CHAPTER I
INTRODUCTION

1.1. The Role of Sport in World Society

Most social historians agree that sport plays a valuable role in world society in general. At the very start of the Olympics, in 776 B.C., the Games were so important that warring Greek city-states suspended all hostilities so that they could partake in the Games under peaceful conditions.

Throughout the civilized world, and even in less civilized areas, sport has taken on an important meaning. It teaches individuals and groups how to set priorities, work within the structure of rules, dedicated oneself (or an entire group) to a predetermined task, accept stringent training rules, and, ultimately, come together in pursuit of a common goal. At times, sport has allowed people to cut through cultural and racial barriers. Sport has on occasion reduced tension between potential enemy nations. In the latter regard, sport has served as a substitute for aggressive behavior between both individuals and countries, probably averting wars in many instances through the centuries.

Sport is the perfect way for youngsters to show who they are and how they perform under varying degree of pressure. It offers equal opportunity for all boys and girls to show what they can do in a contest, no matter what shape the contest takes—from baseball to volleyball, from sprints on land to sprints in water, from golf to tennis (Chapman, 2005). ¹

1.2. About Wrestling

Wrestling is a form of grappling type techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. A wrestling bout is a physical competition, between two (occasionally more) competitors or sparring partners, who attempt to gain and maintain a superior position. There are a wide range of styles with varying rules with both traditional historic and modern styles.
Wrestling techniques have been incorporated into other martial arts as well as military hand-to-hand combat systems.²

1.3. Etymology

The term wrestling is an Old English word that originated some time before 1100 A.D. It is perhaps the oldest word still in use in the English language to describe hand-to-hand combat. The Merriam-Webster online dictionary (2007) defines wrestling as "a sport or contest in which two unarmed individuals struggle hand-to-hand with each attempting to subdue or unbalance the other".³

1.4. Historical Background of Wrestling

The sport of wrestling that we participate in today is at least as old as the most ancient written stories. Wrestling is older than most of the nations on earth. It is almost as old as humankind itself (Chapman, 2005).¹ Wrestling is one of the oldest forms of combat with references to it as early as the Iliad, in which Homer recounts the Trojan War in the 13th or 12th century BC.⁴ The origins of wrestling can be traced back 15,000 years through cave drawings in France. About 5,000 years ago, in ancient Assyria and Egypt, wrestling was highly developed. From Assyria and Egypt, wrestling found its way to Greece, although later legends ascribed its introduction there to the Athenian-hero Theseus (Goel, R.G., Goel, V., & Goel, G., 2010).⁵ The first real traces of the development of wrestling date back to the times of the Sumerians, 5000 years ago. The Epic of Gilgamesh written in cuneiform, the sculptures and the low reliefs are numerous sources that reveal the first refereed competitions, accompanied by music. There are also many historical and archaeological traces of wrestling in Ancient Egypt Babylonian and Egyptian relief’s show wrestlers using most of the holds known to the present-day sport. Among them, it is worth mentioning in particular the drawings discovered in the tombs of Beni-Hassan representing 400 couples of wrestlers. These drawings, as well as many other vestiges, witness the existence of corporations of wrestlers in Ancient Egypt, wrestling rules and refereeing codes. For the Greeks, wrestling was a science and a divine art, and it represented the most important training for young men.⁶ Wrestling become a popular feature of almost all Greek feasts
and sporting events, particularly of the Olympic Games. It became so popular that just as now-a-days we might invite a friend for a round of golf or a game of bowls, Greeks asked each other to go for wrestling together (Goel R.G et al, 2010).\textsuperscript{5} Athletes wrestled naked, with their bodies coated with olive oil and covered with a layer of very thin sand to protect the skin from sunlight or from cold during winter. After wrestling, they scraped this layer off with an instrument called strigil and washed themselves with clear water. Fights were similar to those of freestyle wrestling, as shown by drawings and inscriptions from that time. The competitor who first threw his opponent or first brought him down - either on his back, hips, chest, knees or elbows - was proclaimed winner.\textsuperscript{6} In ancient Greece, wrestling occupied a prominent place in legend and literature; wrestling competition, brutal in many aspects, was the number one sport of the Olympic Games.\textsuperscript{7} During the \textit{ancient Olympic Games}, from 708 B.C., wrestling was the decisive discipline of the \textit{Pentathlon}. In fact, it was the last discipline to be held – after the discus, the javelin, the long jump and the foot race – and it designated the winner of the Pentathlon, the only crowned athlete of the Games. The most famous of all wrestlers was \textbf{Milon of Croton} (student of the philosopher Pythagoras), six times Olympic champion (from 540 to 516 B.C.), ten times winner of the Isthmic Games, nine times winner of the Nemean Games, and five times winner of the Pythic Games. Legend has it that when he tried to splinter a tree with his own hands, his fingers got stuck in the split tree-trunk and he was devoured by a lion.\textsuperscript{6}

For the ancient \textbf{Romans}, after the Roman conquest of the Greeks, Greek wrestling was absorbed by the Roman culture and became Roman Wrestling during the period of the Roman Empire (510 BC to AD 500).\textsuperscript{7} They refined the sport and barred some of its most cruel features. The new style thus created becomes known as Greco-Roman. With the fall of Roman Empire, wrestling lost much of its popularity and for sometimes at least, was looked upon with disdain. During the Middle Ages (fifth century to fifteenth century) wrestling remained popular and enjoyed the patronage of many royal families, including those of France, Japan and England (Goel R.G et all, 2010).\textsuperscript{5} For the \textbf{America}, wrestling has been a staple of the American sports experience since the first Europeans arrived in the 1500s. The settlers also found wrestling to be popular among Native Americans. Amateur wrestling flourished
throughout the early years of the country and served as a popular activity at country fairs, holiday celebrations, and in military exercises. The 1st organized national wrestling tournament was held in New York City in 1888, while the 1st wrestling competition in the modern Olympic Games was held in 1904 in Saint Louis, Missouri. The 1st NCAA Wrestling Championships were also held in 1912, in Ames, Iowa. USA Wrestling, located in Colorado Springs, Colorado, became the national governing body of amateur wrestling in 1983. It conducts competitions for all age levels. The tow most imposing figures in all of American history, George Washington and Abraham Lincoln, were wrestlers of some reputation and skill. There are nearly one million practitioners and former practitioners in America. According to the National High School Federation, some 10,000 high schools and junior high schools in the United States offer wrestling, with an estimated 245,000 participants. Nearly 280 colleges offer programs, a figure that includes programs in all three NCAA divisions, the NAIA, junior colleges, and club programs. USA Wrestling, the national government body of the sport, has 130,000 dues-paying members, and the AAU has nearly 50,000 registered wrestlers. The latter figure places wrestling third in size among the list of 26 sports sanctioned by the AAU (Chapman, 2005). In India, wrestling arts are found throughout India and were generically referred to in Sanskrit as mallavidya or 'science of grappling'. True combat-wrestling is called Malla-Yuddha, while the term Malakhra refers to wrestling for sport. Malla-yuddha was codified into four forms which progressed from purely sportive contests of strength to actual full-contact fights known as yuddha (Draeger, D.F., & Smith, R.W., 1969). Due to the extreme violence; this final form is generally no longer practiced. The second form, wherein the wrestlers attempt to lift each other off the ground for three seconds, still exists in south India. Malla-yuddha is virtually extinct in the north where it has been supplanted by Mughal pehlwani. Vajra-musti was another old grappling art in which the competitors wrestled while wearing a cestus-like knuckleduster. In a later variation, the duelists fought with a baghnakh. Numerous styles of folk wrestling are also found in India's countryside, such as mukna from Manipur and Inbuan wrestling from Mizoram. Iranian wrestling, also known as Koshti in Persian, has a very long tradition and history in Iran. It has been practiced since the ancient times in different parts of greater Iran in various styles among which Pahlavani wrestling is the most popular. The Iranian
wrestling styles can be divided into two major categories; in one category lifting and throwing the opponent is considered victory, whereas in the other category bringing part or the entire opponent’s back, the knee, or the arm to the ground is considered victory.  

