

**The Classic
British Wrestling
Foundation**



**THE NEW
MOUNTEVANS RULES
FOR
CLASSIC BRITISH WRESTLING**

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Being the official rules governing Classic British Wrestling in the British Isles, as first drawn up in 1946 under the chairmanship of Admiral The Lord Mountevans, and now revised, rewritten and reissued for the modern age.

*In Memory
of
Kent Walton
and*

all the late, great wrestlers who we loved, loved to hate, and followed over forty glorious years.

GENERAL RULES

1]. DIVISIONS

Classic British Wrestling will be divided into two branches: AMATEUR and PROFESSIONAL and two divisions: SENIOR [16+] and JUNIOR [11+]

WEIGHT CATEGORIES		
Division	Senior	Junior
Weight	Kg	Kg
Straw	40	25
Fly	45	30
Bantam	50	35
Feather	55	40
Light	60	45
Welter	65	50
Middle	70	55
Heavy Middle	75	60
Light Heavy	85	65
Mid Heavy	90	70
Heavy	95	75
Super Heavy	100+	80+

Wrestlers may also be further categorized by ability and/or experience [e.g. by classified as being in Category 'a, b or c' for instance, or being described as low-card, mid-card or 'Top of the Bill'.

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Care should be taken in the matching of wrestlers, taking into account their weight, age and experience [e.g. how many contests they have had] and their record of wins/draw/losses to date.

2]. OFFICIALS

There will be at least the following Officials present at each Tournament

Master of Ceremonies and Announcer

Referee

A suitably qualified medical practitioner [*A Doctor/Nurse/Paramedic*]

Timekeeper

A maximum of two Seconds for each contestant [one of whom may be his trainer].

3]. THE CONTEST

Bouts shall take place in a roped ring.

Each contest shall consist of a specified number of rounds of a fixed time period with an interval of at least forty seconds between each round.

The winner shall be determined by the best of two falls or submissions or a knockout.

A **FALL** is defined as a wrestler having both shoulder blades pinned to the ground for three seconds as counted by the referee.

A **SUBMISSION** is defined as a wrestler either calling out the word 'submit' or tapping the canvas to indicate he no longer wishes to endure the pain from a hold from which he cannot escape.

A Fall or Submission shall terminate the round in which it occurs.

A **KNOCKOUT** is defined as being when a wrestler has been knocked, thrown or slammed to the canvas and his opponent has released contact with him, and he fails to rise within ten seconds as counted by the referee, or when he falls or has been knocked from the ring and fails to return to his feet inside the ropes within ten seconds. A knockout will end the contest.

A **TECHNICAL KNOCKOUT** is when, in the referee's judgement, a contestant is unfit to proceed or at risk of serious injury.

A contest may also be terminated by a wrestler's seconds throwing a towel into the ring alerting the referee that they wish the bout to stop.

The referee is the solely in charge of a contest and is the only individual authorized to stop it. His decision is final. The referee may take advice from the ringside medical practitioner with respect to the decision to stop a contest.

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The referee and the ringside medical practitioner are the only individuals other than the wrestlers authorised to enter the ring any time during the bout other than between rounds and subsequent to the contest ending.

4]. HOLDS & THROWS

The standard holds, throws and modes of defence and attack permitted and recognized for the purpose of international competition in the British Isles are:

‘Any combination of grips with one or both hands, and/or one or both legs; taken for the purpose of throwing an opponent, for the purpose of gaining a pin or submission fall. The use of the forearm for offensive and defensive purposes, the use of the sole or side of the feet, the shoulder charge and the leg dive shall be permitted’.

