discipline	20	7 th
3 points per bodyweight category	3 points per sport discipline	15	8 th
2 points per bodyweight category	2 points per sport discipline	10	9 th
1 point per bodyweight category	1 point per sport discipline	5	10 th

(Zurkhaneh Team Competitions)

1. Time of Zurkhaneh Team Competitions is 12 minutes . The arrangement and order of movements includes entering the Gowd (Pit) , Sheno, Narmesh (Limbering Up) , Meel Giri , Pa Zadan (Step) , Praying , Exit) .

Note :OrganizingZurkhaneh Team Competitions by taking into account the time of individual arts , Paye-Akhar (last foot) and Koshti Pahlevani in total for 30 minutes at national level of the member countries is permissible .

2. All headlines and sections which are obligatory and must be conducted , if not done the complete points of that section will be omitted . In case this is not observed and conducted in each section , the related point of that part will be considered as 0 zero .

3. AllZurkhaneh rituals and rules which is considered as obligatory and banned terms used to announce them , if not done , the point of that section will be zero 0 .

4. Accuracy and correctness of Pahlevani Sport movement in the traditional sport and stunt will be evaluated and scored with complete coordination of the athletes. Therefore, traditional sport is necessary for all sections.

5. If the principle of each movement is not observed and conducted correctly ,stunt (Shirin Kari)in that section will not be taken into consideration . In other words ,in the event that the accuracy and correctnessof the mentioned movement is not accepted , stunt in that movement won't be considered either .

6. Stunt (Shirin Kari) should be performed elegantly , smoothly and properly and with sports style and in perfect harmony and coordination of athletes . For instance , whirling with crooked incomplete displacement andwon't produce and acquire any points and scores at all .

7. Each team should have a Myandar (Guide) who should perform all sections from entry to exit .

8. In case one of the athletes injured and couldn't return to team within 2 minutes of medical rest , then the team should resume the competition with 4 athletes and from that item onwards in each section 20% of total score obtained will be reduced .

Likewise ,during the medical rest of the injured athlete , from time of exit to time of entry 10% of the scores obtained by the team will be decreased and reduced . Upon the discretion and diagnosis of the Doctor indicating the simulation of the athlete (athlete pretending to be injured) , 50% of total point and score of the team will be reduced .

Note :In case of injury of Myandar/Guide who is wearing sports shirt (Number 1) , his functions and responsibilities should be assigned to athlete wearing sport shirt (Number 2) after Myandar leaves the Gowd (Pit).

9. Throwing sports equipment and tools such as Sheno Board and Meel is forbidden and in other words taking and putting equipment and instruments in their place should be done with respect .

10.Performing one of the movements of Varoo (somersault) , half-varoo (half-somersault) , Poshtak (Somerset), half-Poshtak (half-Somerset) at the entry sections , Paye-Chap (Left foot) and Paye-Rast (Right foot) and Paye-Tabriziin each part is allowed and permitted .

11.Order of performing movements from entry to exit must be observed . In case each movement is conducted and done out of order , that section won't have any point and score .

12.In team competitions when the first athlete enters the Gowd(pit) ,the time of competition starts .

13.The legal time of the competition is announced by the hand sign of the timekeeper referee and the sound of Morshed's Zang (Bell) and after that no point or score will be considered and calculated .

14.During the Zurkhaneh Team Sport ,Morshed recites epic and gnostic poems .

Rules & Regulations of different Zurkhaneh Team competitions (12 Minutes)

1-Entry to settlement

A) Rituals& Regulations

1-Athletes' entry must be without sports equipment .

2-Athletes should enter individually and one by one (They mustn't enter together) .

3-Athletes' entry should on the opposite side Morshed's Sardam, namely the lowest point of the Gowd (Pit) .

4.Before entering the Gowd (Pit) , athletes should obtain permission from Morshed .

5. When entering the Gowd (Pit) ,the act of kissing the Gowd (Pit) must be observed by the athletes .

6.StrikingTakhte-Sheno(Sheno Board) on the ground is forbidden .

B) Accuracy or correctness

1-Uprightness of stature or height

2-The minimum foot angle at each jump is 50 degrees(2 points)

3-Hand and foot harmony (2 points)

4.Proper jump (2 points)

C) Stunt

1-At least 2 stunts is allowed to be performed in this section

2-Point of performing stunt is considered and calculated for each movement (Refer to ...)

2.Sheno

Rituals & Regulations

1-Conducting Kondeh(KindehZadan) by the team athletes and reciting minimum a verse of poem by the Morshed is obligatory in the beginning of this section .

2-At all Sheno Sarnavazi(4 movements) , Stunts must be resulted in the last movement on the takhteh (board) .

3-stunt movements must be implemented according to the Zurkhaneh Sport rhythm and in other words extreme speed or slowness more than the standard level will produce no points .

4-Order of performing Sheno stages :

1.ShenoSarnavazi 2.Sheno Shalaghi 3.Sheno yek-shalaghi 4.Sheno Do-Shalaghi 5.Sheno Seh-Shalaghi 6.Sheno- Pich

Accuracy

A)Sheno Sarnavazi &Shalaghi

1-Heep shouldn't be separated from the ground (when Sheno is done with feet open) .

2-Thigh shouldn't touch the ground at the beginning time of performing stunt in traditional Sheno .

3-Chest should be tangent with the takhteh (board) .

4-Arms must be close to the armpit .

5-At the time of doing press in Sheno waist should be parallel and equal with shoulders , in other words waist or back shouldn't have arch shape .

