

**RINGEN
TOURNAMENT RULESET
IRON GATE EXHIBITION 2025**

Fencers/ wrestlers are permitted to compete in a maximum of four tournaments during the entirety of IGX Spring 2025.

IGX Spring 2025 will host 2 ringen tournaments. The ringen tournaments and their qualifications for entry are as follows:

- **Open Ringen:** Any wrestler may participate. Wrestlers will be split into weight classes, and an opt-in Weight Class Equity Policy is available to women and female wrestlers. See “Weight Class” section below for more information.
- **GenEq (Gender Equity) Ringen:** Any wrestler who is a woman, female, nonbinary, transgender, or other gender that is historically underrepresented and underserved in sports may participate. Please note that GenEq events are held for the purpose of providing a safe community space for wrestlers of all underrepresented genders to come together in friendly competition, not necessarily for wrestlers of the same hormonal makeup and/or sex assigned at birth. Wrestlers will be split into weight classes, and an opt-in Weight Class Equity Policy is available to women and female wrestlers. See “Weight Class” section below for more information.

The rules contained in this ruleset apply to the ringen tournaments only. Sections highlighted in red apply to all IGX tournaments.

Tournament Structure:

Check-In starts 30 minutes prior to each tournament. All wrestlers must be checked in and geared up by the posted tournament start time. Any wrestler who has not done so will automatically be removed from the registration list. As a courtesy to event staff, please notify us ahead of time if you need to drop from a tournament.

Initial tournament caps at registration are based on committed staff, and will be raised as we confirm more staff for each tournament. If you want to see higher registration caps, we recommend volunteering to staff or getting some of your clubmates to staff!

- **Pools:** Ringen tournaments will take place over the course of two rounds of pools. There will be no finals round. Tournament organizers reserve the right to alter tournament structure if necessary.
 - Pools will be conducted within weight classes. No wrestler will compete against a wrestler of another weight class. Pool sizes will vary based on weight class sizes.

Wrestlers will be subject to a hygiene check at the beginning of the tournament. All gear will be checked at the beginning of each pool.

- Each match will consist of 3 passes. A pass ends when a scoring action has been made, or when the pass time limit runs out.
 - Each pass will have a time limit of one minute (maximum of three minutes total per match). A warning will be given when there are 30 seconds left on the clock.
 - Each wrestler is entitled to up to 30 seconds of rest time in between passes. Wrestlers should notify judges if they want their rest time.
 - At the beginning of each match, wrestlers will be directed to shake hands in the center of the ring and then take their places at their starting lines on opposite ends of the ring.
 - Matches will be conducted in a 20'x20' ring. Wrestlers must remain on the mats at all times during matches. Wrestlers will begin each pass at designated starting lines on opposite ends of the ring.
- Ties will be broken, in order, through the following methods:
 - Percentage of matches won
 - Lowest number of cards
 - Greatest level of activity and play during matches (determined by judge decision)

Medals and XP awards will be given out immediately following each tournament. In the ringen tournaments, prizes will be awarded for each weight class.

Staff

- **Tournament Lead**
 - Runs tournament check-in
 - Explains rules and answers rules questions at the start of the tournament
 - Oversees all other staff and resolves any questions that arise during the tournament
 - Hands out medals and announces finalists
 - Resolves decisions concerning penalty and removal from the tournament that cannot be handled by judges
 - Encourages and enforces proper judging style
 - Conducts hygiene check at the start of the tournament
- **Scorekeeper**
 - Oversees table staff
 - Compiles and records score, XP, and penalty data from all pools
 - Calculates overall standings and finalists
- **Director/ Lead Judge**
 - Officiates matches
 - Looks for scoring actions and halts passes
 - Determines score and penalties
 - Assigns igXP
 - Conducts gear check at the beginning of each pool
- **Assistant Judge**
 - Looks for scoring actions and halts passes

- Helps Director determine score, penalties, and igXP
- Table
 - Keeps track of score and penalties for individual pools, reports to Scorekeeper
 - Announces wrestlers currently fencing and wrestlers that are “on deck”
- First Aid
 - Will be on hand at all times to tend to any injuries or illnesses during the event
 - If severe injury (such as concussion) is suspected by first aid or other staff, judges may elect to remove a wrestler from the tournament, regardless of the injured wrestler’s wishes.

Judging Style and Language Guidelines

There will be two judges per ring- one Director and one Assistant Judge.

Judges should wait to declare score decisions or begin a match until both wrestlers are on their starting lines.

