THE INFLUENCE OF THE RULES CHANGE ON THE COMPETITIVE ACTIVITY OF GRECO-ROMAN WRESTLERS

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Keywords: the changes of competition rules, the peculiarities of the competitive activity, success, activity in wrestling, quantitative – qualitative indices.

Annotation. The article is about the problem of the rules change influence on Greco-Roman wrestlers’ competitive activity. Many research workers and experts affirm that the changes of competition rules influenced the quality of wrestling and it demands reasonable changes in the methodology of sportsmen training.

Research methods: scientific and methodical literature analysis, video materials analysis, statistical manipulation of mathematical data.

Materials: To reveal the peculiarities of the competitive activity after the rules change in 2013 we carried out the comparative analysis of Russian Championship 2006 and Russian Championship 2013 in all weight categories.

Results: 198 combats were analyzed by means of quantitative - qualitative analysis method of the competitive activity with the help of the video materials.

Conclusion: The analysis of the video materials showed that that the changes had positive impact on the wrestlers’ activity. Wrestling became more dynamic but as the rules of the previous years provided standard positions, which mainly defined the winner, wrestlers’ technical arsenal turned out to be low and this influenced the quality and quantity indices of the technical actions and success. The research results reveal the necessity of the Greco-Roman wrestlers’ training process perfection taking into account the changes of competition rules. New rules demand hard and intensive work both in technical and physical training.

Introduction

In the history of mankind wrestling has been one of the favorite kinds of sports for centuries. Combats helped to form definite skills which were necessary in everyday life. In the course of time environment and interests changed, new civilization demands created definite framework, rules of wrestling.

During previous decades the main demands for wrestling on the one hand have been the personality’s moral, volitional and physical qualities development, tendency to healthy life style in general and spectators’ interest attraction on the other hand.

Competitions rules evolution had many changes mainly directed at combats intensity stimulation. For example, weight range development, a combat formula change, standard positions introduction and etc. Each change forms new laws of combat which demand athletes’ retraining.

A new wave of changes happened when it was announce by the International Olympic Committee about the possibility of sports wrestling exclusion from the program of the XXXII nd Olympic Games 2020 in Tokyo. But in spite of this difficult situation it is necessary to correct timely wrestlers’ readiness to the competitive activity.

The aim of this research work is theoretical and practical substantiation of the necessity to create the methodology of Greco-Roman wrestlers’ training taking into consideration the competition rules change.
The objectives:
1. To reveal the peculiarities of Greco-Roman wrestlers’ competitive activity.
2. To define the influence of the rules change on Greco-Roman wrestlers’ success in competitive activity.

Research methods:
1. Scientific and methodical literature analysis
2. Video materials analysis
3. Statistical manipulation of mathematical data.

Research results and their discussion
On Russian Championship in 2006 the competitions were held according to the system of the direct elimination and with consolation for those who lost. The combat consisted of three periods with duration of two minutes, to become a winner a person had to win two periods. The period consisted of one minute combat in stand and the combat which duration was 2x30 seconds in the pit. The wrestler who is upper in the pit takes recapture by the waist from the side and when it is done the arbiter whistles and the upper wrestler can fulfill technical action. Within 30 seconds both wrestlers can fulfill all possible actions. If the upper wrestler didn’t fulfill technical actions he was punished by the caution and by giving one point to the rival. On Russian Championship in 2013 the competitions were also held according to the system of the direct elimination and with consolation for those who lost. The duration of the combat was two periods three + three with 30 seconds interval. The punishment for passive combat is a reproof given to a sportsman and a cornerman, the first caution and a choice of the position by an active wrestler the posture “partner” or “stand”, for the second caution one technical point is given and a choice of the posture “partner” or “stand”, the third caution meant the end of the combat, the victory of an active wrestler, if the score is 0:0 the wrestler who received a point for an active combat last wins, unpremeditated leaving of the carpet is punished by a reproof instead of one point. The second leaving of the carpet is punished by one point, the caution and by a choice of the position “partner” or “stand” by an active wrestler. The technical actions which are finished outside the carpet are evaluated by 1, 2, 3, 5 points. Determination of the wrestler’s passivity should be done by the referees of the combat within a short period of time, within 30 seconds since the beginning of the combat. The winner is defined according to the sum of points received in two periods. Total victory is awarded if the wrestler puts his rival flat on his back or has total sum with the disparity of seven points. The competitions begin at 11 o’clock. Two extra hours will give the finalists an opportunity to have rest and to show nice, interesting combat. The position of the lower wrestler in the pit: the wrestler sits on the shins, hands are at the distance of no less than 20 centimeters from the knees. The position of the upper wrestler: one knee is on the carpet, hands should touch the rival’s shoulder-blades.