6-Knee shouldn't be broken at the time of performing traditional Sheno and descending stunt .

7-In all types of Sheno , even if only one athlete doesn't observe one of the accuracies, the point of doing that stunt movement won't be taken into consideration .

B)Sheno Yek-Shalaghi , Do-Shalaghi& She-Shalaghi

1-When reciting poems by Morshed , separation of athletes' hand from Takhte-Sheno is banned (Except Myandar/Guide at the time of changing the movement)

2-Conducting stunt is forbidden at the time of reciting poems by the Morshed .

3-In these types of Shenofeet should be paired (open foot is forbidden)

4-At the time of press in traditional Shenoand beginning and end of stunt the knee shouldn't touch the ground.

5-At the end of ShenoYek-Shalaghi , Do-Shalaghi&SehShalaghi , arched back doesn't have the point required for accuracy and stunt .

6-At the time of reciting the poems by Morshed , feet mustn't move and in other words must be paired .

c)Sheno Pich

1-Body shouldn't touch the ground (except two hands on the Tekhte-Sheno {board} and toes placing on the floor) .

2-The area from heel up to back of neck should be placed on the same direction (when chest is tangent with board) .

3-At the time of Pich or twist of the body, head must be placed under the armpit.

Stunt

- 1-Stunt is allowed and permitted after implementing simple movements.
- 2-point allocated to stunt is being calculated for each movement.
- 3- Kafgard Stunt and its combination has point only in two sections of Sheno , sitting and rising in the limbering up .

Points and scores in Sheno Section :

Row	Type of Movement	Number of simple movement in the beginning of each section	Stunt	Point of accuracy
1	ShenoSarnavazi	2	includes	6 points
2	ShenoShalaghi	4	excludes	2 points
3	ShenoYekShalaghi	1	excludes	2 points
4	Sheno Do Shalaghi	1	includes	2 points
5	ShenoSehShalaghi	1	includes	2 points
6	ShenoPich	6	excludes	3 points

Important cases :

1-In case of not doing the simple obligatory movement in the beginning of each section of Sheno , point of accuracy and stunt doesn't belong to athlete .

2-In Sheno-Shalaghi ,Sheno-YekShalaghi &Sheno-Pich , stunt doesn't include any point and if it is performed , point of accuracy won't be given .

3-For each pair of correct Sheno-Pich , one point will be allocated .

3.Limbering Up /Narmesh

Limbering up in the back of Takhteh or board consists of 6 parts : Jangali – Paye-Chap &Paye Rast (Left & Right Foot) – Zurkhaneh Limbering up /Narmesh – Kham Giri , Gardan (Neck) , Neshastan& Bakhastan /Rising & Sitting .

Note :In the event that each one of these sections is not conducted , 10 points will be reduced and subtracted from limbering up /Narmesh section for each referee .

Part 1 (Jangali) :

- 1-**In this part, point and score of accuracy will only be given to Jangali Limbering up /Narmesh .
- 2-**At least one verse of poet or distich should be recited by the Morshed .
- 3-**In this part athlete should put on and repeat the movement to be able to obtain the accuracy point .
- 4-**In case of non-conformity and lack of coordination and proper jump , accuracy point won't be allocated to this section ,even if one athlete of this team couldn't perform the movement properly .
- 5-**In this section , stunt performance doesn't have any point and score .

Part 2 (Paye Chap va PayeRast /Left & Right Foot)

- 1-**Doing one simple movement in the beginning of four parts of Paye Chap va Paye Rast /Left & Right Foot is obligatory and in case of non-performance of simple movement , total score of this part shall not be taken into consideration .
- 2-**Myankoob of Paye Chap va PayeRast /Left & Right Foot should be performed with a proper jump .
- 3-**Performance of Paye Chap va PayeRast /Left & Right Foot shall be considered and calculated up to the successive stages one , two and three .

Part 3 (Zurkhaneh Limbering up /Narmesh)

- 1-**Maximum performance of 6 different limbering up /Narmesh movements prevalent in Zurkhaneh will result in obtaining point .
- 2-**Similar and repetitive limbering up /Narmesh movements won't have the accuracy point .
- 3-**Each limbering up /Narmesh at least should include 4 movements .

4- one point will be given to proper performance of each four-movement limbering up /Narmesh .

5-In this part Fer /Whirl Zurkhaneh limbering up /Narmesh includes substitution and point .

Part 4 (Kham Giri) or Bending

- 1- Kham Giri / Bending excludes stunt .
- 2- Minimum two movements of each Kham Giri / Bending must be performed .
- 3- Three points will be allocated to entire Kham Giri limbering up /Narmesh .

Part 5 (Neck)

1-At least 6 numbering of neck limbering up /Narmesh or warm up must be done by the team athletes .

2- One 1 score will be allocated to Accuracy Point of this part .

Part 6

Neshastan& Bakhastan /Rising & Sitting

1- Neshastan& Bakhastan /Rising & Sitting must be done on the toes and in a way that maximum angle behind the thigh with back of the leg be 90 degrees .

2-In the beginning of each part at least a simple number should be done .

3-Reciting the poems by Morshed is not considered as stunt .

4-Stunt in Neshastan& Bakhastan /Rising & Sitting one doesn't include any point .

5-Stunt in Neshastan& Bakhastan /Rising & Sitting two and three must begin with Neshastan/sitting and end with Neshastan/Sitting .Otherwise, stunt movements exclude point and score .

