World Beach Grappling
Rules and Regulation Book 2026



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GENERAL RULES

A. 1 – Introduction and Mission

Beach grappling is a fun and competitive sport that combines elements of wrestling and Brazilian Jiu-Jitsu (BJJ) on sandy surfaces. This rule book outlines the key rules and regulations to ensure fair play and safety for all participants.

In accordance with its Constitution, World Beach Grappling Federation develope Beach Grappling as an integral part of Grappling in all her styles, promotional and educational discipline practiced around the world in view of promoting their cultural and social values and protecting this world heritage upon which all Grappling styles are based.

Countless variations of traditional Grappling practiced on sand ,referred to as “Beach Grappling” can be identified and they should all receive equal attention from the international community. However, common grounds had to be found in order to allow sportsmen from the different regions and countries to compete in official championships and games. The present rules offer a unified competition system that encompasses all major trends of Beach Grappling and make the sport easy to understand by the spectators and media and easy to judge by the referees.

The Beach Grappling style was created by World Beach Grappling Federation to contribute to the structuring and promotion of Beach Grappling in order to include the sport in all events.

A. 2 – Objectives

The international rules set forth in the present document constitute the framework within which Beach Grappling World Championships will be conducted and promoted and have as their specific objectives to:

- Establish the competition system, classification, technical points, penalties, eliminations, etc.
- Define and specify the practical and technical conditions under which a match is to take place.
- Determine the value to be assigned to actions and holds.
- List the situations and prohibitions.
- Determine the technical duties of the refereeing body.

A.3 – Rules and Regulation for World Beach Grappling Federation (WBGF) License

The rules defined in the present document shall be in effect for all Countries Beach Grappling Federation for Beach Grappling’s sanctioned events in order to ensure optimal safety of the athletes and a healthy growth of the discipline.

These Rules apply for all WBGF sanctioned Beach Grappling events.

The World Beach Grappling Federation license is mandatory for all Athlete to participate in sanctioned events. The World Beach Grappling Federation insurance will apply to all sanctioned events.

Athlete Section :

A.4 – Age and Weight Divisions for Men and Women

All contestants shall be able to provide a passport proving their age and nationality. A National Beach Grappling Federation can enter a maximum of 3 athletes per weight category.*

* *World Beach Grappling Federation President may issue a special authorization to increase the number of athletes of the same category per country if the brackets are not full.*

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The World Beach Grappling Federation will allow the following age and weight categories:

U11 (10-11 years old)
- Boys: 22, 24, 27, 30, 34, 38, 42, 46, 50, 54,
- Girls: 20, 22, 24, 27, 30, 34, 38, 42, 46, 52,

U13 (12-13 years old)
- Boys: 27, 30, 34, 38, 42, 46, 50, 55, 60, 66, 72, 78,
- Girls: 27, 30, 34, 38, 42, 46, 50, 56, 64, 72kg

U15 (14-15 years old)
- Boys: -32, 35, 38, 42, 47, 53, 59, 66, 73, 82,
- Girls: -30, 32, 34, 37, 40, 44, 48, 52, 57, 64, 72

U17 (16-17 years old)
- Boys: -39, 42, 46, 50, 54, 58, 63, 69, 76, 85, 92
- Girls: 36-38, 40, 43, 46, 49, 52, 56, 60, 65, 73, 82, 90kg

U20 (18-20 years old)
- Men: 54, 58, 62, 66, 71, 77, 84, 92, 98, 110,
- Women: -49, 53, 58, 64, 71, 77, 84, 90kg

Seniors (20 and older)
- Men: -54, 58, 62, 66, 71, 77, 84, 92, 100, 130kg
- Women: -49, 53, 58, 64, 71, 77, 84, 90kgs

Veterans (35-60 years old)
- Men: -62, 71, 84, 100, 130kgs
- Women: -53, 64, 71, 90kgs

Note : If less than 3 athlete in any weight category registered than the athlete shifted to next higher weight category.
* U15 (from 13 with medical and parental certificate)
** U17 (from 15 with medical and parental certificate)
*** U20 (from 17 with medical and parental certificate)

The medical and parental authorization is submitted in Athena via the Annual Medical Certificate & Grappler's Declaration when purchasing the WBGF License.

