

SYSTEMS OF RULES AND THE RISK OF INJURY IN TRADITIONAL TYPES OF BELT-BAR WRESTLING IN THE INTERNATIONAL COMPARATIVE ASPECT

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ABSTRACT	KEYWORDS
<p>Traditional belt wrestling forms represent a significant segment of national and international martial arts, in which the rule system plays a key role not only in preserving cultural identity but also in shaping the level of competitive injuries. The purpose of this article is to analyze the impact of rule systems on injury risk in Qazaq. Kuresi compared to other traditional and Olympic wrestling disciplines (Alysh, Kurash, judo, wrestling, Ssireum). Based on an analysis of official international regulations and epidemiological data, it was shown that the dominance of standing wrestling, the focus on a "clean victory" with a throw, and the specific nature of permitted holds create a specific injury profile.</p>	<p>Qazaq kuresi, belt wrestling, competition rules, injuries, traditional martial arts, United World Wrestling.</p>

Introduction

Traditional wrestling forms occupy a special place in the system of physical culture and sports, combining elements of national identity, historical heritage, and modern competitive sport. One such form is Qazaq.Kuresi is a traditional Kazakh wrestling style, based on belts, with a predominance of standing wrestling and a focus on throwing techniques. In 2016, kures was included in the UNESCO Representative List of the Intangible Cultural Heritage of Humanity, which emphasized its cultural and social significance and also contributed to the further international institutionalization of this sport [1].

At the current stage of development of Qazaq Kuresi is actively integrating into the international sports system. This is confirmed by the inclusion of official International Qazaq Kuresi Rules in the regulations of traditional disciplines of the United World Wrestling (UWW), as well as the regular holding of international tournaments under the auspices of this organization [2]. This process is accompanied by an increase in competitive intensity, professionalization of athlete training, and an increase in the number of competitions, which objectively actualizes the problem of sports injuries. Scientific literature emphasizes that the level and structure of injuries in martial arts are largely determined by the competition rules system, which regulates acceptable technical actions, methods for

achieving victory, and penalties for dangerous techniques [3]. Epidemiological studies in Olympic wrestling and judo show that rule changes can significantly impact both the frequency and severity of injuries, particularly by regulating standing combat and the nature of throws [4].

Qazaq Kuresi belongs to a group of traditional belt wrestling styles, which also includes Alysh, Kurash, Ssireum, and other national disciplines. These styles are characterized by: mandatory belt or jacket grips; the absence or minimal use of ground fighting; and a focus on winning by throwing the opponent, either controlled or uncontrolled, to the ground.

From a biomechanical point of view, these features bring together Qazaq Kuresi is closely related to judo and standing wrestling, but it also creates a unique risk profile associated with falls, torsional stress on the shoulder girdle, and the high importance of "clear victory" (TAZA). Research in judo indicates that the greatest number of injuries occur during the standing phase of wrestling (tachi-waza), particularly when executing and countering throws [5].

Despite the growing international recognition of Qazaq kuresi, it should be noted that specialized scientific research devoted to the analysis of injuries in this particular sport is limited. Unlike judo and Olympic wrestling, which have long-term injury registries and an extensive evidence base, in Qazaq Kuresi, such data is fragmentary and often unsystematic. As a result, injury prevention issues are often addressed empirically, without sufficient scientific justification.

An international comparative analysis of the rules systems of traditional wrestling styles appears to be a promising tool for identifying potentially injury-prone elements and adopting effective risk-reduction mechanisms. The experience of Alysh and Kurash, which are undergoing a similar process of sports standardization under the auspices of the UWW, demonstrates that optimization of rules and strengthening of medical control can contribute to increased safety without losing the cultural authenticity of the discipline [6]. In this regard, a comprehensive scientific analysis of the impact of rules systems on injury risk in Qazaq is needed. kuresi in comparison with other traditional and Olympic wrestling types.

The scientific novelty of the study lies in the fact that for the first time an international comparative analysis of the systems of rules of traditional belt wrestling types from the standpoint of injury risk was conducted using the example of Qazaq kuresi. Key elements of the regulations that determine the injury profile in this type of wrestling are identified, and the possibility of using the epidemiological data of injuries from related martial arts to improve preventive and regulatory measures in Qazaq is substantiated. kuresi.