6-Sccessive Neshastan& Bakhastan /Rising & Sitting doesn't have any point .

Points in Part of Limbering up /Narmesh :

Row	Type of Movement	Number of simple movement in the beginning of each section	Stunt	Point of accuracy
1	Jangali	-	excludes	4 points
2	Paye Chap-o Rast /Left & Right Foot	1	includes	6 points
3	Zurkhaneh Limbering Up/Narmesh	4	excludes	6 points
4	Kham Giri	2 of each one	excludes	3points
5	Gardan/Neck	6	excludes	1 point
6	Neshastan&Bakhastan /Rising & Sitting	1	includes	6 points

4.CollectingTakhteSheno (Sheno board)

1-After collecting takhte /board ,Paye-Shateri must be performed .

2- Point will only be allocated to a combined stunt connected to Fer /Whirl.

5.Bringing the Meel

While bringing the Meel , each team is allowed to perform a set of Meel Bazi in coordination with Morshed's Rhythm without falling and taking hold of the body or bottom of the Meel :

- maximum 3 points will be given according to regulations of Meel Bazi

6.Meel Giri

1-This section consists of slow Meel Giri with Meel and quick Meel Giri which is obligatory .

2-Kafgard and Fer Zadan / whirl or turn round in Meel Giri won't result in point .

3-In Group Meel Bazi at the time of Meel Giri no point will be allocated to the team .

4-Kondeh Zadan (Performing Kondeh) in Meel Giri stunt won't lead in point in a way that a stunt in which Kondeh is done , that stunt won't result in point or score .

a)SlowMeelGiri

1-In the beginning, two pairs of simple Meel Giri is compulsory.

2-Simple Meel Giri is performed with wrist or in tangent with chest.

3-Between every two pairs of stunts , two pairs of slow Meel Giri must be performed .

4-Score of stunt in Meel Giri including perfect stunt equals to 2 points and excellent stunt equals to 3 points .

b)Meel Limbering Up /Narmesh

1-Meel Limbering Up /Narmesh has only 2 accuracy points .

2-PerformingMeel Limbering Up /Narmesh is obligatory and in case of non-performance , the point of quick Meel Giri won't be taken into account .

3- Movement of Meel Limbering Up /Narmesh must be performed using minimum 4 numbers (based on the weight of 2 pairs of Meel Shalaghi) .

c) Quick Meel Giri

Rules and regulations of quick Meel Giri is similar to slow Meel Giri . Stunt is comprised of 3 movements and the 4th step movement is allowed .

Accuracy of Meel Giri

1-Uprightness of Stature(2 Points)

2-The gap and distance between legs (distance between two legs should be minimum 10 cm and maximum as shoulder width) (2 points)

3-While performing this movement ,Meel mustn't touch the body and the Meels mustn't contact with each other(2 points)

4-Full rotation of Meel (2 points)

5-Sar Moch Meel Giri(Wrist MeelGiri)(2 points)

6-Meel Giri in tangent with chest (1 point)

Definitions :

1-Good Stunt (Shirin Kari) : it is the similar , symmetrical and parallel movement done with both hands and minimum two pairs .

2-Excellency Stunt (Shirin Kari) :it is the combination of two or several good stunts (Shirin Kari) performed with 3 pairs or more .

Points in Meel Giri

Row	Type of Movement	Stunt(Shirin Kari)	Accuracy
1	Slow Meel Giri	It has	8 points
2	Limbering Up (Narmesh) with Meel	It doesn't have	2 points
3	Quick Meel Giri	It has	8 points

7.Collecting the Meel

In collecting the Meel ,each team can perform a set of Meel Bazi movements in coordination with Morshed's rhythm without using the body or falling the Meel.

- Maximum 3 points will be given according to regulations of Meel Bazi

Note : In case at the time of bringing and collecting the Meel ,even one person takes hold of the body or bottom of Meel or the Meel falls down , no point or score will be allocated to performing the group stunt (Shirin Kari) .

8.PaZadan/Stepping

1-In the beginning of this section all athletes must settle in their place and after a while start the foot movements .(This section is compulsory) .

2-This section respectively includes Paye Aval (First Leg) , Paye Zarbdari (Crosswise Leg) , Paye Shateri , Paye Jofti , Paye Tabrizi and Paye Fattah which in case of not doing each of these sections , 10 points will be decreased for each referee .

Section 1: Paye Aval (First Leg)

1-This sections has 2 points including coordination of hands , legs and jump as well as uprightness of stature .

2-This sections lack of stunt (Shirin Kari)

3-This section includes Fer/whirl of exchange and replacement .

Section 2 :Paye Zarbdari (Crosswise Leg)

1-This section has 2 points in which leg crosses over the knee of opposite leg crosswise and descends beside it and at least should be done in 4 numbers .

2-This section includes Fer/whirl of exchange and replacement .

Section 3 :PayeShateri

1-Accuracy of this section has 2 points which should be repeated 2 times for every one of Myankoobs .

2- This section includes Fer/whirl of exchange and replacement at the end of Myankoob3 movement .

Section 4 :PayeJofti

1-This section is obligatory and has 3 points .(Minimum 5 counting of PayeJofti must be conducted) .

2-This section includes Fer/whirl of exchange and replacement .

Section 5 :Paye Tabrizi

Accuracy of Paye Tabrizi

1-Legs are stretched and knee is straight and upright and approximately forms 90 degree angle with the support leg .

2-From the beginning of PayeTabrizi knee must be straight and the leg placed in static state must be on the toes .