- **Director’s Script:**
 - Before a pass:
 - “Table ready? Judge ready?”
 - This phrase should only be asked before the first pass of a match, or after an extended interruption in passes.
 - This is a question; you should wait for visual or verbal confirmation from both staff members that they are ready before continuing.
 - “Wrestlers, ready!”
 - This phrase addresses both wrestlers. It is a command, not a question. Do not wait for confirmation from wrestlers before continuing. Only wait if a wrestler indicates that they are NOT ready to proceed.
 - “Begin!”
 - This phrase begins a pass. Say it only once, loudly and clearly. Only use this phrase when you and the other staff are ready to begin the pass.
 - Do not use any phrases other than “begin” to benign a pass, such as “go” or “fight.”
 - “Hold!”
 - This phrase ends a pass. Say it only once, loudly and clearly (unless wrestlers do not respond to the initial call). The call should last approximately one second. Both the Director and the Assistant Judge may call a hold.
 - Do not use any phrases other than “hold” to end a pass, such as “halt,” “point,” or “stop.”
 - **Wrestlers must immediately cease all action and return to their starting line upon hearing a hold called. Actions taken after a hold is called may be penalized. Wrestlers should continue wrestling until**

they hear a hold called, even if they believe they have achieved a throw.

- “Nothing done”
 - This phrase should be used if a hold is called by mistake or if no scoring action can be identified. The pass will then be reset and re-wrestled.
- When a judge opts not to award a point for an action, they must provide the reason why that decision was made (Ex. “the opponent did not touch the ground,” “The action incurred a penalty,” “the throw occurred after the timeout,” etc.)
- When a judge opts to give a penalty, they must provide one of the reasons detailed in the “Penalties” section below.
- When a judge assigns points, they must recount the action that scored, and then announce which wrestler receives the point.
 - **The phrase “one point AGAINST x wrestler” should be used, to avoid awarding points in reverse.**
- Judges should spend a minimal amount of time on deliberation, and should opt to re-wrestle a pass that they cannot agree on a score for. EFFICIENCY is key!
- **Reset of Pass:**
 - If a judge resets a pass, no score is awarded, and the wrestlers will re-wrestle that pass. A judge may reset a pass for the following reasons
 - Hold was called for a non-scoring action
 - EX. premature hold, safety hold (including wrestlers speaking), hold for penalty, a double or ring out occurred, etc.
 - The pass time limit does NOT reset after a reset pass. It continues from the time at which it was paused at the hold.

Wrestlers must return to their starting line upon a hold being called. Judges should wait for both wrestlers to return to their starting lines before announcing score/penalty.

Judges should allow a reasonable time for wrestlers to speak to their coaches between passes.

Scoring:

Points will accrue AGAINST wrestlers (more points= bad!). Wrestlers will be ranked by fewest average points per match (EX. A wrestler with an average of 0 points per match is ranked ABOVE a wrestler with an average of 3 points per match.). Wrestlers will be compared only to wrestlers within their own weight class.

Each time a wrestler is thrown, they will receive one point against them.

Wrestlers are permitted to grab any part of their opponent’s jacket and belt, as well as their limbs and torso. Collar-ties at the back of the neck/ base of the head are permitted. Grabbing the opponent’s throat, face, or groin is not permitted. Grips on the pants/ shorts are NOT permitted.

- **Throws:**
 - In the context of this ruleset, a throw is defined as any action that forces an opponent to touch the ground with any body part other than their feet. **A throw will result in one point against the thrown wrestler.**
 - Note- catching oneself on an opponent to avoid touching the ground does NOT count as a clean throw, and will be subject to penalty.
- **Doubles:**
 - Doubles are defined as any action that ends with both wrestlers touching the ground with any body part other than their feet. Doubles will not be considered scoring actions. Only clean throws will score. If a double occurs, the pass will be reset (time limit will not be reset).
- **Time Limit:**
 - If the one minute pass time limit is reached during a pass, both wrestlers will receive one point against themselves.
- **Ring Out:**
 - A ring out will NOT be considered a scoring action. If one or both wrestlers step out of the ring, a hold will be called immediately, and the pass will be reset (time limit will not be reset).
 - Judges may call a ring out hold before a wrestler actually steps out of the ring, if they feel the wrestlers are at risk of doing so.
- **Forfeit**
 - At any point directly before or during a pass, a wrestler may opt to forfeit either the pass or the match. If a wrestler forfeits a pass, they will receive one point against them. If a wrestler forfeits a match, they will receive one point per pass remaining against them (max 3).
 - To forfeit before the start of a pass, the wrestler should clearly notify the judges that they wish to forfeit.
 - To forfeit during a pass, the wrestler should firmly tap twice or more on their opponent's body, and then notify the judges that they wish to forfeit. If a wrestler does this, the judges will call a hold, and both wrestlers should immediately return to their starting lines.
 - **In an abundance of caution, judges will call a hold if either wrestler speaks at all, to be sure if they are ceding or raising a safety concern. As such, wrestlers should avoid speaking unless they wish to forfeit or there is a safety concern.**