A. 5 – Grappler's Appearance

For all Beach Grappling sanctioned events, ALL athletes must comply with the WBGF Beach Grappling Uniform Guidelines. These Guidelines are intended to allow innovative design features in conformity with the rules and regulations for Beach Grappling.

RESPONSIBILITY OF COMPLIANCE

At all World Beach Grappling events, the National Federations are responsible for ensuring that the items worn or used by the members of their delegation comply with the terms of these rules.

VIOLATIONS

At the weigh-in, the referee must check that each competitor satisfies the requirements of the WBGF's Uniform Guidelines. The Grappler must be warned at the weigh-in, if his appearance is non-compliant. If the Grappler fails to comply the Grapplers' federation will be fined at the conclusion of the competition and the Grappler WILL NOT be allowed to compete. If the Grappler enters the call room with the incorrect uniform designated for the match, officials will allow maximum two minute in order for him to comply. If, after this time, the Grappler is still at fault, he will lose the match by forfeit.

It is prohibited to:

- Wear the emblem or abbreviation of another country.
- Apply any greasy or sticky substance to the body.
- Arrive at the call room perspiring for the beginning of the match.
- Wear bandages on fingers, wrists, arms or ankles except in the case of injury and on doctor's orders. These bandages must be covered with elastic straps.
- Wear any object that might cause injury to the opponent, such as rings, bracelets, prosthesis, piercing, etc.
- Wear under-wired bras for Women's Grapplers.

Also:

- Grappler's fingers and toenails shall be neatly trimmed with no sharp edges.
- Long-haired athletes must attach them or have a pony tail.
- Grapplers shall be well groomed and their hair and skin shall be free of any greasy, oily or sticky substance.
- The referee may require a Grappler to towel off at any time during the match.

COUNTRY'S ABBREVIATION

The Grapplers shall wear the abbreviation of their country's name on their competition shorts or bathing suits.

ADVERTISING ON CLOTHING

Grapplers may wear sponsors' names or symbols on their competition uniforms as long as they don't interfere with the identification of the uniforms' color and country's abbreviation.

SHOES

No shoes are allowed in any of the Beach Grappling styles and the bout must be bare foot.

A. 6 – Competition Arena

All World Beach Grappling Federation sanctioned events take place in a 7-meter ring designed by a 8-10-centimeter rope of a contrasting color that must contain no metal parts. It must be filled with a 30-centimeter (minimum) layer of fine sand free from any stones, shells, or other objects.

S3 COMPETITION PROCEDURE

A. 7 – Competition System

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The World Beach Grappling Federation championship/events have an ideal number of 24 Grapplers per weight category. It can be increased after discussion with event management Committee.

With less than 7 athletes in a weight category then league system will follow and 8 and above athlete in a weight category then single elimination/knockout system,

For all these cases, a bout for the 3rd place will be organized between the two losers of the semi-finals.

A. 8 – Weigh-In and Medical examination

Weigh-in should be conducted the same day (two hours before the competition) and last 30 minutes, before the competition for both days of competition. Athletes shall present their World Beach Grappling Federation license and accreditation to the appointed referees in charge of the weigh-in. Athletes shall wear their competition uniform (shorts or underwear) and be allowed to check their weight on the scales as many times as they wish within the official weigh-in time frame. No weight tolerance shall be granted at the World Beach Grappling Federation sanctioned events. The exact weight of each athlete has to be compiled in the weigh-in list by the referee delegate.

The Medical Examination will be organized simultaneously with the weigh-in of the first day of competition.

A.9 – Drawing of Lots

In principle, there will be no drawing of lots. The athletes will be paired according to a seeded system pulled from registration software.

In case of the participation of unseeded Grapplers, an automatic and random draw will be organized (for these athletes) by the competition management team right after the weigh-in. The officials shall also enter the license number onto the weigh-in list.

THE MATCH

A. 10 – Duration and Basic Rule

The match consists 2 rounds of 3 minutes each for all age categories with 30 sec. interval time, but for U 15 , U13 and below will 2 round of 2 + 2 minutes round with 30 min break.

Beach Grappling is practiced in according to athletes last action/ position. The use of the legs is allowed in all actions but hill hook not allowed.

A. 11 – Call and Start of the Matches

Both Grapplers' names shall be called in a loud clear voice. Grapplers shall be called 3 times with at least a 30- second time interval between each call. If after the third call a Grappler has not checked in at the Arena he/she shall be disqualified and default the match.