3-At the time of performing PayeTabrizi, Movement of hand shouldn't move upward from sidesin the form of butterfly in a way that movement of hand and leg must be conducted reversely .

4-In the successive and consecutive sections one , two and three point will be allocated to each part .

5-Performing a simple movement in the beginning of per section is mandatory and in case of not doing it , the point of that section won't be calculated .

6-In successive PayeTabrizi , stunt (Shirin Kari) maximum should be 3 authorized presentation which between each display PayeTabrizi is conducted at least 2 times .

Section 6 :Paye Fattah

1-Accuracy of Paye Fattahconsists of 3 section and 2 points will be given to each section ; Accuracy of performing this movement is similar to accuracy in PayeTabrizi. section one , two and three of Paye Fattah must be done once simply .

2-Stunt (Shirin Kari)in every 3 sections is allowed maximum once .

Turns and twists(Charkh) between legs

Turns and twists between legs consists of 7 cases and each turn will result in 2 points .

Turns must be performed after simple movement and before or after stunt (Shirin Kari) , otherwise no point will be allocated to this section .

Turns (Charkh) includes : Paye Aval – Successive Paye Shateri – successive PayeTabrizi – PayeTabrizi one –PayeTabrizi two - PayeTabrizi three – Paye Fattah .

Each turn (Charkh) must be performed twice .

Points in Stepping (Pa Zadan) section

Row	Type of Leg (Pa)	Minimum simple performance	Point of accuracy	Stunt	Fer /Whirl of exchange or replacement
1	Paye Aval /first leg	---	2 points	Doesn't have	

2	Zarbdari/Crossed Leg	4	2 points	Doesn't have	
3	Shateri	Every one 2	2 points	Doesn't have	
4	Jofti	Minimum 3	Obligatory	Doesn't have	
5	Tabrizi's	Every one 1	8 point	includes	
6	Ya Fattah	Every one 1	6 points	includes	

9)Prayer& Praise

This sections has maximum 5 points .

Myandar (Guide) can perform 5 prayer or praise .

Maximum one point can be given to each prayer .

10)Exit

1-Exit must be done opposite to Sardam namely lowest point of Gowd(Pit)

.

2-Exit must be individually or one by one (Athletes must not go out together) .

3-When going out of Gowd (Pit) , asking Morshed for permission and kissing the ground must be performed .

4-End of time for the team will be specified when the last athlete departs and leaves the Gowd (Pit) .

5-score of exit accuracy is equal to 4 points .

11)Coordination and harmony of Clothes

There is no point for this section

1-Sports shirt with Pahlevani Sport pant must be used in traditional way and shapely .

2-Shirt of all athletes must be uniform and similar and should be numbered from number 1 for Myandar /Guide, number 2 for reserve Myandar and

3-Name of team and number must be written and printed in Persian or English at back of or behind the shirt .

4-in case of not approving the clothes by the Technical committee , team is obliged to solve the clothing problem within 5 minutes . If not 10% of total points obtained by the team will be reduced .

5-Myandar can accompany team and take part in competition wearing pant and shirt of different color .

12)In case the team's Morshed is the native from the same country , maximum 10 points will be given to the team .

Points and scores of stunt (Shirin Kari) in team Zurkhaneh Sport

Stunts (Shirin Kari) with One point

1-One Fer (Whirl)

2-Kafgard

3-Combination of single Fer (whirl) with pause

4-Combination of single Kafgard with pause

5-Stunt (Shirin Kari) without Fer (Whirl) in Sheno Sarnavazi

6-Combination of Fer (Whirl) and Kafgard with pause

Two Points

1- Two Fer (Whirl) in the air

2- Five sharp Fer (Whirl)

3- Five Fer (Whirl) on the leg (Fer Rupa)

4- Combination of Kafgard in the beginning or end connected to five sharp Fer (Whirl)

5- Combination of Kafgard in the beginning or end connected to five Fer (Whirl) on the leg (Fer Rupa)

6- Three sharp Fer (Whirl)

7- Three Fer (Whirl) on the leg (Fer Rupa)

Three Points

- 1-Two Fer (Whirl) in the air connected to four sharp Fer (Whirl)
- 2- Two Fer (Whirl) in the air connected to four Fer (Whirl) on the leg (Fer Rupa)
- 3-Four Fer (Whirl) connected to two Fer (Whirl) in the air
- 4- Four Fer (Whirl) on the leg (Fer Rupa) connected to two Fer (Whirl) in the air
- 5-Two sharp Fer (Whirl) connected to two Fer (Whirl) in the air connected to two sharp Fer (Whirl)
- 6-Two Fer (Whirl) on the leg (Fer Rupa) connected to Two Fer (Whirl) in the air connected to two Fer (Whirl) on the leg (Fer Rupa)
- 7-Three Fer (Whirl) in the air
- 8-Half-somersault (Nim Poshtak)
- 9-Somersault (Poshtak)
- 10-Half-upside down (Nim Varoo)
- 11-upside down (Varoo)

Technical Rules of Stunt (Shirin Kari)

- 1-Fer((Whirl)) and Kafgard will obtain point which has the following conditions :
 - 1-1withoput replacement and movement
 - 1-2 with special style and elegance
 - 1-3 In performance of Fer (Whirl) ,general uprightness of stature and body
 - 1-4 In Kafgard uprightness of stature in half upper trunk or torso
- 2-Using hand in order to create balance is banned in Kafgard and will cause stunt (Shirin Kari) to be excluded from obtaining point {if doing so , stunt (Shirin Kari) won't be taken into consideration } (in case of touching the ground with hand)
- 3-Perfoming more than 5 Fer (Whirl) will be void of point

4-in the event that two Fer (Whirl) in the air performs at 270 degrees and athlete has done the first 90 degrees of beginning or descend in a separate movement , no point will be given . In other words two Fer (Whirl) in the air must be performed at 360 degrees .