1.5. Wrestling Mythology

Some of the earliest references to wrestling can be found in wrestling mythology. The Mahabharata describes the encounter between the accomplished wrestlers Bhima and Jarasandha.

The Epic of Gilgamesh: Over 4,000 years ago, in the stronghold city known as Uruk, a warrior-king named Gilgamesh ruled over his people with an iron hand. He was strong and cunning, and it was said that no man could match Gilgamesh in any type of activity. Then one day a stranger from the forest, a wild man named Enkidu, challenged Gilgamesh to a contest. The two great warriors were determined to see who was superior by engaging in the purest form of contest available, that style of engagement is still in use today all around the world. We call it wrestling.

Their titanic struggle is recorded in The Epic of Gilgamesh, the oldest piece of literature in existence. Uruk was located in the land known as Sumer. According to some historians, Sumer is also the site of the Garden of Eden, the legendary spot from which God sent Adam and Eve into exile for disobeying his orders. The Tigris and Euphrates rivers still run through the land once ruled by Gilgamesh. That territory is now known as Iraq.

Greek mythology celebrates the rise of Zeus as ruler of the earth after a wrestling match with his father, Cronus. Both Heracles and Theseus were famous for their wrestling against man and beast.  

1.6. Rupture and Restoration of Wrestling

Wrestling in Roman times was developed on the basis of the legacy of the Etruscans and the restoration of the Greek games. Wrestling was the favorite sport of young aristocrats, soldiers and shepherds. According to Classius Dion, the palestra was
at the origin of the military success of the Romans. In 393, Emperor Theodosius I prohibited all pagan games and outlawed the Olympic Games. Olympic values sank into the dark Middle Ages, but they were always latent, without ceasing to exist. During Middle Ages and Renaissance, wrestling was practiced by the social elite, in castles and palaces. Numerous painters and writers celebrated wrestling and encouraged its practice: Caravaggio, Poussin, Rembrandt, Courbet, Rabelais, Rousseau, Montaigne, Locke, etc. It is also interesting to mention that the first book to be printed came out in 1500, and that already in 1512 came out the wrestling manual in color by German artist Albrecht Dürer. The attempts made to restore the Olympic Games were numerous, but it was not until 1896 that they were re-established by Baron Pierre de Coubertin. After the creation of the International Olympic Committee in 1894, the development of new international sport federations and Olympic committees sped up. The first Olympic congress took place in 1894 at « la Sorbonne » and decided of the ten sports that would be part of the Olympic program: Athletics, Wrestling, Rowing, Cycling, Fencing, Gymnastics, Weightlifting, Swimming, Shooting and Tennis. During the wrestling tournament in Athens, there were no weight categories and all five competitors wrestled under rules similar to those of the professional Greco-Roman wrestling. The matches lasted until one of the competitors won. It was allowed to interrupt and resume the matches on the following day. The first Olympic champion – the German athlete Schumann –, who was not a trained wrestler, was also the winner of horse jumping and parallel bars. Schumann succeeded to beat the English weightlifting champion Launceston Elliot, who was heavier than him, by executing a quick and accurate body lock. In Paris, in 1900, and for this unique occasion in the history of the modern Olympic Games, the Games did not include wrestling in their program, even if at the same time, professional wrestling was at its best shape at the Folies Bergères and the Casino de Paris.

1.7. Wrestling in Different Countries

More than 50 different versions of wrestling are practiced around the world, in at least 150 nations. Wrestling contests are common in the highlands of Sweden and in the frozen wastelands of Siberia. Matches occur in the deserts of Africa, in the
hills of Australia, and between tiny huts on the endless plains of Mongolia, all with different rules and attire. Men and recently women-wrestle in great cities like New York and Moscow, in tiny farm hamlets from Maine to California, and in countless villages overseas. Shuai Jiao, a wrestling style originating in China, which according to legend, has a reported history of over 4,000 years. In Pharaonic Egypt, wrestling has been evidenced by documentation on tombs (circa 2300 BC) and Egyptian artwork (2000-1085 BC). Greek wrestling was a popular form of martial art, at least in Ancient Greece (about 1100 to 146 BC) (Miller, 2007).11

Roman Wrestling: After the Roman conquest of the Greeks, Greek wrestling was absorbed by the Roman culture and became Roman Wrestling during the period of the Roman Empire (510 BC to AD 500). Arabic literature depicted Muhammad as a skilled wrestler, defeating a skeptic in a match at one point. The Byzantine emperor Basil I, according to court historians, won in wrestling against a boastful wrestler from Bulgaria in the eighth century. In 1520 at the Field of the Cloth of Gold pageant, Francis I of France threw fellow king Henry VIII of England in a wrestling match. The Lancashire style of folk wrestling may have formed the basis for Catch wrestling, also known as "catch as catch can." The Scots later formed a variant of this style, and the Irish developed the "collar-and-elbow" style which later found its way into the United States (Micheal, B.P., Levinson, D., & Christen, K. 1996).12 A Frenchman "is generally credited with reorganizing European loose wrestling into a professional sport", Greco-Roman wrestling. This style which was finalized by the 19th century and by then, wrestling was featured in many fairs and festivals in Europe.13

1.8. Professional Wrestling

Professional wrestling began in France around 1830. Wrestlers who had no access to the wrestling elite, formed troupes that travelled around France showing their talent. Wrestlers thus frequented wild animals’ exhibitors, tightrope walkers and bearded women. Showmen presented wrestlers under names such as “Edward, the steel eater”, “Gustaved’ Avignon, the bone wrecker”, or “Bonnet, the ox of the low Alps” and challenged the public to knock them down for 500 francs. In 1848, French showman Jean Exbroyat created the first modern wrestlers’ circus troupe and
established as a rule not to execute holds below the waist. He named this new style **flat hand wrestling**. Upon Mr. Exbroyat’s death in 1872, Mr. Rossignol-Rollin attorney from Lyon assumed the direction of this troupe and was soon noticed for his ability to advertise, to arrange matches and to reward wrestlers in the name of the audience. The French influence extended to the Austrian Hungarian Empire, to Italy, to Denmark and to Russia and the new style circulated under the name of **Greco-Roman wrestling**, classic wrestling or French wrestling. Professional wrestling matches were thus organized everywhere in Europe with variable programs and competition rules according to the taste of wrestlers, of managers and of the audience. In 1898, the Frenchman **Paul Pons**, also named “the Colossus”, was the first Professional World Champion just before the Polish Ladislaus Pytlasinski. Some other great champions succeeded him, like the Turkish Kara Ahmed (the eastern Monster), the Bulgarian Nikola Petrov (the lion of the Balkans) or the Russian Ivan Poddoubni (the Champion of Champions). At the end of the 19th century, professional wrestling was the most in vogue sport in Europe, but it started to degrade from 1900 because of the pre-arranged matches, the announcement of forgery, false victories and false nationalities of the competitors. The rediscovery of **Olympic amateurism** encouraged the creation of numerous clubs and schools that finished professional wrestling off. However, from a historical point of view, professional wrestling has its indisputable merits. Competitions contributed to making wrestling more popular, the physical aspect of wrestlers served as a model to young men and the training system allowed amateur wrestling clubs to rapidly become more structured.14