Gear Requirements:

Protective equipment will be inspected at the start of each pool. IGX organizers and the Tournament Lead have the final say on the inclusion of any and all equipment in events.

- **Required Gear (Loaner Gear will be available on a limited basis):**
 - A purpose-made wrestling jacket

- Ringen specific jackets and gis are allowed. Fencing jackets/ gambeson are not allowed. Jackets may not have any loose strings, loops, zippers, or other attachments. Jackets must fit the wearer in such a way that another wrestler could reasonably grab onto the fabric of the jacket at the back, collar, and sleeves (Jackets should not be skin-tight).
 - If a wrestler wears an open-front tgi, they must wear some sort of clothing underneath it (t-shirt, rashguard, sports bra, etc.)
- Fabric wrestling belt
 - Any fabric belt free from metal fastenings is acceptable. Belts should be sturdy enough to withstand rough pulling.
 - Judo/ BJJ belts are recommended.
- Mouthguard
- Athletic lower body clothing without metal fastenings/ attachments
 - Sweatpants, leggings, athletic shorts, etc. are all acceptable
- **Prohibited Gear:**
 - Fencing jackets/ gambeson
 - Leather belts
 - Belts with metal fastenings
 - Socks
 - Shoes
 - Non-athletic lower body clothing, or lower body clothing with metal fastenings/ attachments
 - Jeans, work pants, cargo shorts/ pants, fencing trousers, etc. are prohibited
 - Skirts
 - Non-wrestling specific jackets
 - Hoodies, zip-up jackets, long sleeve shirts without a jacket, etc. are prohibited
 - Hard groin protection
 - Hard ort external groin protection , such as codpieces and hard cups, are prohibited.
 - Soft groin protection (padded bike shorts, compression shorts, soft padding inside the shorts/ pants, jock strap, etc.) is allowed.
- **Gear Failure**
 - In the event that a wrestler's gear needs to be repaired or replaced during a match, they will be given a reasonable amount of time to repair or replace their gear. If a wrestler is not able to do so within the time allotted to them by the Director, they will incur all remaining points in the match (maximum 3). The wrestler will then be given until their next match to repair or replace their gear, and if they are unable to do so, they will incur all possible points in the match (3). This process will continue until the wrestler has repaired or replaced their gear, the tournament has ended, or the wrestler has decided to discontinue their participation in the tournament.

Penalties:

The goal of penalties within this ruleset are to minimize, correct, and- if necessary- penalize reckless or unsafe behavior within the ring. As such, cardable actions are those which jeopardize the physical, emotional, or mental safety of participants, staff, and/or spectators. Judges are given complete discretion in deciding if and when to card participants. While situations that will likely warrant a card are outlined below, judges should use common sense and their best judgement when assigning cards. There are no automatically cardable offenses, as judges should consider each situation individually.

Cards do not automatically escalate. While escalation is optional, judges are encouraged and empowered to escalate cards whenever they feel is appropriate.

- EX. A judge may assign a yellow card for a first offense, or they may immediately escalate to a red card.
- EX. A judge may opt to give a second yellow card to the same participant, or they may opt to escalate to a red card.
 - Judges are encouraged to escalate cards for repeat offenses.
- Ringen judges are encouraged to be especially liberal when assigning cards, as the risk involved in wrestling is high, and safety is our greatest concern.

- **Levels of Penalty:**

- Verbal warning: no point penalty
- Yellow Card: 1 point penalty (counts towards match score and ends the current pass)
- Red Card: 3 point penalty (counts towards match score and ends the current match)
- Black Card: ejection from tournament
 - If a black card is issued, the receiving participant may also be subject to ejection from other tournaments, as well as prohibition from future IGX events. Such decisions will be made by event organizers on a per-case basis.
- **Note: There is no max score when cards are given. If a wrestler has 2 points against them and then are given a red card, they will end the match with 5 points.**

A participant may not be awarded a scoring action in the same pass that they receive a card. A participant may be awarded a scoring action in the same pass that they receive a verbal warning.