Competitions of Individual Skills

Competitions of Individual Skills are organized in 6 disciplines (Sang , Kabbadeh , Charkihe Tiz (Sharp Turn), Charkhe Chamani , Meel Bazi , Heavy Meel Giri) .

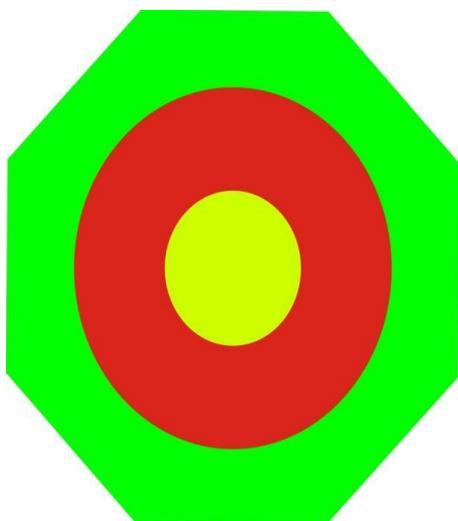
Charkh (Turn)

Competitions usually are organized and held in two separate sport disciplines

- a) Charkihe Tiz (Sharp Turn)
- b) Charkhe Chamani

Zone of Charkh (Turn)

Zone of Charkihe Tiz (Sharp Turn) Circle with a radius of 1.25 meters from center of Gowd(Pit)	Yellow color
Zone of Charkhe Chamani an area or space encircled between two circles with a distance of 1.75 meters	Red color

**Time :**

Time allocated to Charkihe Tiz (Sharp Turn) is maximum 30 seconds .
Time allocated to Charkhe Chamani is maximum 60 seconds
Quorum of charkh (Turns) is equivalent to half of the maximum time allocated and specified .

General Conditions :

1-order and arrangement of performing the competition consists of three obligatory Pa Zadan Stepping including optional Stunt (Shirin Kari) (with points) - Charkihe Tiz (Sharp Turn) or Charkhe Chamani – 30 seconds break time -Charkhe Takfer or Single Whirl Turn -30 seconds break time -Stunt (Shirin Kari) Charkh /Turn

2-In performing each of Charkihe Tiz or Charkhe Chamani , Charkhe Takfer or Single Whirl Turn and Stunt (Shirin Kari) Charkh /Turn stages , if both legs completely exceeds and crosses over the Charkh /turn zone , then the competition will stop .

3.In case one leg goes over the Charkh /turn circle in all stages of Charkihe Tiz and Charkhe Chamani, Charkhe Takfer or Single Whirl Turn and (Shirin Kari) Charkh /Turn , this will be allowed and ok just for two times that in each time 2 points will be reduced from the athlete's point and if the athlete

repeats this for the third time , he will be prevented from continuing the competition .

4-In case of using rotary or rotating sensor , after the sensors is closed the athlete has 30 seconds to start his Charkh /turn that within this period of time he should perform three simple Step/Pa with stunt /Shirin Kari in order to start Charkh /turn that these three Steps /Pa will obtain points .

5-After doing the intended Charkh /turn , Charkhandeh (athlete turning) has 30 seconds to take rest and after break time finishes he immediately starts Pa Zadan /stepping there thrice .

6-Time period allocated for Charkh Tak Fer Tiz (Sharp Tak Fer Turn) is 10 seconds

7- Time period allocated for Charkh Shirin Kari or stunt turn is 10 seconds

8-Time period allocated for Charkh Tak Fer Chamani /single whirl Chamani turn is 20 seconds

9-Time period allocated for stunt turn /Charkh Shirin Kari is 20 seconds

Points for Charkh /Turn

1- Number of round turned in addition to accuracy of turn will be criterion of calculation in Points for Charkh /Turn .

2- Charkhe Takfer or Single Whirl Turn

Charkhandeh or the athlete turning must perform five simple Takfer /Single Whirl in 10 seconds that 1 point will be given to each Takfer /Single Whirl (In total 2.5 points)

3- Stunt turn /Charkh Shirin Kari

Charkhandeh or the athlete turning must perform five Stunt turn /Charkh Shirin Kari in 10 seconds that 1 point will be given to each Takfer /Single Whirl (In total 2.5 points)

4-Stop at the end of Charkh Tiz and Charkh Chamani has 3 points as follows :

-Stop at the end of Charkh /Turn without taking steps in front of Morshed (1 point)

-Stop at the end of Charkh with two Fer/Whirl in the air without taking steps , fall or losing balance and connected to main Charkh /Turn (2points)

- Stop at the end of Charkh with three Fer/Whirl in the air without taking steps , fall or losing balance and connected to main Charkh /Turn (3points)

Otherwise no point will be allocated and given to stop .