**1.9. Modern Olympic Wrestling**

In 1904, freestyle wrestling was first introduced during the St. Louis Games and was only disputed by American wrestlers. It was only during the fourth Olympic Games held in London in 1908 that competitions were organized for both styles. At the Stockholm Olympic Games in 1912, freestyle wrestling was again absent from the program and glima competitions (Icelandic wrestling) were organized. Wrestling matches took place on three mats in the open air. They lasted one hour, but finalists wrestled without limit of time. The match which confronted the Finnish wrestler
Alfred Johan Asikainen and the Russian Martin Klein lasted 11 hours and 40 minutes and appear on the Guinness Book of Records. Both wrestlers, having the same score, were separated by two periods of three minutes of ground wrestling. The Russian finally defeated the Finnish who weighed 8 kilos (17.64 lbs.) more than he did. Exhausted by this match, Martin Klein could not beat the Swedish Johansson who won the gold medal for the 75 kilos (165.35 lbs.). From this date, and encouraged by the newly created International Federation, wrestling developed in every country. Northern Europe countries maintained during many years the monopoly of Greco-Roman wrestling, whereas freestyle wrestling was largely dominated by the English and the Americans. In Amsterdam in 1908, the Egyptian wrestler Ibrahim Mustafa was the first African wrestler to win an Olympic title. The Japanese Shohachi Ishii won the first Asian title at the Olympic Games in Helsinki, in 1952. Numerous legends shaped the history of wrestling around the world and it would be impossible to name them all. However, four wrestlers have deeply changed the history of Modern Olympic Games by winning three Olympic titles: the Swedish Carl Westergren (Greco-Roman wrestling in 1920, 1924 and 1932), the Swedish Ivar Johansson (Greco-Roman and freestyle wrestling in 1932, and freestyle wrestling in 1936), the Russian Alexandre Medved (freestyle wrestling in 1964, 1968 and in 1972) and the Russian Alexandre Karelin (in 1988, 1992 and 1996). After obtaining his third title, Alexandre Karelin decided to conquer his fourth title at the Olympic Games in Sydney in 2000, but to the general surprise, he was beaten by the American wrestler Rulon Gardner. In 2002, during the World Championship held in Moscow, FILA awarded the title of Best Wrestler of the Century to both Russians: Alexandre Medved (for freestyle wrestling) and Alexandre Karelin (for Greco-Roman wrestling), offering them the FILA Gold necklace, award generally reserved for heads of state. A hundred years after the introduction of freestyle wrestling in the Olympic program, worldwide wrestling entered a new era with the acknowledgement of female wrestling as an Olympic discipline on the occasion of the Athens Games in 2004. This decision is part of the policy of the IOC that aims at establishing equality in sport, and legitimizes the efforts made by FILA to sustain the development of female wrestling since the end of the 80s. Today, Olympic wrestling is the national sport of several Russia’s Republics, Iran, Turkey, Mongolia, Azerbaijan, Gambia, USA and several ex-U.S.S.R nations.\textsuperscript{14}
1.10. Birth of FILA

The first International Federation for the development of wrestling and weightlifting was created in Duisburg in 1905 by the Deutsche Athleten-Verband (DAV). The goal of the Federation was to set in order the organization of the World Championships.

The first International Wrestlers’ Union (Internationaler Ring Verband) was created on the eve of the Olympic Games in Stockholm in 1912. The organizing committee of the Olympic Games entrusted the Swedish Athletics Federation with the organization of a congress to draw up the statutes and the rules of an international governing body. Two Hungarians were temporarily elected: Dr. Péter Tatits as President and Mr. Mor Csanádi as Secretary General. It was decided that the first congress of the International Wrestlers’ Union would take place in Berlin in 1913. The designation of “First Congress” was a mere formality, since the constituent congress of the Wrestler’s Union had already taken place in Stockholm. The congress in Berlin took place from June 5th to June 9th, 1913 and the delegates from the following countries participated: Germany, Finland, Denmark, Sweden, Russia, Hungary, Austria, Bohemia and Great Britain. The International Wrestlers’ Union became the International Union of Heavy Athletics (Internationaler Amateur Verband für Schwerathletik) and was responsible for the development of wrestling (Greco-Roman style), boxing, weightlifting, rope wrestling and weight throw. German was adopted as the official language. The length of wrestling matches was set to twenty minutes,
with a one-minute break. A board was established.¹⁴

1.10.1. Creation of IAWF

During the Antwerp Olympic Games in 1920, the IOC recommended the creation of independent Federations for each sport. The **International Amateur Wrestling Federation** (IAWF) was thus created during the IOC Olympic Congress in Lausanne in 1921. The statutes of nineteen National Federations and those of IAWF were approved on that occasion. Mr. Einar Raberg, Swedish official and former wrestler, was elected President. English was adopted as the official language. The new Federation assumed the responsibility of promoting the two wrestling styles and made some corrections to the existing rules. Since 1921, the International Federation of Associated Wrestling Styles (FILA) has regulated amateur wrestling as an athletic discipline, but professional wrestling has largely become infused with theatrics but still requires athletic ability. Greco-Roman World championships were organized in Helsinki (1921) and in Stockholm (1922). The creation of IAWF legitimized wrestling towards the IOC, the National Olympic Committees, the National Wrestling Federations, the governmental and non-governmental organizations and the public opinion around the world. New rules were adopted and Roger Coulon organized the first referees’ course in Paris in 1957.¹⁴

1.10.2. Structuring of FILA

In 1952, Roger Coulon was elected FILA President and renamed the Federation: **International Federation of Amateur Wrestling** during the congress in Tokyo in 1954. During the Olympic Games in Melbourne in 1956, new FILA board members were elected. In 1965, Mr. Coulon moved the FILA headquarters to Lausanne and made FILA the first International Federation to settle in the Olympic capital. In 1967, Roger Coulon created the GAISF (General Association of International Sports Federations) to allow International Federations to better communicate and control the evolution of the international sports movement. During the sixties, FILA showed creativity in several fields and especially in its organization. A certain improvement was noticed in
the exchange of information with the National Federations: the FILA Bulletin started coming out, the wrestlers’ licenses were introduced and a good qualification system for the referees was set up. Under the direction of Mr. Milan Ercegan, Secretary General of FILA, educational videos for referees were first produced. After President Coulon’s death in 1971, Secretary General Mr. Milan Ercegan was appointed temporary President and was elected FILA President through a voice vote during the congress in Munich in 1972. He published the first book for coaches (Theory and Practice of Wrestling) in 1973 and organized the following year the first coaches’ course in Dubrovnik. He also created the Advanced School for Coaches in 1974. In 1994, FILA was renamed International Federation of Associated Wrestling Styles after it broadened to other wrestling styles.¹⁴

1.11. International Wrestling Disciplines

Wrestling disciplines defined by FILA are broken down into two categories: those are International wrestling disciplines and folk wrestling disciplines. According to the International Federation of Associated Wrestling Styles, there are nine current International wrestling disciplines acknowledged throughout the world. They are Greco-Roman Wrestling, Freestyle Wrestling, Grappling, Beach Wrestling, MMA, Belt Wrestling Alysh, Combat Grappling, Pankration, and Female Wrestling.¹⁴
1.11.1. Greco-Roman Wrestling

Greco-Roman wrestling is a combat sport which confronts two male competitors who try to gain control over their opponent through the use of throws, locks, and clinching techniques. The holds can only be executed by means of the upper body, with the ultimate goal of pinning the opponent’s shoulders to the mat. If a wrestler manages to do so, victory by “fall” is proclaimed, otherwise, the match pursues until the end of the regular time and the winner is decided according to the technical points scored. Wrestling was introduced to the program of the ancient Olympic Games in 708 BC. Except from the Paris Olympic in 1900, Greco-Roman has been part of the program of all modern Olympic Games since its introduction in 1896.\textsuperscript{14}

Figure 1.2 Greco-Roman Wrestling
1.11.2. Freestyle Wrestling

Freestyle wrestling is a combat sport which confronts two male competitors who try to gain control over their opponent through the use of throws, locks, leg trips, and clinching techniques. Contrary to Greco-Roman which only allows the use of the upper body, all Freestyle holds can involve the legs in order to ultimately pin the opponent's shoulders to the mat. If a wrestler manages to do so, victory by "fall" is proclaimed, otherwise, the match pursues until the end of the regular time and the winner is decided according to the technical points scored. Wrestling was introduced to the program of the ancient Olympic Games in 708 BC. Except from the Stockholm Olympics in 1912, Freestyle has been part of the program of all modern Olympic Games since its introduction in 1904.
1.11.3. Grappling