- **Cardable Actions:**

- Attempting to perform a submission or joint manipulation
- Repeatedly falling in an unsafe manner; neglecting to protect oneself when falling
- Catching oneself on an opponent to avoid touching the ground
- Repeatedly talking to cause pass resets

- Restraining an opponent while falling, or forcing an opponent to fall unsafely; performing an action that disallows an opponent from performing a breakfall
- Attempting to drag an opponent to the ground during a throw to force a double
- Intentionally stepping out of the ring to avoid a throw or cause a reset
- Failing to cease all action when a hold is called
 - Performing a revenge throw is immediately subject to a black card
- Performing any action that a judge deems to be reckless, dangerous, or excessive, including, but not limited to:
 - Performing a throw that slams the opponent into the ground
 - Performing a throw meant to land the opponent on their head
 - Punching, slapping, kicking, headbutting, or otherwise striking an opponent
 - Biting, scratching, choking, hair-pulling, eye-gouging, or penetrating orifices
 - Pushing/ shoving an opponent out of the ring
 - Removing protective gear (from either wrestler) during a pass
 - Performing any other illegal action, as defined within this ruleset
 - Arguing with or disobeying a judge
 - Influencing judges (defined below) may be considered disobeying judges if done repeatedly
 - Exhibiting any other conduct within the ring which creates a hostile or unsafe environment for spectators, staff, or other wrestlers
 - Throwing gear
 - Insulting or yelling at other person
 - Responding with excessive anger to ranking, rules, or judge decisions
 - Violating the IGX Code of Conduct
 - The Code of Conduct is signed by all participants at registration and is available on our website- you should have read this, and we assume that you have!
 - Judges may also assign a card for any action they deem unsafe which does not explicitly meet criteria given here, but otherwise poses a safety risk.
- **Other Prohibited Actions:**
 - Violating the IGX Code of Conduct, in or out of the ring
 - While actions taken outside of the ring are not cardable, they will be taken just as seriously as actions taken within the ring. Harassment or other violations of the IGX Code of Conduct will be immediately addressed by event staff, and they may result in expulsion, suspension, or other punitive action.
 - Improper interaction with staff (defined below)
 - Repeated prohibited interaction with judges may become a cardable action
- **Wrestlers' Rights and Interaction with Judges:**
 - Wrestlers may have up to one coach accompanying them at the ring

- Wrestlers and their coaches may ask questions, request clarification on a scoring/ penalty decision, or raise safety concerns with the judges. Wrestlers may not argue with the judges, nor may they make friendly/ casual conversation with the judges during a match.
 - Wrestlers and their coaches are empowered to approach judges, Tournament Lead, or other staff if they feel there has been an oversight related to safety or penalty. **If a wrestler is injured, suspects injury, or has been caused pain by an opponent, they should immediately approach event staff.**
- Coaches may not speak with wrestlers or judges during an ongoing pass, except in the case of a safety concern.
 - Coaches may not yell out advice, encouragement, etc. to wrestlers during a pass.
 - Wrestlers will not be penalized for their coach's actions, but coaches who are disruptive or cause safety concerns may be removed from the event at any time by judges or the Tournament Lead.
- Wrestlers have the right to deny a scoring action. Points assessed against oneself cannot be denied. Wrestlers must wait until the Director has announced the score for the pass before denying a scoring action.
- Wrestlers have the right to forfeit a match at any time (see above for details)
 - If a wrestler is considering forfeiting due to behavior by their opponent such as bullying, harassment, intimidation, physical or mental harm, or causing pain, they should instead approach event organizers, who will handle the situation accordingly.
 - As a reminder, discrimination is against the IGX Code of Conduct. Forfeiting a match due to refusal to wrestle a certain class of persons (ex. Women, LGBTQ+ people, people of color, etc.) will be considered discrimination and will be handled accordingly by event organizers.
- Wrestlers should remain calm and collected following each pass. Excessive celebration or anger may be considered to be influencing the judges, and therefore subject to penalty.
 - Wrestlers may not self-call in any way, including, but not limited to:
 - Tapping their body where they believe they touched the ground
 - Correcting a judge
 - Early point denial
 - Arguing with a judge
 - Announcing a throw made by themselves or their opponent
 - Attempting to end an exchange before hold is called, except for safety reasons

Weight Classes:

Weight classes will be determined based on participant numbers before the event. While weight classes are not predetermined before registration, certain policies will be followed in weight class creation, to ensure equitable matches among participants:

- Weight classes will be based on self-declared weight range at registration; **wrestlers will not be required to weigh themselves at the event or tell event-organizers their exact weight.** All wrestlers are expected to report an accurate weight range, to the best of their ability.
 - IGX is aware of the negative impact that weigh-ins can have on wrestlers. However, weight classes are a necessary part of a large wrestling competition, and therefore are being used. Weight classes will be based on self-reported weight ranges. Wrestlers will be asked to select a 10 lb weight range that best reflects their current weight at registration. We are choosing to trust that participants will, to the best of their ability, select the weight range that most accurately represents their current weight. We ask that all participants do their best to be truthful, so that we may continue to operate in good faith in the future. **If a registrant's weight significantly changes between registration and the event, we ask that they inform IGX event organizers and/or update their registration online.**
 - IGX discourages any wrestler from attempting to cut weight for the sake of competition. Wrestlers found to be resorting to dangerous weight-cutting practices may be barred from future wrestling competitions.
- Within each weight class, no wrestler shall be more than 125% of the body weight of the lightest wrestler within that class. Exceptions to this rule will only be made for those wrestlers taking advantage of our Weight Class Equity Policy.
- Weight classes must contain at least two wrestlers in order for matches to be held within that weight class. If a registrant has no other registrants within their acceptable weight class range, that registrant will not have any matches, and is not entitled to any awards or prizes. In this situation, event organizers will reach out to the affected registrant(s). Event organizers will take every step to include all registrants.
- **Weight Class Equity Policy:**
 - IGX organizers understand that- in a mixed sex wrestling competition- strict weight classes may not accurately pair certain wrestlers. Body composition (i.e. fat to muscle ratio), can vary widely between male and female bodies, thus giving certain wrestlers a disadvantage against other wrestlers. This disparity is more evident in higher weight classes. While body composition can also vary between individuals of the same sex, there is a statistically significant bimodal distribution of proportional body fat between male and female bodies of the same weight in aggregate, and therefore IGX is interested in creating a system of equity for all wrestlers. **In order to create a more equitable wrestling environment, female wrestlers and women (including trans women) wrestlers may opt to wrestle within the weight class BELOW their actual class.**

- For example- a 210 lb woman would automatically be paired with other wrestlers in the 205-215 lb weight range. If she opts to drop a weight class, she will be moved down to the next highest class. This would be handled by organizers, and other competitors would not be told if someone opted to drop down.
- You cannot drop more than one weight class from your actual class.
- **This is an entirely optional system.** If you are a wrestler to whom this option is being extended, it is completely up to you if you want to take advantage of it. You are welcome to wrestle within your actual weight class and ignore this option. You will be given the option to select or deny this option at registration.
- As both the Open and Geneq tournaments may have wrestlers of varying sexes and hormonal makeups, the option to drop a weight class will be extended to wrestlers in both tournaments. If all wrestlers in the GenEq tournament are able to and desire to drop down a class, no changes will be made to the standard weight class designations. If some wrestlers within the GenEq tournament are not able to or do not desire to drop down, organizers will adjust the weight classes accordingly.

igXhibition Points (XP)

Wrestlers who demonstrate particularly skillful or artful wrestling may be awarded an igXhibition Point (XP). These points will be counted for each event, and a prize will be awarded for the highest number of XP per event. Wrestlers who earn XP will also be entered into a raffle at the end of the weekend (1 entry per XP earned).

Judges will assign XP following each pool. Each pool will have a maximum number of XP equal to the number of wrestlers in that pool (pool of 5- 5 XP, pool of 6- 6 XP, etc.) that its judges may opt to assign following all matches in a pool. Wrestlers may receive no XP, one XP, or multiple XP. Judges do not have to assign all (or any) of their allotted XP if they do not feel they have been earned.

- As XP are awarded at the end of the pool and not during matches, judges will have the ability to “highlight” matches that they wish to keep in mind during their XP assignment. If a judge highlights a match, the table will mark the match on their scoresheet to be revisited at the end of the pool.

Examples of behavior that may be awarded XP (This list is not exhaustive!):

- Stylish or skillful throws
- Being very active and engaging in high amounts of play, regardless of scoring actions
- Skilled throw reversals or counters, or otherwise strong defense
- Clean and controlled grappling actions
- Landing clean, gentle throws with minimal force
 - Accruing cards and wrestling unsafely, regardless of style, will make wrestlers less likely to receive XP!
- Beautiful or entertaining wrestling

- **Wrestling with style and art-** bouts that would make it into an IGX highlights reel!

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