Accuracy of Charkh /Turn

Time in Seconds(Charkh Tiz)				Point for accuracy of charkh/turn
21 to 30	11 to 20	1 to 10		
3 points	2 points	1point		Make or clench Fist of hands
3 points	2 points	1point		Uprightness of stature ,head and neck
3 points	2 points	1point		Coordination of head-to-body fitness
3 points	2 points	1point		Smoothness and stretchiness of hands
3 points	2 points	1point		Accuracy of legs coordination (closeness of legs or not walking in Charkh/Turn
3 points	2 points	1point		Not fluttering or flapping

Third time –to halt the competition	Second time-2	First time -2	Placing one leg on the main line
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Accuracy of Charkh /Turn

Time in Seconds(Charkh Chamani)				Point for accuracy of charkh/turn
41 to 60	21 to 40	1 to 20		
3 points	2 points	1point		Make or clench Fist of hands
3 points	2 points	1point		Uprightness of stature ,head and neck
3 points	2 points	1point		Coordination of head-to-body fitness
3 points	2 points	1point		Smoothness and stretchiness of hands
3 points	2 points	1point		Accuracy of legs coordination (closeness of legs or not walking in Charkh/Turn
3 points	2 points	1point		Not fluttering or flapping

Third time –to halt the competition	Second time-2	First time -2	Placing one leg on the main line
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1-In each of these three sections of time in the above tables , even if one of the six main accuracy is not observed for just one second , accuracy point of that section of time won't be calculated . For example ,if Charkhandeh (athlete turning) in Charkh Tiz doesn't observe clenching his fist of hands and stretchiness of hands even for one second in 1 to 20 seconds of time , the athlete will lose 1 point of accuracy point .

2-In the event that measuring device (Sensor) is not available , point of Charkh /turn will be calculated as follows :

Charkh Tiz

Excellent coefficient or factor	Good coefficient or factor	Medium coefficient or factor	Time in seconds
3	2	1	1 to 15
4	3	2	16 to 30

Charkh Chamani

Excellent coefficient or factor	Good coefficient or factor	Medium coefficient or factor	Time in seconds
3	2	1	1 to 30
4	3	2	31 to 60

Meel Bazi

1-Range and area of 2 Meel Bazi is organized in the circle of Charkh Tiz with diameter of 2.5 meters (Except step 4 which includes Ghalt /rolling , Nim Varoo / half-somersault, Poshtak (Somerset), Nim Poshtak (half-Somerset), escallop and Varoo (somersault) which are performed in the circle with diameter of 6 meters .

2-In case athletes goes beyond the determined circle in the time of performing Meel Bazi during all steps and stages , no point will be given to that performance .

3-If athlete's leg is placed inside the determined circles during performance and he takes hold of Meel outside the circle , no point will be allocated to that performance .

4-Area 3,4,5,6 of Meel Bazi takes place in the circle with diameter of 6 meters .

5-Meel Bazi Competitions includes a championship platform namely 2,3,4,5,6 Meel Bazi will be performed by one athlete .

6-Time period of Meel Bazi in all age groups comprises 2 Meel Bazi in 3 minutes , 1 minute break , 4 Meel Bazi in 3 minutes , 1 minute break , 5 & 6 Meel Bazi in 1.5 minutes .

7-no point will be given to performing repetitive movement .

8-In case knees touch the floor and incomplete performance of Fer/Whirl and contact of bottom of Meel with the ground in every moment of performing Meel Bazi, no point will be given to the performance of that athlete.

9-Taking hold of the bottom or body of Meel doesn't produce any point for the athlete and movement won't be evaluated.

10-Participating athlete must perform Meel Bazi according to the By-laws and regulations provided. After entering each step, returning to previous step or level is not acceptable and won't have any point.

11-In each performance, only point will be allocated to two movements conducted with different and consecutive Fer/whirl. Point will be given to 2 times similar performance with different and consecutive Fer/whirl.

12-In each step, first of all, necessarily simple and void of Fer/whirl performances are done and then they will be accompanied with Fer/whirl.

13-In combined performance (a) and (a&b) in which one Meel with long throw and a Meel with short throw performed with Fer/whirl, Meel Bazi of every one of them is only permitted to throw twice and it is free and allowed in the performances which both Meel's are in the air.

14-In step 4 Ghalt /rolling, Nim Varoo / half-somersault, Poshtak (Somerset), Nim Poshtak (half-Somerset), scallop and Varoo (somersault), Meel Bazi player or athlete can choose one of the available movements. In the meantime, 2 points will be given to the movements performed with Fer/whirl (to each Fer/whirl).

15-Number of permitted fall in 2,3,4,5,6 Meel Bazi is only 2 times and after the 3rd fall, the athlete will be prevented from continuing the Meel Bazi.

16- Five negative points will be registered and considered for each fall or drop in 2,3,4,5,6 Meel Bazi.

17- Holding three Meel with one hand (6 points will be given to athlete) and by doing performance (A) and conducting performance B (8 points will be allocated to athlete).

18- Five Meel Bazi (8 points) and for each performance of A (9 points) and for each performance of B (10 points) will be given to athlete.

19- Six Meel Bazi (9 points) and for each performance of A (10 points) and for each performance B(10 points) will be given to athlete .

Note: Three Meel with one hand , 5 Meel Bazi and 6 Meel Bazi must at least be performed three complete rounds , otherwise no point will be given to athlete . In case a performance is done , it is obligatory to perform Meel Bazi one more round .

20- Doing and conducting performances in 3 and 4 Meel Bazi is allowed . Performing steps in 3 and 4 Meel Bazi is the same as two compulsory Meel Bazi .

21-For each Fer/Whirl , point for each that Fer/Whirl will be added to the performance/Cheshmeh .

22-In case the handle of Meel is separated from the body of Meel , competition resumes using another Meel and no point will be reduced from the player /Meel Baz.