Grappling is a non-striking hybrid sport formed of wrestling, Jujitsu, Sambo, and many other submission fighting styles which consists in applying submission holds and choking techniques in order to make the opponent abandon the fight. Grappling plays an important role in the practice of Mixed Martial Arts (MMA) and is considered an effective form of self-defense. Grappling exists in two variations, with and without kimono, or commonly referred to as "Gi" and "No-Gi", in order to cover the full spectrum of techniques and enable all submission fighters to compete to their highest ability no matter what their fighting background might be. It is practiced both by men and women, according to the same rules. Grappling was introduced to the program of the Sport Accord World Combat Games in 2010 with 3 men categories and 1 female category.\textsuperscript{14}
1.11.4. Beach Wrestling

Beach Wrestling was codified by FILA during the 2004 Congress in Athens in order to bring together all the different traditional wrestling styles practiced on sand and to make them more popular worldwide. It also aims at promoting the values of a fun, secure, accessible, and eco-friendly sport. Beach Wrestling is practiced in swimming suit within a sand circle of 6m and consists of very simple rules: to win the match, the wrestler must maintain his opponent’s shoulders on the ground (victory by fall), bring him to the ground twice, or push him out of the circle twice. Beach Wrestling was introduced to the program of the first Youth Olympic Games that took place in Singapore in 2010 and FILA intends to bring the discipline to the World Beach Games that will be organized by Sport Accord as per 2012.14
1.11.5. Belt Wrestling Alysh

The word "Alysh" meaning "fighting to determine the strongest" finds its roots in ancient Turkish and was chosen by the International Federation of Wrestling on Belts to embody the bringing together of all belt wrestling styles practiced throughout the world. The belt wrestling matches take place over a period of 5 minutes for men and 4 minutes for women. The competitors wear white trousers and either a blue or a green jacket held tight by a flexible red belt. While holding each other's belt, they try to throw their opponent to the mat. The technical points are awarded according to the amplitude of the throws: 1 point if the opponent lands on a knee or buttocks, 2 points if the opponent lends sideways or on a hip, and 6 points if the opponent lends on the back. The first competitor who scores 6 points wins the match. The rules adopted are purposely simple so that all national belt wrestling styles can express themselves within a generic form of the discipline. Belt wrestling was introduced to the program of the Sport Accord World Combat Games in 2010 with 1 male category.\textsuperscript{14}
1.11.6. Combat Grappling

Combat grappling was created by FILA to fulfill the need for a properly managed and regulated form of amateur Mixed Martial Arts (MMA). It incorporates techniques from most existing Martial Arts systems, creating a unique fighting environment that alternatively takes the fight from standing to ground positions. Matches are either won by grappling holds such as joint locks and chokes, or by striking and kicking techniques. Combat Grappling is practiced both by men and women, according to the same rules. Through the mandatory use of protection gear and limited impact rules (especially regarding ground and pound), FILA intends to offer a sport that can safely prepare an athlete for a professional MMA career or provide extended knowledge on realistic fighting scenarios. FILA intend to bring combat grappling to the Sport Accord World Combat Games that will take place in 2013.¹⁴
1.11.7. Female Wrestling

Female wrestling is a combat sport which confronts two female competitors who try to gain control over their opponent through the use of throws, locks, leg trips, and clinching techniques. Similarly to Freestyle wrestling, all holds can involve the legs in order to ultimately pin the opponent’s shoulders to the mat. If a wrestler manages to do so, victory by "fall" is proclaimed, otherwise, the match pursues until the end of the regular time and the winner is decided according to the technical points scored. The first world women's wrestling championship was held in 1987 in Lorenskog, Norway. European wrestlers came away with all the gold medals. Since that time, an increasing number of nation’s field women's wrestling teams each year and gold has been spread beyond Europe. Female wrestling were introduced to the program of the 2004 Olympic Games in Athens with 4 weight categories following the reduction of the male categories' number.\textsuperscript{14}
1.11.8. Pankration

Pankration, from the Greek words "Pan" and "Kratos" meaning "the one who controls everything", is a world heritage martial art with the unique distinction of being the only martial sport in existence that can legitimately trace its roots to the ancient Olympic Games from 648 BC to 393 AD. Today, Pankration is developed by FILA as a mild form of Mixed Martial Arts (MMA), which forbids striking to the head. Pankration is practiced both by men and women, according to the same rules. In addition to individual competition, Pankration includes two forms of choreographic team events that can be showcased with or without weapons. "Palaismata" takes place between two athletes and aims at assessing their level of knowledge while "Polydamas" takes place between 1 defendant and 3 attackers to simulate a dangerous situation to be overcome by the athlete. Pankration is an efficient form of self-defense that can be used for police and security training.¹⁴
1.11.9. Mixed Martial Arts

Figure 1.10 Mixed Martial Arts

Grappling and striking skills are both of importance in mixed martial arts competitions. Fighters who were accomplished wrestlers, gained respect during the early stages of MMA development. Some of these, went on to win several early Ultimate Fighting Championships (UFC 5, 6, 8, 9, 10, 12).

1.12. Folk Style Disciplines

Folk wrestling describes a traditional form of wrestling unique to a culture or geographic region of the world that FILA do not administer rules for. Examples of the many styles of folk wrestling, include Back hold Wrestling (from Europe), Cumberland Wrestling and Catch-as-catch-can (from England), Kurash from Uzbekistan, Gushteengiri from Tajikistan, Khuresh from Siberia, Lotta Campidanese from Italy, Pahlavani from Iran, Pehlwani from India, Penjang Gulat from Indonesia, Schwingen from Switzerland, Shuaijiao from China, Ssireum from Korea. Folk wrestling styles are not recognized as international styles of wrestling, by FILA.
1.12.1. Oil Wrestling

Oil wrestling (Turkish: yağlıgüreş), also called grease wrestling, is the Turkish national sport. It is so called because the wrestlers douse themselves with olive oil. It is related to Uzbek Kurash, Tuvan Khuresh and Tatar köräş. The wrestlers, known as pehlivan meaning "champion" wear a type of hand-stitched lederhosen called a kispet, which are traditionally made of water buffalo hide, and most recently have been made of calfskin. Unlike Olympic wrestling, oil wrestling matches may be won by achieving an effective hold of the kisbet. Thus, the pehlivan aims to control his opponent by putting his arm through the latter’s kisbet. To win by this move is called paçakazık. Originally, matches had no set duration and could go on for one or two days, until one man was able to establish superiority, but in 1975 the duration was capped at 40 minutes for the baspehlivan and 30 minutes for the pehlivan category. If no winner is determined, another 15 minutes—10 minutes for the pehlivan category—of wrestling ensues, wherein scores are kept to determine the victor. The annual Kirkpınar tournament, held in Edirne in Turkish Thrace since 1362, is the oldest continuously running, sanctioned sporting competition in the world. In recent years this style of wrestling has also become popular in other countries.7
1.12.2. Sambo

Sambo is a martial art that originated in the Soviet Union (specifically Russia) in the 20th century. It is an acronym for "self-defense without weapons" in Russian and had its origins in the Soviet armed forces. Its influences are varied, with techniques borrowed from sports ranging from the two international wrestling styles of Greco-Roman and freestyle to judo, jiujitsu, European styles of folk wrestling, and even fencing. The rules for sport samba are similar to those in competitive judo, with a variety of leg locks and defense holds from the various national wrestling styles in the Soviet Union, while not allowing chokeholds.\(^7\)
1.12.3. Collegiate Wrestling

Collegiate wrestling (sometimes known as scholastic wrestling or folk style wrestling) is the commonly used name of wrestling practiced at the college and university level in the United States. This style, with modifications, is also practiced at the high school and middle school levels, and also for younger participants. The term is used to distinguish the style from other styles of wrestling used in other parts of the world, and from those of the Olympic Games: Greco-Roman wrestling, and Freestyle wrestling. Some high schools in the U.S. have developed junior varsity and freshman teams alongside varsity teams. Junior varsity and freshman wrestling teams restrict competitors not only by weight, but also by age and the amount of wrestling a competitor can partake in. For example, some junior varsity and freshman competitors are not allowed in tournament competition due to the amount of mat time a wrestler would accrue in a short time period. There are currently several organizations which oversee collegiate wrestling competition: Divisions I, II, and III of the NCAA, the NJCAA, the NAIA, and the NCWA. NCAA Division I wrestling is considered the most prestigious and challenging level of competition. A school chooses which athletic organization to join, although it may compete against teams from other levels and organizations during regular-season competition. The collegiate season starts in October or November and culminates with the NCAA tournament held in March (Micheal B.P. et al, 1996).
1.13. **Professional wrestling**