When their name has been called, the Grapplers shall stand in the spot corresponding to their assigned color and wait for the Technical Official to call them to his/her side. The Technical Official shall inspect their competition uniform. The Technical Official shall also inspect the Grapplers to make sure that their skin is not covered with any greasy or sticky substance, or with perspiration. After the Technical Official has completed his/her inspection, the two Grapplers can proceed to FOP where the central referee greets them and makes them shake hands and begin the match as the referee's whistle.

A. 12 – Start and Restart Position

Neutral position occurs at the beginning of the regular period and after all match interruptions. Both Grapplers stand opposite one another in the center of the ring and wait for the referee's whistle to start Grappling, but if the grappler attempting submission or any mount and then grapplers pushed outside from arena then the restart position will be decided according to the outside position.

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A. 13 – Scoring for Actions and Holds during the bout

1 point is the awarded to:

- The Grappler who manages to bring any of his opponent's body to the ground, full take down .
- The Grappler who manages to bring any of his opponent's body part out of the competition area.
- The Grappler whose opponent has received a caution for illegal action.
- The opponent of a Grappler designated as passive who fails to score points during the 30 seconds activity period.
- The Grappler whose opponent requested a challenge if the initial decision is confirmed.

2 points are awarded to:

- The Grappler who manages to his opponent's side mount to the ground after a takedown.

3 points are awarded to:

- The Grappler who manages to his opponent's back mount or full mount after a takedown.

1 points awarded to:
Grapplers for Reversal and 1point when attempting the unsuccessful submission with the good technic.

A. 14 – Injury and Blood Time

The referee must stop the match and call for injury time if a Grappler is temporarily injured due to an incidental blow (i.e. eye poke, head collision, etc.). Injury/blood time per match cannot exceed 4 minutes per athlete otherwise the athlete loses his bout by injury.

In the event of a Grappler bleeding, the referee shall stop the match and make the competition doctor intervene. The bleeding Grappler must get out of the competition are a in order to be treated. Proper cleaning utensils and disinfectant solutions must be readily available at the doctor table. It is the competition doctor duty to determine whether the bleeding and spread of blood have been effectively stopped and whether or not the athlete may continue competition. In the case of a bloodied or torn garment that must be replaced, all athletes must have a backup uniform available by their corner.

If an athlete is injured and can't continue the bout, he will lose the match by injury. The concerned athlete won't have to attend the second weigh-in and he will be ranked based on the points that he earned until his injury. If the injured athlete is ready to compete for his next match, he has to receive the approval of the WBGF Doctor.

An injured athlete will have until one hour after the end of his first day of competition to announce his injury to the WBGF Doctor. For all the other type of injuries or diseases that happen out of competition, the concerned athlete will have to attend the second weigh-in otherwise he will be eliminated of the competition and ranked last, without rank.

A. 15 – Interruptions of the Match

If for any reason the match must be interrupted (referees' consultation, etc.), the two Grapplers shall stand in the center of the ring facing the referees' table, without talking to any one or taking liquids, and wait for the referee to call them back and resume the match.

A. 16 – End of the Match

The athlete 15 points difference wins the match or after a submission. If there is a tie at the end of the match, the following criteria will be used to declare the winner:

- Last point scored
- One Minute extra time, first point securing athlete

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A. 18 – The Challenge

The challenge is the action through which the Grappler is allowed to stop the action and request the refereeing delegate (or his substitute) to watch the video evidence in case of a disagreement with the call. The disagreement must be reasoned and may not be requested as a simple protest otherwise the concerned Grappler will be sanctioned with a caution and his opponent will receive a point.

This possibility only exists during competitions in which the video control is formally established by the Organizing Committee.

The Grappler must request the challenge by saying out loud the word "Challenge" to the referee, immediately after the refereeing body has awarded or failed to award points to the contested situation. The referee will interrupt the action as soon as the match is in a neutral situation.

The organizers also have the obligation to use the competition management system and to project the video on a big screen (1 per ring minimum) that must be visible from the entire venue.

In case of a major technical problem which would not allow the review of the contested action, the refereeing body's initial decision will be enforced, and the Grappler will keep his challenge.

