BEACH WRESTLING
A new international sport based upon a rich wrestling tradition
What do you need?

- Sand
- A rope ring
- Athletes of all ages
- Referees
- Volunteers to conduct event
Where can you hold it?

• On a beach near an ocean, lake or river
• An outdoors area where soft sand is available
• Near a boardwalk or popular area to reach new fans
How does this help wrestling?

- Allows those who wrestle to have fun
- Provides a festive atmosphere for those involved
- Exposes folkstyle wrestlers to USA Wrestling activities
- Brings former wrestlers back into the sport
- Displays wrestling to thousands who do not know the sport
What is the history of beach wrestling?

- For most of civilization, wrestling has been held outside.
- In many cultures, wrestling in the sand is the traditional style.
- Many countries do not have mats or can not afford mats.
- FILA added beach wrestling internationally in 2004.
- There have already been beach events held in the USA.
Where do they wrestle in sand, dirt or sawdust?

- Africa
- Island Nations
- Mongolia
- Switzerland
- India
- Early United States history
What are the rules of beach wrestling?

- Men wear athletic swimming trunks and women wear a one or two piece bathing suit.
- Athletes wrestle on a sand surface, with a 20-foot diameter circle marked in the sand.
- Matches start in the standing position, and there is no ground wrestling.
- Matches last three minutes.
- Two scoring moves ends each match.
- Athletes can score takedowns or when someone steps out of the ring.
What did we learn in Long Beach, NY

• People who are not USAW members will do this style
• Thousands of people stopped and watched the wrestling
• People who never saw wrestling enjoyed the action
• Those who wrestled had a fun time and had good bouts
• Women’s wrestling was appreciated
• The sand slows the action and makes things competitive
What can State Associations do to get involved right now?

- Host at least one beach wrestling competition during the 2005-06 year
- Add your events to the USA Wrestling Beach schedule
  Coordinate with local states to avoid conflicts
- Name a state Beach Wrestling Director
QUESTIONS?

Contact Gary Abbott
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