23-performing crosswise Cheshmeh/performance in 4 Meel Bazi must be done after end of step or level 4 .

24-Meel Bazi bodyweight categories in different age groups are as follows :

Seniors	Juniors	Youths	title
2 Kg	1.5 Kg	1 Kg	2,3,4 Meel Bazi
1.5 Kg	1 Kg	750 Gram	5,6 Meel Bazi

Steps and stages of Meel Bazi

Meel Bazi is performed in 4 steps under the following conditions :

1-Throwing Meel from front side /opposite (A)

2- Throwing Meel from behind (B)

3-Throwing a Meel from front side and one Meel from behind (A& B)

4-Performing movements (Ghalt /rolling , Nim Varoo / half-somersault, Poshtak (Somerset) , Nim Poshtak (half-Somerset)& Varoo (somersault)

Points of Meel Bazi will be allocated and given in accordance with the following table :

Points of 2 Meel Bazi (Juggling Club)

Row	Types of Cheshmeh & Movements	Point
1	A Single Cheshmeh	1
2	A Pair /Jofti Cheshmeh	2
3	B Single Cheshmeh	2
4	B Pair /Jofti Cheshmeh	4
5	A&B Cheshmeh	3
6	Performing Fer/Whirl in each Cheshmeh	2
7	Ghalt /rolling	4
8	scallop	6
9	Nim Varoo / half-somersault	8
10	Nim Poshtak (half-Somerset)	8
11	Varoo (somersault)	10
12	Poshtak (Somerset)	10

Points of 3 Meel Bazi

Row	Types of Cheshmeh & Movements	Point
1	3 Simple Meel	3
2	A Single Cheshmeh	4
3	A Pair & Combined Cheshmeh	5
4	B Single Cheshmeh	5
5	B Pair/Jofti Cheshmeh	7
6	Performing Fer/Whirl in each Cheshmeh	2
7	Ghalt /rolling	7
8	scallop	9
9	Nim Varoo / half-somersault	11
10	Nim Poshtak (half-Somerset)	11
11	3 Meel with one hand	6
12	3 Meel with one hand (A Cheshmeh)	7
13	3 Meel with one hand (B Cheshmeh)	8

Points of 4 Meel Bazi

Row	Types of Cheshmeh & Movements	Point
1	4 Simple Meel	4
2	A & A Combined Cheshmeh	5
3	B Pair/Jofti Cheshmeh	8
4	A&B Cheshmeh	7

5	Simple crosswise Cheshmeh	4
6	A crosswise Cheshmeh	5
7	B crosswise Cheshmeh	6
8	Performing Fer/Whirl under Cheshmeh	2
9	Ghalt /rolling	8
10	scallop	10

Points of 5&6 Meel Bazi

Row	Types of Cheshmeh & Movements	Point
1	5 Simple Meel	8
2	5 Meel of A Cheshmeh	9
3	5 Meel of B Cheshmeh	10
4	6 Meel Bazi	9
5	6 Meel of A Cheshmeh	10
6	Meel of B Cheshmeh	11

Kabbadeh (Iron Bow)

Rules and regulations of Kabbadeh Keshi in the individual skills

Competitions are as follows :

1-Maximum number of Kabbadeh Zadan is 117 pairs /Joft and it takes maximum 3 minutes .

2-Quorum of Kabbadeh Keshi includes 40 throws .

3-Athlete is allowed to perform 5 Stunt/Shirin Kari after reaching the quorum . Each Stunt/Shirin Kari repeats twice and has 2 points .

4-Area and space of Kabbadeh Keshi is a circle with radius of 1.25 meters ; In case athlete goes over the mentioned area , then the competition will be stopped accordingly .

5-Criterion of accuracy is the Kabbadeh (Iron Bow) angle to the neck in which position of hand toward neck is 70 degrees and 110 degrees to body .

6-throwing Kabbadeh accurately and correctly is a principle accompanied by arch of the chain . In case of not doing so , the athlete will be prevented from continuing Kabbadeh Keshi performance .

7- In case 3 simultaneous errors performed in three consecutive numbers will stop the competition which will be controlled and managed by center referee in coordination with chief of referees and its point will be considered before error .

8- for each pair of accurate and correct Kabbadeh , one point will be taken into account.

Accuracy of Kabbadeh Keshi

1-Accuracy of walking on toes plus observing the distance and gap between legs (15 to 30 cm)

2-Uprightness of stature and accuracy of head and neck

3-Observing minimum angle of 70 degrees for hands plus stretchiness of hands and not bending the elbows

4-Reaching hand above head /overhead (center of head) plus letting hand not crossing the head

5-Non contact of hand with the head plus Non contact of chain with head plus Non contact of Kabbadeh or bow with head

Method of scoring accuracy in Kabbadeh Keshi

From 101 to 117 pair	From 71 to 100 pair	From 41 to 70 pair	From 1 to 40 pair	Accuracy
3	2	1	.05	Accuracy of walking on toes plus observing the distance and gap between legs (15 to 30 cm)
3	2	1	.05	Uprightness of stature and accuracy of head and neck
3	2	1	.05	Observing minimum angle of 70 degrees for hands plus stretchiness of hands and not bending the elbows
3	2	1	.05	Reaching hand above head /overhead (center of head) plus letting hand not crossing the head
3	2	1	.05	Non contact of hand with the head plus Non contact of chain with head plus Non contact of Kabbadeh or bow with head

Stunt /Shirin Kari in Kabbadeh :

Point for each Stunt /Shirin Kari	Number	Total Score
	Maximum 5	2

Weights in Kabbadeh Keshi in different age groups are as follows :

1-Youth : 10 Kg

2-Junior : 14 Kg

3-Senior :16 Kg

Sang /Shield or stone lifting

Rules and regulations of Sang Gereftan or Sang Giri in the individual skills competitions are as follows :

1-In order to take Sang , maximum equivalent number of 72 pairs is 72 and maximum times of performing is 8 minutes .