Specific points

Each Grappler is entitled to two (2) challenges per event. One challenge during the group stage and the eliminations and another one challenge during the medal match. If after reviewing the challenge the refereeing delegate (or his substitute) modifies the decision in favour of the Grappler who requested for challenge, then the challenge can be used again during the event by the concerned Grappler.

If the refereeing delegate (or his substitute) confirms the decision by the refereeing body, the Grappler loses the challenge, and his opponent will receive one (1) technical point.

The referee shall stop the match to review the challenge as soon as the situation on the ring becomes neutral.

In case of dispute between the refereeing body and the Grappler, the refereeing body is allowed to refuse a challenge only after the approval of the refereeing delegate (or his substitute). The technical secretary and/or the referee cannot decline a challenge by them self.

No challenge can be requested for penalties given as a result of negative Grappling.

No challenge can be requested after the end of the regular time of a match, except when the points are added to the scoreboard after the referee's whistle or in case action occurred just before the time is over. The Grappler must request the challenge before the restart of the match, or if the action occurred at the end of the time, immediately after the refereeing body has awarded or failed to award points to the contested situation.

After having reviewed the action and after a consultation with the refereeing body, the refereeing delegate (or his substitute), renders its decision. He intervenes and renders its decision in all cases. His decision will be final and may not be discussed.

It is not possible to request a "counter challenge" once a final decision has been made.

If the referee delegate (or his substitute) observes an error that seriously affects the fair result of a match and/or possibly changes the winner of such match, he has the right to ask for a Video Analysis Review (VAR) of the action or actions.

– TECHNICAL INFRACTIONS

A. 19 – Negative Grappling, Illegal Holds and Actions

All offenses fall under the central referee's authority. If a Grappler violates the World Beach Grappling Federation Code of Ethics in a blatant and unsportsmanlike manner, the central referee (with the competition responsible agreement) shall disqualify him/her from the match or from the competition.

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Cautions for illegal actions award 1 point to the opponent up to a total of 3 points during the same match, which results in the end of the match.

ILLEGAL ACTIONS INCLUDE:

- Holds causing dislocations
- Neck cranks
- Biting, punching, kicking, head butts, malicious cross faces
- Eye, ear, or nose gouging, fish hooking
- Pulling of hair, nose, ears, or attacking the groin
- Standing throws onto the head or neck (spikes)
- Coating the skin with any kind of greasy or slippery substance
- Stopping the match or leave the competition area for any reason
- Pretense of injury
- Hill hook not allowed and Galantine chock not allowed when face downside to the dust.

Negative Grappling

Especially if a match is 0-0 and a Grappler is blocking, keeping his head down on his opponent chest, interlocking fingers, evading attacks without counterattacks, grabbing opponent wrists without starting an attack, attacking without any direct contact with the opponent, regaining initial position right after beginning an attack, fake attacks (simulation), no hooking despite good position, or in general avoiding open Grappling (refusing to come back on a straighter upper body position), the referee will determine this Grappler as being negative. For the first offence, he will briefly stopped the action and give a verbal warning (V): "Attention". At the second offence, the action is stopped, the guilty Grappler is designated and a 30-second mandatory score period begins. The referee shall not interrupt the bout in the midst of a viable action to either start or finish an activity period. A light corresponding to the Grappler at fault is lighted. This notifies the Grapplers, coaches and spectators that an "activity period" has begun. The Grappler at fault will have 30 seconds to score otherwise his opponent will score one point.

If after 1:30 minutes into the match neither Grappler has scored any point (0-0), the referee must mandatory designate one of the Grapplers as inactive and the abovementioned procedure will apply.

REFEREEING BODY

A. 20 – Composition

All matches shall be refereed by a central referee and a technical head.

In major competitions, the members of the refereeing body shall in no case be of the same nationality or officiate in matches involving compatriot Grapplers.

A. 21 – Uniform

The central referees and the technical head shall wear black shorts and a red World Beach Grappling Federation Referee's T-shirt/polo. In addition, they shall wear a whistle around their neck.

A. 22 – General Duties

The refereeing body shall perform all the duties set forth in these Regulations and in any special provision that might be established for the organization of a particular competition. The central referee is required to use the basic World Beach Grappling Federation terminology and signals appropriate to their respective roles when conducting the matches. The central referee's main duty consists in starting and interrupting the match, awarding the points, and imposing the penalties in order to determine the legitimate winner and loser.

