



The Rules of the Game.

The present Rules are based on the historical customs of English people and recommended for use in wrestling competitions conducted as a fun and friendly outdoor activity.

The wrestling ground is to be a lawn and the competitors have to contend in shoes.

The competitors wear regular thick fabric jackets.

The fair *hold* is mutually taken by the lapels of the jacket in the above and under manner (with the right arm placed over) before starting and it is from that *hold* the fair *fall* (or three *foils*) is to be given. After taking the equal *hold* the competitors put their right foot forward to wrestle!

No *fall* (or *foil*) without tripping counted. A competitor cannot score unless an active leg sweep, hook, or trip is used to execute the throw.

Letting go *hold* is not allowed, although the victor has to retain his feet either in standing or squatting position and avoid following his opponent to the ground. So long as nothing other than the soles of the feet are on the ground the thrower's feet are retained.

A *fair fall* is to throw the opponent flat onto his back (square-fall) or in such way that at least two parts of the back of his trunk such as shoulder blades, lats and hips touch the ground at or nearly the same moment.

A *foil* is when he first comes at once to the ground with any two joints of his body, such as shoulders, elbows, wrists, hips, knees and ankles. Felling opponent onto a single knee does count as a foil too since in that moment his knee and ankle are resting on the ground.

This sport is hobbyists friendly and no competitors with either WRESTLING, JUDO or SAMBO background are allowed to enter this tourney.

TRADITIONAL SPORTS.
ENGLISH COLLAR WRESTLING, OR TRIPPING.

"Wrestling is a Contention between two Men that endeavour to trip up one another's Heels while they hold each other at Arms end; at which some little Fellows are so dextrous, that they will lay one of twice their Bulk and Strength flat upon the Ground by a gentle Touch of the Leg; but where the Parties are suffer'd to close, the Man of Bulk has a considerable Advantage in this Exercise". Page 155 of The Present State of the British Isles (1731) by Thomas Salmon (1679-1767).

WRESTLE (V.) to strive or contend with a person for victory, to practise the art of wrestling, or managing the legs, &c. WRE'STLER (S.) one who contends, strives with, or throws down another by an artful managment of his legs. WRESTLING (S.) the art of managing the legs, &c. so as to throw one's opponent to the ground without beating, striking, or kicking him, much practised by the ancients at their publick shews; also any earnest contest or opposition. From A New General English Dictionary (1737) originally begun by the late Thomas Dyche and finished by William Pardon.

"Both hands are on each other's collars. The science, is to strike each other from a standing position, by a sudden blow against the outside of the toe, struck by the inside of the striker's toe; and if the blow is sufficiently strong, a corresponding twist in the collar lays the other on his back - this is called playing with the toe." Sunday Dispatch, Sunday, October 7th, 1827, Page 8.

"This isle in wrestling doth excel; With collars be they yoked, to prove the arm at length". From Michael Drayton's Poly-Olbion (Song 4).