Professional competitive wrestling is uncommon. Professional wrestling refers in practice to "sports entertainment", where matches are 'worked' to an arranged outcome, as a result of staged combat.⁷

1.13.1. **United States**

Professional wrestling can often be referred to as sports entertainment, which has predetermined outcomes. In some promotions, "feuds" are used to build up a championship match. The athletes mostly utilize the traditional Anglo-American catch wrestling holds.⁷

1.13.2. **Puroresu**

Japanese professional wrestling, also known as Puroresu, is treated as a sport rather than the entertainment style of wrestling found in North America. There are no storylines or any sort of angle found in most Puroresu promotions. The matches have the atmosphere of real wrestling competition. Techniques include use of amateur or shoot wrestling tactics in addition to hard hitting martial arts strikes and complex submission maneuvers. This means that the wrestlers are more prone to injury. Popular Japanese wrestlers include Kenta Kobashi, Tiger Mask, The Great Muta, Jun Akiyama, Jushin "Thunder" Liger, and KENTA.⁷

1.13.3. **Luchalibre**

Mexican professional wrestling, also known as Luchalibre is a style of wrestling that combines mixed-martial arts and the wrestling of North America. In Luchalibre the wrestler or luchador uses a mask to cover his face. Traditionally the match is for the best of three rounds without a time limit. The "Luchador" or "wrestler" athlete uses their own wrestling style or "estilo de lucha" consisting of aerial attack wrestling moves, strikes and complex submission moves. The most popular luchadores are Santo, Blue Demon, Rey Mysterio, Eddie Guerrero, La Parka, Dos Caras Jr. /Alberto Del Rio and Mistico.⁷
1.13.4. Germany

In Germany, "Berufsringen" refers to wrestling where professional wrestlers fight by traditional rules, and "Wrestling" refers to the professional wrestling of U.S. promotions. The German language makes this distinction clear, as the term 'Ringen' is used to designate true, or sport, wrestling, in any of the Olympic or folk styles, while the term 'Catchen' refers to professional wrestling entertainment; a sport wrestler is a 'Ringer' and a professional wrestling star is a 'Catcher'. Ringer-Bundesliga is the top level of professional team wrestling.7

1.14. Tradition of coaches in wrestling

The Benefit and Values in Wrestling and Being a Wrestler: Many educators promote sport as an ideal way of teaching the values and disciplines that help people succeed in life. Wrestling certainly has its proponents. The sport of wrestling is a tremendous builder of the values and characteristics which are needed to succeed in any walk of life. Wrestling is a great educational tool (Chapman, 2005).1 The sport of wrestling has unique benefits and added values 'like no other sport' such as: Socially accepted outlet for aggressive behavior, self-confidence builder, atmosphere of support/Community support, a process of continuous learning and improvement, self-aware and self-correcting, leadership training, nutritional education and learning by doing, team accountability's striving self-sacrifice for the larger community, accepting responsibilities for the well-being of others, develops staying power - a person's greatest strength, can build an honorable name - by displaying sportsmanship and leading by example, practicing self-disciplines - by delaying gratification, denying pain, and over riding the natural hunger instincts, reliability - by performing under extreme individual and team pressures (Zeamer, 2001).15

1.15. Importance of Role of Coach in Wrestling Performance

It's safe to say that an effective coach must be the team's main teacher and its top leader. Like the conductor of an orchestra, coaches must see “the big picture,” so
that all the members of the group perform their roles at the proper time and with skill. A coach is like an architect who designs and builds a safe, positive, productive environment. A coach must be a key visionary for the team and should become a communicator of ideas, both great and small. Coaches should be fierce competitors, yet at the same time possess the empathy and understanding of a parent. An effective coach should become an authority in the areas of skills, tactics, and strategy, while serving as a guardian of the integrity of the game. Coaches are demonstrator because they must demonstrate to the athletes the skill (Gendron, D., & Stenlunk, K.V. 2003). Coaches are motivator. They are the primary source of motivation and maintain the motivation of all the athletes the whole year round. They must be the motivating leader that their wrestlers deserve. During the season, coaches take a more active role in organizing, structuring, motivating, and teaching team members to maximize their development in the time allotted (Gable, 1999). Certainly, a coach is all this and probably much, much more (Gendron, D., & Stenlunk, K.V. 2003). Coaches have a role as an advisor when they advise athletes on the training to be conducted and suitable kit and equipment. When coaches assess athletes’ performance in training and in competition they act as an assessor. Resolving emotional problems on the basis that sharing anxieties can be both relieving and reassuring refers to the role of coach as a counselor. Over the years of working with an athlete a personal relationship is built up where as well as providing coaching advice a coach also become someone, a friend, who they can discuss their problems or share their success with him. It is important to keep personal information confidential because if he does not then all respect the athlete had for him as a friend and coach will be lost. Coaches are facilitator because they identify suitable competitions for them to compete in to help them achieve their overall objectives for the year. Coaches have a role in gathering data of national and international results and to keep abreast of current training techniques that refers to the role of coach as a fact finder. Fountain of knowledge may be part of the advisor role in that coaches will often be asked questions on any sporting event, events that were on the television, diet, sports injuries and topics unrelated to their sport. Coaches are instructor because they instruct athletes in the skills of their sport. When athletes attend training session coaches are responsible, to their parents and family, for ensuring that they are safe and secure. They have to
monitor their health and safety whilst training and support them should they have any problems or sustain any injuries, so coaches are mentor. Coaches are organizer and planner because they prepare training plans for each athlete and organize attendance at meetings and coaching clinics. They are role model for their athletes. The way a coach conduct himself whilst in the presence of his athletes provides an example of how he should behave. Competition can be a very nerve racking experience for some athletes and often they like them to be around to help support them through the pressures, so coaches must act as a supporter (Mackenzie, 2005). Coaching wrestling is about teaching wrestlers the wrestling by teaching them skills, fitness, fair play, and values. It’s also about coaching wrestlers before, during, and after matches. Teaching and coaching are closely related. Coaches must be a good teacher. Coaches should communicate with wrestlers, their parents, coaching staff, officials, and administrators, so they must be a good communicator. Coaches are student because they need to advance in their knowledge. They can do so by learning from their experience, by watching and talking with more experienced coaches, and by studying advanced resources (American Sport Education Program, 2008).

1.16. Wrestling Coach Responsibilities

Coaching wrestling at all levels involves more than just technique and practice on the mat. Coaching involves accepting tremendous responsibility. Liability issues, first aid, and even hygiene can fall into the realm of a coach’s duties. The main concern of all officials and coaches should be the safety of the wrestlers. Referees and coaches are responsible for regularly inspecting the condition of all equipment for wrestling includes shoes, headgear, uniform, practice and competition areas and equipment and other appropriate apparel. They must also make sure that the equipment they furnish themselves meets acceptability standards and each wrestlers is outfitted properly and demonstrate to wrestlers how to properly wear their equipment. Teaching and shaping the skills of wrestling is another wrestling coach’s duty. The head coach has the final responsibility for all phases of practice and competition, but as much as possible, the assistant coaches should be responsible for their specific areas. The importance of quality personnel in the program doesn’t stop with the head
coach and athletes. Assistant coaches, managers, trainers, statisticians, and everyone else involved play a role in success of wrestling team. Head coach should treat these individuals with great respect. They should define their responsibilities very clearly, evaluate and communicate with them regularly, and adjust their duties (Gable, 1999). Grouping wrestlers into weight classes is the responsibility of the coach. Coaches and wrestlers must know the rule for wrestling competition. No coach wants to see athletes get hurt. But injury remains a reality of sport participation; consequently, he must be prepared to take appropriate action and provide first aid and basic emergency care when injuries occur and to protect him against unjustified lawsuits. As part of coaches’ supervisory duties, they are expected to foresee potentially dangerous situations and help prevent them. This responsibility requires that they know wrestling well, especially the rules that are intended to provide for safety. They must attentively supervise all activity of all age groups at all training sessions and matches. They should also consider health problems caused by environmental factors such as excessive heat or cold, severe weather and air pollution. From a legal standpoint, a coach must fulfill nine duties. The following is a summary of his legal duties: provide a safe environment, properly plan the activity, provide adequate and proper equipment, match athletes appropriately, warn of inherent risks in the sport, supervise the activity closely, evaluate athletes for injury or incapacitation, know emergency procedures, CPR, and first aid, keep adequate records. It is the responsibility of coaches to teach appropriate sporting behavior and to keep athletes under control. If athletes attempt to cheat, fight, badger, yell disparaging remarks, and so forth, it is the responsibility of coaches to correct the misbehavior. They must be the last one to leave to ensure full supervision of wrestlers (American Sport Education Program, 2008).