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At the end of the match the central referee and the technical head must sign the score sheet.

A. 23 – The Central Referee

The central referee is responsible for the orderly conduct of the match that he shall direct according to the official World Beach Grappling Federation rules. He shall command the respect of the contestants and exercise full authority over them so that they immediately obey his orders and instructions. Similarly, he shall conduct the match without tolerating any irregular and outside interventions. After the execution of an action, he shall indicate the point by raising the hand corresponding to the color of the Grappler who scored.

The central referee's decisions prevail, but in case of doubt he may consult the technical head. In case no agreement can be reached, the referee delegate in charge of the competition will have the final say.

The central referee must stop the bout and replace the Grappler in the center of the ring if the action finished to the ground or to announce the winner. The central referee must also take care that the Grapplers stayed in the competition area until the results of the match is announced.

A. 24 – The technical head

The technical head shall follow the course of the match very closely without allowing him self to be distracted in any way. Following each action and on the basis of the central referee's indications, he shall write the corresponding points on the score sheet.

Technical head's specific duties:

- Fill in the score sheet
- Communicate with the central referee
- Control the announce of the matches
- Sign the score sheet

– MEDICAL SERVICES

The organizers of World Beach Grappling Federation events are responsible for providing medical service. The medical staff will be under the authority of a sport doctor in charge and will be responsible for conducting all medical examinations as well as giving medical surveillance during the entire event. During the competition, the medical staff shall be ready to intervene in the case of an accident or injury and decide whether a Grappler is fit to continue the match.

The Head medical officer has full authority to stop a match at any time if he deems either Grappler to be in danger. He may also stop a match if he feels a Grappler is medically unfit to continue. A Grappler shall not leave the ring in the event of a serious injury. In such case, the referee shall immediately stop the match and ask the Head medical officer to examine the Grappler on the spot.

A. 25 – Anti-Doping conditions

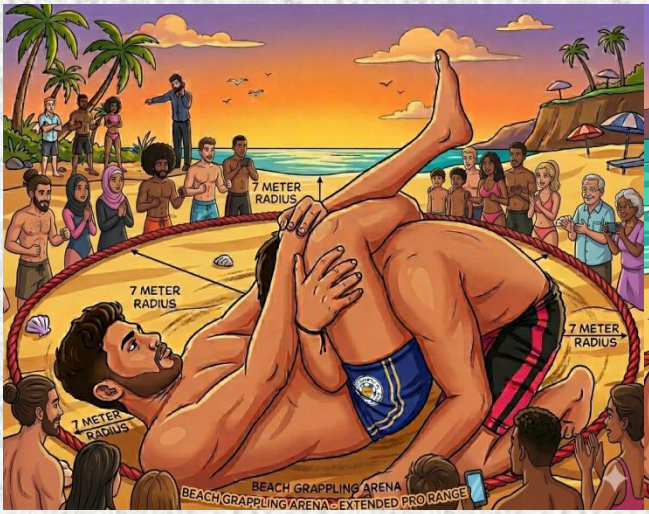
All athletes participating in World Beach Grappling Federation sanctioned events agree to submit themselves to the World Beach Grappling Federation Anti-Doping Regulations and to the World Anti-Doping Code.

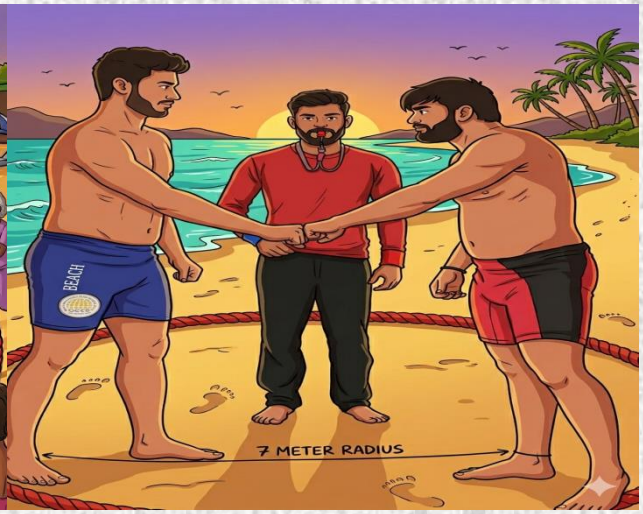
FINAL PROVISIONS

The present Rules were approved by World Beach Grappling Federation and can be modified at any time if slight improvements are deemed necessary.