2-Gereftan or taking 12 pairs of Sang Jofti (Press) is mandatory , otherwise Sang Gir (athlete taking Sang) will be eliminated from the competitions .

3-Counting Sang Jofti (pair of stone) is performed from press position and then upwards (a pair) . Meanwhile , in order to convert movement from Jofti /in pairs to rolling /Ghaltan , movement must directly twist from upward Sang to left and right .

4-Quorum of Sang Giri (taking hold of stone) is 20 pairs .

5-Area and space of Sang Giri is a circle with the diameter of 2.5 meters ; In case Sang Gir or athlete's body goes beyond all directions of circle from two sides of ribs , he will be stopped from continuing the competition .

6-When Sang Gir or athlete taking the stone twists up to 90 degrees , he will be prevented from carrying on the completion .

7-For each movement of taking a pair of Sang /stone , one point will be given to athlete .

8-Doing Stunt /Shirin Kari and innovative movements in the position of pair and rolling press is allowed after two basic simple pairs .

9-One point and two points will respectively be allocated to one-handed Stunt/Shirin Kari and two-handed Stunt/Shirin Kari .

10- To perform Stunt/Shirin Kari , elbows should be bent at 90 ° or at least Sang /stones should be moved 90 degrees inside or aside .

11-In Jofti or pair section , Sang Gir or athlete taking the stone is not permitted to take more than 12 pairs of press and perform more than 10 pairs of Stunt /Shirin Kari . In the event that 12 pairs of Sang Press(Press Stone) , more press is taken , no point will be given to athlete ; When athlete enters into rolling Sang or stone , he will obtain point .

12-If Sang Gir or athlete taking the stone uses his leg and impedes from going outside the Sang Giri area by getting help from his leg , this is considered as error and 2 points will be reduced from athlete for each time and the competition will be stopped for the third time .

Weights of Sang or stone in different age groups is as follows :

1-Youth : 30 Kg

2-Junior : 50 Kg

3-Senior :60 Kg

Accuracy of Sang /Stone

1-Pairing , immovability (static state) of legs is compulsory . (First 12 pairs)

2-Pairing of legs + pairing of knees plus contraction of legs inside abdomen plus placing legs under the Sang (60 next pairs)

3-Non contact of Sang with ground , body and each other

4-Not striking Sang at the time of moving it up and down , equilibrium and alignment of Sang /Stones

5-Lifting head plus enough pause

6-Smoothness of elbows and tangency of Sang /stones with back of arm

7-lack of movement , non use of legs in movement

Method of scoring accuracy in Sang Giri

From 47 to 72 pair	From 21 to 46 pair	From 1 to 20 pair	Accuracy
3	2	1	Pairing and immovability of legs in press pairing of legs & knees plus placing legs under the Sang
3	2	1	Non contact of Sang with ground , body and each other
3	2	1	Smoothness of elbows and tangency of Sang /stones with back of arm
3	2	1	Not striking Sang at the time of moving it up and down , equilibrium and alignment of Sang /Stones
3	2	1	lack of movement , non use of legs in movement

Regulations of Meel Giri Competitions with Heavy Meel

1-Time of heavy Meel Giri is 3 minutes which is respectively comprised of slow Meel Giri and quick Meel Giri .

2-Quorum of Meel Giri is 15 pairs of slow Meel Giri.

3-Quick or fast Meel Giri is permitted after 15 pairs of quorum until end of 3 minutes.

4-After reaching quorum , athlete can continue performing slow Meel Giri until end of two minutes and if the athlete doesn't enter Shalaghi section , he will be prevented from continuing Meel Giri .

5- it is to be mentioned that 1 point will be given to each pair of slow Meel Giri and 2 points will be allocated to each pairs of quick Meel Giri .

6-In the event that slow Meel Giri is performed in the form of Sarmoch or wrist head , one additional point will be allocated to athlete for each pair of Meel Giri .

7-Lifting Meel is only allowed for two times .

Accuracy of Meel Giri

1-Uprightness of Stature, head and neck

2- Accuracy in movement of legs and distance between legs is according to the width of shoulder

3-placment of Meel in tangent with chest or Meel Sarmoch (wrist head Meel)

Notifications :

1-If during performing the movement , athlete tries to catch Meel in the form of Sarmoch (wrist head) and after making some attempts places Meel on his chest , he no longer is allowed to takes Meel in the form of Sarmoch (wrist head) . If doing so , points for the next Sarmoch (wrist head) won't be taken into consideration and calculated .

2-In case athlete puts Meel on his shoulder carrying on more than 3 pairs of Meel Giri , he will be stopped from continuing the competition .

Points of Meel Giri accuracy

41 pairs and over	From 21 to 40 pair	From 1 to 20 pair	Accuracy
3	2	1	Uprightness of Stature, head and neck
3	2	1	Accuracy in movement of legs and distance between legs is according to the width of shoulder

Weights of heavy Meel are as follows :

Junior : 20 Kg

Senior :30 Kg