1.17. Wrestling Coach Abilities and Skills

A big part of coaching career involved instructing and motivating wrestling team. A crucial skill for any coach is how to teach wrestlers specific techniques and tactics. Motivation is the driving force behind great achievements in wrestling, sports, or any pursuit where work is required. Motivation is often the deciding factor in
matches between two equally skilled opponents. A coach can play a very important role in the motivation of his wrestlers. Coaches are primary source of motivation. If their motivation drops, the athletes and fans that might need a boost aren’t likely to be fully motivated. Talking one-on-one, setting goals, providing fun and success, using positive imagery, choosing good team captains, getting publicity for individuals and the team, creating a great environment, and all the other motivators will help only if they have the personal motivation to implement them. His enthusiasm for wrestling will rub off on them, even if they aren’t as committed as he is to the sport. A coach enhances or diminishes the motivation of wrestlers depending on the type of leadership he provides. In addition to above mentioned sources, coaches can get motivated from these sources: love sport, love helping athletes seeking wrestling excellence to achieve it, love the wrestling competition, having desire for greatness. Athletes and coaches must visualize greatness to achieve it. Well before competitions, wrestlers and wrestling coaches must see themselves performing positively in their upcoming events. Imagery is a great source of motivation, and it can be very helpful in learning and refining certain wrestling techniques and tactics. Building the desire in the athlete should be of highest priority to every wrestling coach. Coaches need to understand the importance of proper nutrition and end the training practices that brought about the association of starvation with wrestling. Coaches, especially wrestling coaches, should have classroom-type discussions with their athletes about healthy eating and adequate fluid intake. In addition, boosters, fans, various civic groups, and the media expected coaches to speak. They have two options: become a better communicator or get out of coaching. Effective communication is essential to being a successful wrestling coach. In addition to sending and receiving messages and providing proper feedback to wrestlers, coaching involves interacting with members of the coaching staff, assistant coaches, administration, media, parents, fans, game officials, wrestling community and opposing coaches. Assistant coaches are very valuable to a wrestling program, if the head coach consults them and give them the necessary authority. Establishing a good relationship with administrator is important for any coach. Working closely with athletic director and school president can be very beneficial. Wrestling has not fully utilized the media. Coaches must do more to promote their great sport. Booster and support groups are important to the success
of any wrestling program, so coaches must communicate with fans. Wrestling coaches and state and national wrestling organizations have much information to share, so communicating with the wrestling community can provide valuable insight and support. Their communications will have a much greater impact if others involved in the program respect them, but respect isn’t automatically given to a coach (Gable, 1999). Coaches in wrestling need a sound understanding of wrestling skills to help their wrestlers improve their skills. They should know and teach the rules of wrestling. He should assign wrestlers to each weight group and have ability to direct wrestlers in competition. In addition to having wrestling knowledge, a coach must also implement proper training and safety methods so that wrestlers can participate with little risk of injury. Even then, injuries may occur. So a coach must understand the basic emergency care procedures and how to handle more serious sport injury situations. Humor means having the ability to laugh with wrestlers during practices and competitions. Coaches should have ability to inject humor and fun into practices. Many coaches focus on how they will coach only during the actual match; instead, preparations should begin well before, during, and after match. It is common for coaches of young wrestlers to have a full range of ages in the practice setting at the same time at the same time, so they should build practice plan for particular age groups (American Sport Education Program, 2008). From a coaching standpoint, coaches must know the opponent well. Coaches should help wrestlers get ready for specific opponents. To teach skills, drills, and other important movements and exercises, coaches must have these abilities: provide a motivational learning situation, perform the skill several time from different angle and repeating key points, demonstrate the skill, break down the skill into segments, verbally instruct team members through each phases of the skill until they understand them well, perform the whole skill once or twice more (Gable, 1999).

1.18. Characteristics of wrestling coach

There is no one type of personality for a wrestling coach, yet wrestling does weed out those who try be something they’re not. In that way, wrestling is one of the most honest sports; there’s no hiding. Coaches must be themselves as good as they can do (Gable, 1999). Wrestling coaches should have a genuine concern for their
wrestlers. Just like wrestlers, coaches have to earn whatever respect they get. The best way to begin earning that respect is by being sincere. Having good character means modeling appropriate behaviors. What a coach says and what he does must match. Be in control before, during, and after all practices and competitions. They should be a good role model and a positive example for wrestlers. Another aspect of coaching on match day is managing behavior. Being composed and focused during a match is crucial to good performance by both the athletes and coaches. They should show respect for opponents and officials by being polite (American Sport Education Program, 2008). In the introduction of Coaching Wrestling Successfully by Dan Gable (1994), he said that the only way a coach or wrestler will improve is by setting increasingly high standards and then working hard to achieve them (Gable, 1999).

1.19. Qualification and certification of wrestling coach

There are four kinds of certification in wrestling for all coaches who aspire to be national team (all age groups included) coaches. The first certification is Copper Certification. It includes a basic introduction to the principles of coaching and wrestling technique. The second certification is Bronze Certification. The purpose of this course is a comprehensive coaching education program for wrestling coaches who are committed to expanding their knowledge in the art and science of the coaching of wrestling. Bronze Certified Coaches will receive a certificate and Bronze level Coach’s Card. The third certification is Silver Certification. It provides coaches with extensive information about the practical applications of coaching theory and provides them with an opportunity to apply their knowledge through research in the field of wrestling. For coaches who have completed the Bronze level and who wish to become superior coaches. At the Silver Level, a coach can be certified in either Freestyle or Greco-Roman wrestling. Gold Certification is the highest level of certification with the National Coaches Education Program. It represents years of previous education and a long term commitment to excellence in the sport of wrestling. All coaches must receive CPR and first aid certificate from a nationality recognized organization such as the National Safety Council, the American Heart Association, the American Red Cross, or the American Sport Education Program. They should be certified based on a
particular test and a written test of knowledge. CPR training should include pediatric and adult basic life support and obstructed-airway procedure (American Sport Education Program, 2008).19

1.20. Famous Coaches

Dan Gable (born October 25, 1948, in Waterloo, Iowa) is an American amateur. He is famous for having only lost one match in his entire Iowa State University collegiate career—his last, and winning gold at the 1972 Olympic Games in Munich, Germany while not giving up a single point. He was the head coach at the University of Iowa where he won 15 NCAA team titles from 1976–1997, after which he turned over his head coaching duties to Jim Zalesky. In 2006, after the program took a downfall, Gable asked Tom Brands to become the head coach.21

Satpal Singh (born 1955) is a wrestling coach and former wrestler of India. He was a Gold Medalist in 1982 Asian Games and a Bronze medalist in 1974 Asian Games. Today he is better known as the coach of Olympic Bronze medal winner Sushil Kumar.22

Habib Allah Bolor (born 1914, in Iran) is an Iranian wrestler, wrestling coach, athletic manager and artist. He was freestyle wrestling national coach and the president of Iran’s Wrestling Federation. When he was head coach, the first Iranian wrestling championship in the world championship and the best result of Iranian wrestling history in Olympic was obtained.23