This is the original list as published by Mountevans who then went on to describe the holds in detail. These may be found at :

<http://www.wrestlingfurnace.com/formalities/holds/holds.htm>

As far as it goes it is still relevant today. However, it should not be regarded as in anyway definitive. Indeed, even in the Golden Age, this list was extended. *Any hold, throw, grip or striking action other than those listed as forbidden as below may be used.*

5]. FOULS

The following are strictly forbidden:

- 1] Choking, strangling or attacking an opponent’s windpipe or throat, ‘clotheslining’ across the throat, or interfering in any way with his ability to breathe;
- 2] Eye gouging, fish-hooking, hair pulling, biting, pinching, or scratching;
- 3] Grabbing, striking or targeting in any way an opponent’s ‘private parts’.
- 4] Single joint manipulation;
- 5] A Wrestler being coached or given instructions by his corner whilst a round is in progress;
- 6] Grabbing or holding any part of an opponent’s costume.

Timidity and backing away from an opponent is also a foul and although the referee will normally call for a break upon contact with the ropes, if one wrestler deliberately backs into the ropes or grabs hold of them for protection, the referee may, at his discretion, allow the action to continue. Throwing an opponent against the ropes in order to execute a move as he rebounds off them is acceptable.

If a wrestler falls or is thrown or slammed to the canvas and his opponent releases contact with him, then the referee shall immediately start the ten count, and there must be no further contact from his opponent until he has risen and the count ceased.

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Striking an opponent is allowed above the belt *except with the knuckle part of a clenched fist* or to the throat as mentioned above, and straight finger jabs to the eyes are forbidden.

ADDITIONAL FOULS FOR JUNIOR CONTESTS

- 1] Attempted piledrivers, DDT's, or any other moves which are likely to result in a contestant hitting the ground head first are strictly forbidden;
- 2] Use of the knee or elbow and headbutting is *not allowed to the face or head* in junior contests. Use of the forearm together with open hand strikes or slaps and edge of the hand chops are permitted;
- 3] Dropkicks may be attempted but aimed only at the upper body;
- 4] Furthermore, juniors must be reminded before each contest that full force must never be applied immediately when executing a submission move, but the pressure gradually increased to give their opponent a chance to submit before any real damage is done.

THE PENALTIES FOR COMMITTING A FOUL

Only the referee has the authority to decide if a foul has been committed. If so, he may then halt the action with a period of 'time out' in order to give the fouled contestant a reasonable amount of time to recover if he deems necessary. The referee has total discretion in how he deals with a wrestler whom he decides has committed a foul but the sanctions he has available are

- (a) a **PRIVATE WARNING** or
- (b) up to two '**PUBLIC WARNINGS**' [i.e. an official warning] or
- (c) **DISQUALIFICATION**. [NB: A wrestler who receives a third Public Warning during a contest will automatically be disqualified].

6]. CONTESTANT'S DRESS, APPEARANCE & PROTECTIVE AIDS

It is recommended that the classic 'Combat Dress' of the Golden Age be kept. The reasons for this are as follows:

- 1]. It readily identifies the combatants as fighting in the pro-Wrestling style.
- 2]. Many modern promotions still use it
- 3]. It therefore provides a link between past and present.

For Male Contestants

A male contestant shall wear wrestling trunks and boots. However, tights or the men's single/ double strap leotard [Not to be confused with the singlet used in amateur wrestling] may be worn instead.

Male contestants should also wear a groin protector.

For Female Contestants

Female wrestlers shall wear either a vest with trunks or tights or a leotard [with/ without tights] with wrestling boots.

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For All Contestants

Bare feet may be permitted instead of wrestling boots

Costume should fit close to the body to ensure the greatest freedom of movement.

All jewellery and piercings must be removed and finger nails cut short.

No type of oil or lotion must be applied to the skin of a contestant.

Knee and elbow pads may be worn if desired.

Gumshields should be worn. If a gumshield is dislodged during the contest, the referee shall decide when it is appropriate to temporarily halt the action to replace it.

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These proposals came from a discussion of the question ‘**Can Classic British Wrestling ever be revived?**’ and the scheme outlined here was the result. However, the authors are not in a position to implement them. They, therefore, waive any right to own the ideas and make no legal claims, considering them to be Public Intellectual Property as stated formally in the declaration below:

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