

Sport Terminology

Terminologie du sport

As of WED 21 OCT 2026

Term	Definition
Activity period	If one athlete is producing negative wrestling and after a verbal warning, a 30-second score period begins. The Beach wrestler at fault will have 30 seconds to score otherwise his opponent will score one point.
Caution	When a wrestler disrupts a match, the referee may decide to issue that wrestler a caution. Cautions may be accompanied by one point being awarded to the opponent. A wrestler receiving three cautions in a match is disqualified.
Challenge	A challenge may be made if there is a disagreement with a call. Wrestling is stopped and the referee delegate examines the video replay evidence and makes a decision.
Match	A match between light and dark competitors consisting of one period of three minutes.
Referee	The referee is responsible for the orderly conduct of the match in the ring, and directs it in accordance with the official UWW rules.
Referee Delegate	Two referee delegates are nominated from the refereeing body. During the competition, the referee delegates are responsible for deciding which referees must attend the weigh-in/draw and must be present themselves. After a random draw to narrow the pool of potential referees, the delegates assign referees to each ring. Referee delegates are also responsible for the final decision if a video-replay (challenge) is requested.
Refereeing Body	The refereeing body is composed of the technical secretary and a referee, and is designated for each match. Refereeing body members are all international technical officials.
Technical Secretary	The technical secretary shall follow the course of the match closely. Following each action and the referee's decisions, the technical secretary will record points on the score sheet.
Weigh-in	The process of validating a contestant's weight on the official scale on the morning of the competition for a specific weight category.

Note:
For further information please consult: uww.org