To reveal the peculiarities of the competitive activity after the rules change in 2013 we carried out the comparative analysis of Russian Championship 2006 and Russian Championship 2013 in all weight categories.

198 combats were analyzed by means of quantitative - qualitative analysis method of the competitive activity with the help of the video materials. The research results are presented in pictures 1, 2 and 3.
Picture 1. Distribution of the actions in the stand and in the pit, in percentage.
Picture 2. Quantitative – qualitative indices of the competitive activity, in conventional units.
The research results showed that after competitions rules change in Greco-Roman wrestling in 2013:

- changed the correlation of actions distribution in stand and in the pit. In 2006 the correlation was 11.86% of the fulfilled actions in stand and 88.14% of actions in the pit, after the rules change in 2013 on average the correlation was 49% in stand and 51% in the pit;
- the activity index (AI) increased from 0.489 units in 2006 to 1.131 in 2013 and it proves the changes in the rules to be exact the struggle against passivity, stimulates the sportsmen to be active during the combat;
- quantitative index of effectiveness (QNIE) decreased from 0.712 units in 2006 to 0.523 units in 2013 because there was a low level of wrestlers’ technical readiness as the rules of the previous years provided, for the determination of the winner, a standard position, wrestlers’ training on all stages of

**Picture 3.** The indices of competitive activity success in stand and in the pit.
technical training accentuated on the pit and the base technical readiness was ignored. This situation led to poor arsenal of techniques in wrestling nowadays;

qualitative index of effectiveness (QLIE) decreased from 0.441 units in 2006 to 0.219 units in 2013. It proves that the decrease of the technical actions led to the decrease of the quality, according to the previous rules the result of the combat were determined in the standard position but according to new rules the tactical scheme of the combat changed greatly. Wrestling needed different tactics and techniques and for the fulfillment of a high quality technical action it is necessary to vary and individualize technical and tactical training of Greco-Roman wrestlers;

the index of success in stand (SS) increased from 0.444 units in 2006 to 0.611 in 2013. The increase of this index shows more qualitative wrestling in stand, the increase of technical actions in stand can be explained by the absence of a compulsory standard and activation of wrestlers by the referees.

the index of success in the pit (SP) decreased from 0.766 units in 2006 to 0.672 units in 2013. In this case the decrease doesn’t mean low quality of the combat, new rules provide standard position of a high pit as a method of passivity reduction and in many cases this method activates the combat.

The data of success show that with the change of the rules a combat was arranged equally in the pit and in the stand. New rules demand hard and intensive work both in technical and physical training.

Conclusion

Thus the results of Greco-Roman wrestlers’ competitive activity study, according to the rules of 2006 and after the rules change in 2013, showed that the changes had positive impact on the wrestlers’ activity. Wrestling became more dynamic but as the rules of the previous years provided standard positions, which mainly defined the winner, wrestlers’ technical arsenal turned out to be low and this influenced the quality and quantity indices of the technical actions and success. The received results reveal the necessity of the Greco-Roman wrestlers’ training process perfection taking into account the changes of competition rules.

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