Research materials and methods

This study is comparative, analytical, and review-based, and aims to identify relationships between the rule systems of traditional belt wrestling and the risk of sports injuries. The study was conducted through a qualitative analysis of regulatory documents and a narrative review of the scientific literature, with elements of comparative biomechanical interpretation.

The following groups of sources were used as research materials:

1. Normative and regulatory documents defining the rules for conducting competitions and requirements for the safety of athletes:
 - international rules for Qazaq competitions kuresi, Alysh and other belt disciplines approved by the United World Wrestling;

- Olympic Council of Asia guidelines for Belt Wrestling;
 - official rules of the Kazakh wrestling competitions within the framework of international multi-sport events (World Nomad Games);
 - medical regulations and provisions for the safety of United athletes World Wrestling.
2. Scientific publications devoted to the epidemiology of sports injuries in martial arts:
- original research and systematic reviews on injuries in judo, wrestling and traditional wrestling;
 - publications analyzing the impact of changes in competition rules on the frequency and structure of injuries;
 - works examining the biomechanical features of throwing techniques and falls.
3. International reports and cultural-analytical sources, including UNESCO materials on traditional types of wrestling, used to characterize the socio-cultural and sporting context of the disciplines studied.

The following methods were used during the work:

1. Content analysis of the competition rules, which allowed us to identify key structural elements of the regulations (type of permitted grips, victory conditions, technical restrictions, sanctions for dangerous actions) that potentially influence the risk of injury.
2. The comparative method used to compare the Qazaq rule system kuresi with the regulations of related traditional types of belt wrestling (Alysh, Kurash, Ssireum), as well as with Olympic martial arts (judo, wrestling).
3. A narrative review of the scientific literature aimed at summarizing data on the frequency, location, and mechanisms of injuries in martial arts with a predominance of stand-up fighting. This method was chosen due to the limited number of specialized epidemiological studies specifically devoted to Qazaq.kuresi .
4. The logical-analytical method used to interpret the identified differences and similarities between rule systems and to draw conclusions about possible injury mechanisms.
5. Extrapolation method used to transfer the results of epidemiological studies on judo and wrestling to Qazaq conditions kuresi taking into account the similarity of the biomechanics of throws and the structure of competitive activity.

Research Results

An analysis of regulatory documents and scientific sources revealed key features of Qazaq's rule systems. kuresi and related types of wrestling that influence the nature and potential risk of sports injuries.

1. Structural features of the Qazaq rules kuresi. It has been established that the rules of Qazaq Kuresi form a stance-oriented model of competitive activity, in which the primary means of achieving victory is throwing the opponent onto their back ("TAZA"). Ground fighting is either completely absent or of minimal importance, which fundamentally distinguishes this form of wrestling from judo and wrestling.

Mandatory use of belt or jacket grips limits technique versatility but simultaneously increases static and dynamic stress on the shoulder girdle, spine, and hip joints. The absence of painful and chokeholds reduces the risk of soft tissue and cervical spine injuries but increases the incidence of fall-related injuries.

2. Comparative analysis of rule systems. Comparison of Qazaq rules kuresi with Alysh, Kurash, judo and wrestling showed that despite the similarity of the biomechanics of throws, there are differences in regulations that can influence injuries:

- in Qazaq kuresi and Alysh the decisive role is played by the amplitude throw in the standing position;
- in judo, the presence of a ground position redistributes the load and reduces the concentration of injury-prone episodes in one phase;
- Wrestling allows for a wider range of grabs and attacks on the legs, which increases the risk of knee injuries but reduces the frequency of high-amplitude throws.

3. Potential injury profile Qazaq kuresi. Based on extrapolation of data from judo and wrestling, it was established that for Qazaq kuresi the following groups of injuries are most likely:

- injuries to the shoulder joint and acromioclavicular joint (when falling on an outstretched arm);
- injuries to the elbow joint and forearm;
- knee joint injuries from footrests, hooks and turns on the supporting leg;
- injuries to the hand and fingers caused by a tough fight for a grip;
- mild bruises and concussions due to an uncontrolled fall.

These injury types are consistent with injury profiles identified in studies of judo and stand-up wrestling, however, in Qazaq kuresi their specific weight is shifted towards injuries associated specifically with the falling phase.