The contestants in Beach Grappling events agree not to bring a dispute to civil court. Every disagreement will be settled by the Beach Grappling Commission, the organ of appeal being the World Beach Grappling Federation Executive Committee. If no settlement is established, the parties can bring the case, at their own expense, to the Court of Arbitration for Sport (CAS), located in New Delhi, India.

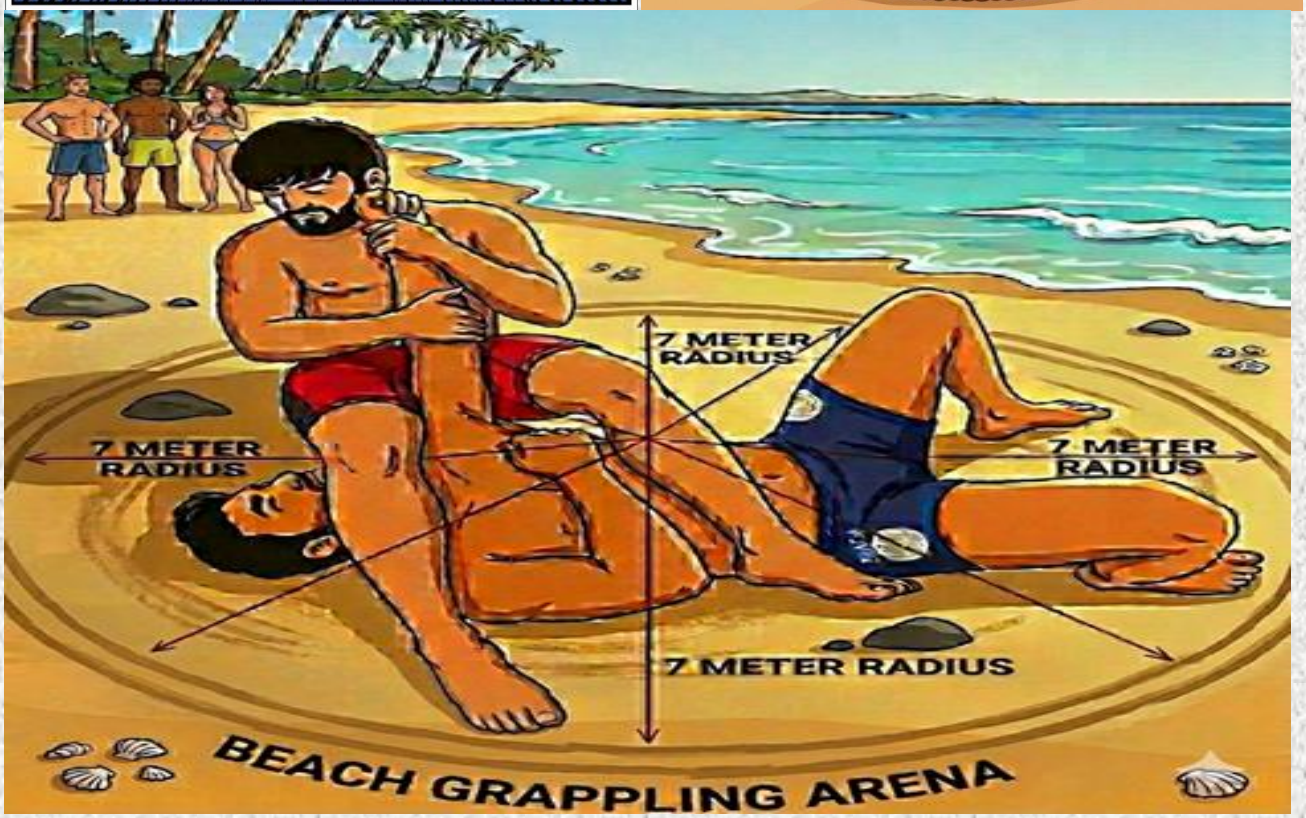
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BEACH GRAPPLING ARENA - EXTENDED PRO RANGE


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This is the pre launching of rules and regulation after a meeting with all countries it will launched officially with up gradation of new ideas and correction after suggestions.

Thank You,

Dinesh Kapoor
President ,
World Beach Grappling Federation.