Mansoor Barzegar (born 1947-02-28, in Iran) is an Iranian amateur. He won gold medal at the 1973 World Championship in Tehran (Iran), and silver at the 1976 Olympic Games in Montreal (Canada). He was one of the best Iranian freestyle wrestling head coach.24

1.21. Coaches’ Courses

National Wrestling Coaches Association: The National Wrestling Coaches Association, established in 1928, is a professional organization dedicated to serve and provide leadership for the advancement of all levels of the sport of wrestling with
primary emphasis on scholastic and collegiate wrestling programs. The membership embraces all people who are interested in amateur wrestling.\textsuperscript{25}

**WrestlingAssistant.com:** The purpose of this website is to promote the sport of amateur wrestling by helping wrestling coaches be more effective and efficient. It is maintained by wrestling coaches for wrestling coaches. We are not about reporting results, creating rankings nor are selecting All-Star teams as there many great websites and publications that already provide those services. We are about posting technique, promotional ideas, and practice tips.\textsuperscript{26}

**International Network of Wrestling Researchers (INWR):** The International Network of Wrestling Researchers, established in 2007, is a source of scientific expertise for wrestling; provide a means for collaboration and collegial support, as well as providing important camaraderie in wrestling. The aims of the International Network of Wrestling Researchers (INWR) are to “Facilitate the development of wrestling through international and intercultural understanding and cooperation; and to support wrestling-related research and education”.\textsuperscript{27}

**American Sport Education Program:** The American Coaching Effectiveness Program (ACEP), which later expanded into the American Sport Education Program (ASEP), is founded by Rainer Martens in 1976, is committed to improving amateur sport by encouraging coaches, officials, administrators, parents, and athletes to embrace the 'athletes first, winning second' philosophy and by providing the education to put the philosophy to work. Although coaching education is a priority with ASEP, today education programs for officials, sport administrators, parents, and athletes are all part of the ASEP educational agenda. ASEP has been in the sport education business for nearly 30 years, and although more than 1 million coaches have participated in ASEP courses during that time, ASEP’s work is largely incomplete. So, while ASEP is proud of its achievements, its focus is on providing the highest-quality education to all who are involved in sport.\textsuperscript{20}

**British Wrestling Association (BWA):** Effective coaches supported by an energetic and productive coach program is the foundations of any sport. The British Wrestling Association (BWA) is resolute in its determination to give our sport the opportunity to align itself with other successful sports. Their aim is to produce an
efficient and impressive coach education system incorporating the necessary
elements ‘how to coach’ and ‘what to coach’. This will benefit coaches and wrestlers
alike and ultimately produce world class athletes.\textsuperscript{28}

USA Wrestling State Associations & Sanctioned Clubs: USA Wrestling is the
National Governing Body for the Sport of Wrestling in the United States and, as such,
is its representative to the United States Olympic Committee. Simply, USA Wrestling
is the central organization that coordinates amateur wrestling programs in the nation
and works to create interest and participation in these programs. USA Wrestling has
more than 160,000 members. These members include athletes of all ages, coaches,
officials, parents and fans striving together to strengthen the sport. Each year, USA
Wrestling charters over 3000 wrestling clubs and sanctions over 1600 local, state,
regional and national competitions. USA Wrestling, guided by the Olympic Spirit,
provides quality opportunities for its members to achieve their full human and athletic
potential. Fulfilling all functions, tasks, duties and assignments with trust and
credibility on behalf of USA Wrestling by honoring promises and pledges is the
responsibility of USA wrestling.\textsuperscript{29}

1.22. Needs and importance of study

The effectiveness of an organization depends on many different factors. One
of the considerable elements is selecting worthy staffs and managers to hold official
posts. There are number of features, concerning the job, which seems essential for
the volunteers to have. If the managers of the offices have some efficient personals to
hold a special post, they can select those who are worthy by some determined criteria
(Sajadi, 2008).\textsuperscript{30}

The criteria can be nearly seen in all organizations. Some of the organizations
find the criteria for selecting their personals in the elements such as the level of
education, work experience, moral behavior and knowledge. Selecting the qualified
personals, they consider these elements and many others which have been planned
and determined beforehand. Physical Education Organization, as like as other
organizations, needs to have a proper selection for its different official posts. The
organization is applicable to the enforcement of sport federations’ functions. One of
The responsibilities of federations is selecting efficient coaches for national teams. The fair and consistent selection of national coaches by sport federation is a hard and argumentative task as the concerned managers should select the most qualified coach from a large set of candidates as a head coach, inside and even outside the country. The selection of national team coaches, in this regard, cannot be considered as the only criterion to be noted in the selection of personals for the official posts. The element which is resulted to the success and efficiency of a coach and ultimately the success of a country’s national team is beyond these criteria as a successful coach should possess unique capabilities. These features can be considered in the personal, individual management, social, technical and specialized, etc. So that the lack of one of these features can be resulted to the failure of the coach to get a good and considerable result (Ascta, 1998).^{31}

One of the most significant elements in the success of sport teams is related to the role of the coach team. An efficient coach, using his own knowledge and experiences, can improve the athletes and ultimately the function of his own team. The job is one of the intricate jobs which are beyond everybody’s ability. A Coach should possess a specialized knowledge considering the sport. He should also possess some other skills in different fields such as management, communication, motivation and relatively domination over the techniques and tactics of his own team. Anyone who has played sports knows what an impact a coach can have, well or bad. Coaching wrestling is a special profession (Gable, 1999).^{17}

As it was mentioned there are ample of criteria which can be considered for selecting an efficient coach. Considering the point that there are not any special criteria in the country for selecting national coaches, the researcher will present some criteria for selecting a national coach. Some criteria will be also defined in this study.

1.23. The Statement of the Problem

The present study is aimed to define criteria for selecting of free style wrestling coaches at national level, which are the subcategories of world wrestling federation, from the review of literature. The researcher hopes that the study will answer the
following questions. What is a suitable pattern for selecting national team coaches in Free Style wrestling? What type of features and criteria should be considered for selecting national team coaches in Free Style wrestling? What degree of importance and value does each one of the features or criteria for selecting national team coaches? How do we can prioritize each one of the criteria to select national team coaches in Free Style wrestling?

According to the above questions, it is expected that criteria for selecting national team coaches is defined from the review of literature and Delphi Method and the degree of importance and priority of each characteristics is specified and ultimately a model will be designed according to characteristics and criteria for selecting national coaches by using research findings.

Hence researcher decided to do the study with the following research problem “Developing Criteria for Selecting Free Style Wrestling Coaches at International Level”.

1.24. The significance of the study

Selecting an efficient person for an official post is a very hard task. Regarding the explanation of tasks, it can be possible to choose the considered person. In some of the jobs, the working condition is different so that the person just needs some limited features to get the job. In some of the jobs the knowledge of the person may be given an importance and in some others the experiences and the CV and in another the behavioral and personal features may be of a higher significance. In order to select a person for the considered job, we should have some criteria. These criteria can have different levels of importance or may be equal in their efficiency. In this regard, the selection of people for the post of a coach, mainly in the national level, is an argumentative issue. A coach, in the national level, should have many different features such as specialized knowledge, experience and the service as a coach, respectful personality, strong relational and motivated skills.

Unfortunately, few studies have been done till now and it is not clear that what parameters and features should be considered for selecting national coaches. Due to
the lack of such a model and its importance in identifying and selecting qualified and competent coaches to hold national team coach, it is necessary to determine and model the national coaches’ selection, in order to identify the best person as well as evaluating and analyzing the coach performance in each period.

In this present study, it is expected that the findings of this research be used by wrestling federation, physical education organization and other organizations that are involved in the selection of national coaches and also this framework for selecting coach can be used for states and sport clubs.

The research is considered of a high significance. They are as follows:

- The study may be presented to world wrestling federation which may be used by wrestling Federations of different countries.
- It can be presented to the federations of countries to select wrestling coaches for the national teams.
- It can be presented in the wrestling clubs of the countries to select their club coaches.
- It can be presented to the sport committees for selecting the coaches in provinces.
- The study will help to distinguish the degree and level of the coaches in all aspects.
- It also can help the sport decision makers to select the coaches more carefully.
- It can give the coaches some hints to recognize their strong and weak points regarding the scope of their function.
- It will help to meet the needs of the coaches in different fields.