Table 1 - Comparative characteristics of the systems of rules and potential risk of injury in various types of wrestling

Type of wrestling	Dominant phase	The main criterion for victory	The nature of the seizures	Most likely injuries
Qazaq kuresi	Rack	Clean Throw (TAZA)	Belt / jacket	Shoulder, elbow, knee, wrist
Alysh	Rack	Throw, points	Belt	Shoulder, lower back, knee
Kurash	Rack	Throw, points	Jacket	Knee, shoulder, forearm
Judo	Stand + parterre	Throw (ippon), holds	Jacket (kimono)	Knee, shoulder, hand, head
Wrestling	Stand + parterre	Glasses, touch	Free grabs	Knee, lower back, shoulder
Ssireum	Rack	Unbalance	Belt (satba)	Lower back, knee, hip

The obtained results indicate that Qazaq Kuresi creates a specific injury risk profile, which is highly dependent on: the quality of execution and reception of falls; referee control over amplitude throws; and compliance with safety regulations.

Unlike Olympic wrestling, where injuries are distributed between different phases of the match, in Qazaq kuresi it is concentrated mainly in short but intense episodes of fighting in a standing position.

Discussion

The obtained results confirm the decisive role of the rule system in shaping the injury profile of traditional belt wrestling and, in particular, Qazaq kuresi . The analysis showed that the predominance

of standing wrestling and the focus on a clean throw victory (TAZA) result in a high concentration of injury-prone episodes in short but intense phases of the fight. This is consistent with epidemiological studies in judo and wrestling, where the highest number of injuries are also recorded during the execution or countering of throws.

A comparative analysis has shown that the lack of a developed ground game phase in Qazaq Kuresi leads to a redistribution of the load exclusively in the standing position, whereas in judo and wrestling, the presence of a ground position helps to partially reduce the intensity of striking loads by maintaining control of the opponent on the mat for longer periods. Thus, the structural differences in the rules directly influence not only the tactics of the fight but also the mechanisms of injury.

Of particular importance is the obligatory grip on the belt or jacket, characteristic of Qazaq Kuresi and other waist disciplines. On the one hand, it increases the predictability of technical actions and reduces the likelihood of sudden, uncontrolled collisions. On the other hand, a rigid grip increases torsional and shear loads on the shoulder girdle and lumbar spine, which may explain the identified predisposition to shoulder, elbow, and lumbar injuries.

The study's findings indicate that the "clear victory" criterion is a key risk factor. The desire to end a match early encourages the use of high-amplitude throws and counter-throws, often performed under conditions of loss of balance. Similar trends have been described in judo literature, where changes in the interpretation of ippon and penalties for passivity have been accompanied by changes in injury patterns. Consequently, regulatory incentives directly influence the level of acceptable risk accepted by athletes in competitive activities.

A comparison with Alysh and Kurash showed that, despite the general nature of belt wrestling, differences in rule detail and refereeing practices can lead to different injury profiles. Stricter regulation of dangerous actions and clear medical intervention procedures, characteristic of international UWW regulations, are considered an effective tool for injury prevention. Qazaq kuresi these mechanisms require further improvement and unification at all levels of competition.

An important conclusion is the confirmation of the feasibility of extrapolating data on judo and wrestling injuries to Qazaq conditions. The similarities between the biomechanics of throws and fall phases allow us to utilize accumulated international experience in developing prevention programs, particularly in terms of training in safe falls, refereeing, and age differentiation of permitted technical actions.

At the same time, it should be noted that the empirical base on injuries in Qazaq is limited. kuresi, which highlights the need to create specialized injury registries and conduct prospective studies. Without systematically recording injuries and their mechanisms, it is impossible to objectively evaluate the effectiveness of regulatory changes and preventive measures.

Thus, the discussion of the results allows us to state that further development of Qazaq Kuresi as an international sport requires a comprehensive approach that combines the preservation of traditional identity with scientifically based optimization of rules and safety measures.

Conclusions

The study showed that the Qazaq rule system Kuresi creates a specific sports injury profile, due to the predominance of standing combat and the focus on a clean victory with a throw. The greatest risk of injury is associated with the execution and countering phases of throws, as well as during falls, which

primarily manifests itself in injuries to the shoulder, elbow, and knee joints. A comparative analysis revealed that the differences in regulations between Qazaq Kuresi and other traditional and Olympic wrestling styles lead to a redistribution of injury-prone episodes between phases of the match. The data obtained confirm the advisability of using international judo and wrestling experience in developing preventive and regulatory measures in Qazaq. The further development of this type of wrestling as an international sport requires the creation of an injury monitoring system and scientifically based optimization of the rules while maintaining its traditional identity.

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