1.25. Objectives of the Study

The present study will attempt to define criteria for selecting Free Style wrestling coach at international level. The special aims that the researcher will pursue in the study are as follows

1.25.1. To prepare opinionnaires for players, managers, officials and expert at international level.

1.25.2. To study motivational characteristics of Free Style wrestling coaches at international level.
1.25.3. To study sport characteristics of Free Style wrestling coaches at international level.

1.25.4. To study personality characteristics of Free Style wrestling coaches at international level.

1.25.5. To study management skills of Free Style wrestling coaches at international level.

1.25.6. To study scientific characteristics of Free Style wrestling coaches at international level.

1.25.7. To study communication skills of Free Style wrestling coaches at international level.

1.25.8. To study coaching experience of Free Style wrestling coaches at international level.

1.25.9. To study individual characteristics of Free Style wrestling coaches at international level.

1.25.10. To define criteria for selecting Free Style wrestling coaches at international level.

1.26. Hypotheses

1.26.1. Null Hypotheses

After reviewing related literature, researchers found no evidences related that which criteria and features should be considered for selecting freestyle wrestling coaches so researcher was interested to find the criteria and the degree of their importance regarding coaches, wrestlers, managers, experts and officials' viewpoint. Hence, researcher has stated null hypothesis as follows:

H₀: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints to determine the priorities of eight major criteria for selecting wrestling national freestyle coaches.

H₀: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of personality characteristics.

H₀: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of management skills.
H₀: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of individual characteristics.

H₀: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of scientific characteristics.

H₀: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of motivational characteristics.

H₀: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of sport characteristics.

H₀: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of communicational skills.

H₀: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of coaching experience.

H₀: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of personality characteristics.

H₀: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of management skills.

H₀: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of individual characteristics.

H₀: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of scientific characteristics.
characteristics.

$H_0$: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of motivational characteristics.

$H_0$: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of sport characteristics.

$H_0$: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of communicational skills.

$H_0$: There would not be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of coaching experience.

1.2.6.2 Alternative Hypotheses

It should be noted that, although the null hypothesis is needed for statistical purposes, most actual hypotheses are alternatives to the null (Best, & Khan, 2006). There is 50% probability of rejecting null hypothesis in such situation researcher accepts alternative hypotheses which may be stated as follows:

$H_a$: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints to determine the priorities of eight major criteria for selecting wrestling national freestyle coaches.

$H_a$: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of personality characteristics.

$H_a$: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of management skills.

$H_a$: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of individual characteristics.

$H_a$: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of scientific characteristics.

$H_a$: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of motivational characteristics.
Ha: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of sport characteristics.

Ha: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of communicational skills.

Ha: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints on the level of importance of coaching experience.

Ha: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of personality characteristics.

Ha: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of management skills.

Ha: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of individual characteristics.

Ha: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of scientific characteristics.

Ha: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of motivational characteristics.

Ha: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of sport characteristics.

Ha: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of communicational skills.

Ha: There would be a significant difference among managers, officials, experts, coaches and wrestlers’ viewpoints regarding prioritizing the subgroups of coaching experience.

1.27. Delimitations of the study

Researcher selected the sample concerned only with the following; the
conclusions would not be extended beyond it.

1.27.1. The study is delimited to coaches, wrestlers, managers, officials and expert in Freestyle wrestling at international level.

1.27.2. The study is delimited to Freestyle wrestling only.

1.27.3. The study is delimited to male coaches of Freestyle wrestling only.

1.27.4. The study is delimited to Freestyle wrestling national coaches only.

1.27.5. The study is delimited to only senior wrestlers.

1.27.6. The study is delimited to the selected major variables of psychological skills, sports characteristics, personality characteristics, management skills, scientific characteristics, communication skills, coaching experience, individual characteristics and other criteria not to be considered by scholar.

1.27.7. The study period is delimited from August 2010 till August 2013.

1.27.8. The study is delimited researcher made questionnaire as a tool for data collection.

1.28. Limitations of the study

Following are the conditions which are beyond the control of researcher; researcher considers those as limitation of the study.

1.28.1. The research samples don’t have the same conditions in cultural, familial, social and economic aspects.

1.28.2. The research samples don’t have the same conditions in background activity.

1.28.3. The research samples don’t have the same conditions in level of education.

1.28.4. As the subjects participating in the study belong to various countries of world, factors such as geographic conditions, socioeconomic status, lifestyle, educational background, cultural, religion not be considered in analysis and hence is a limitation for the study.

1.28.5. Findings in this study cannot be generalized to other sports such as football, volleyball, swimming.

1.28.6. Subjects who participated in the study may not represent all wrestlers from different countries.

1.28.7. Data collected during this study may differ from data collected (if any) during any other program.
1.28.8. It was not possible to verify whether subjects really answer the questionnaire by heart therefore it was consider as limitation.

1.28.9. It was a limitation of researcher that it was not possible to verify whether the questionnaire is answered at the same condition.

1.28.10. It was a limitation of researcher that it was not possible to access to some coaches, wrestlers, managers, officials and expert in Freestyle wrestling at international level in completing the questionnaire.

1.29. Research Assumptions

Researcher believes that these are facts but cannot verify, the assumptions of the study are as follows

1.29.1. The subjects will answer in a natural and ordinary situation.

1.29.2. The questionnaire will be answered truthfully.

1.29.3. It was assumed that Questionnaire used for collections of data will be reliable and will help to define criteria for selecting freestyle wrestling coach at international level.

1.29.4. The selected statistical tools will be helpful to define criteria for selecting freestyle wrestling coach at international level.

1.29.5. It was assumed that all the selected wrestlers, coaches, officials, and managers participated at international level of competition.

1.29.6. It was assumed that the research samples come from similar socioeconomic strata.

1.29.7. The subjects will give proper response to the questionnaire.

1.30. Operational Definition of the technical terms used

There are many technical terms in this proposal. Researcher has used those for the purposes of the study. Hence operational definitions are given below:
Free style wrestlers (Players)

It refers to the person who plays according to the rules and regulations at international level laid down by Federation International Lotto Amatory (FILA).

Coach

In this study coach refers to one who has the skills, knowledge and wisdom that is gained them through study and experience so they enable him to design and implement his training and coaching programs and thereby improve individual and team results in terms of performance (Shafiei, M., & Goodarzi, M., 2009).³³

Criteria

This study is related to the personality characteristics, psychological skills, managerial skills, sports characteristics, communication skills, and scientific characteristics, coaching experience, individual features of the coach.

Personality characteristics

In this study, personality characteristics are related to coaching confidence, hard work, perseverance, honesty, punctuality, respectful, commitment, love coaching and politeness.

Management skills

In this study, management skills are included to planning, organization, control, evaluation, making decision and recruitment.

Scientific characteristics

In this study, scientific characteristics are related to wrestling techniques, tactics, arbitration rule, methods of dieting & weight loss in wrestling.
**Communication skills**

In this study, communication skills are included to ability to communicate with wrestlers, technical staff, and mass media.

**Coaching experience**

In this study, coaching experience is included to having background in coaching in club, state teams, national teams, assistant coach.

**Individual characteristics:**

In this study, individual characteristics are included to coach's age, facial appearance, and marital status.

**Free-style wrestling**

The combative wrestling which is played according to the rules and regulation lay down by Federation International Lotto Amatory (FILA).

**Expert**

Refers to the person who has done research study in wrestling or has gain 12 years of experience related to Freestyle wrestling as a coach.

**Manager**

Refers to the person who is an apex of Federation (decision makers).

**Official**

Refers to one who is as referee of Free Style wrestling.
International level

In this study attempt is to select the statistical population of free style wrestling coach in international wrestling competitions.

Pattern (Model):

In this study attempt is to design a suitable pattern to select wrestling national freestyle coaches.
References


