

THE CUMBERLAND AND WESTMORLAND WRESTLING ASSOCIATION

CONSTITUTION, BYE-LAWS, WRESTLING AND ACADEMY RULES



CONSTITUTION

TITLE

1. That this Association be called The Cumberland and Westmorland Wrestling Association

MEMBERSHIP

2. That all persons or bodies of persons who provide contests for Cumberland and Westmorland Style of Wrestling, and other individuals interested in the sport shall be eligible for membership, subject to the approval of the Governing Board.

OBJECTS

3. That the objects of the Association shall be:-

- (a) To control the management of Cumberland and Westmorland Style of Wrestling, to improve the standard, and to frame the Bye-laws and Rules and enforce them.
- (b) To deal with any infringement of the Bye-laws and Rules connected with Cumberland and Westmorland style of Wrestling.
- (c) To promote Annual Championships and encourage in every way the practice of the sport in the Cumberland and Westmorland style of Wrestling.

ANNUAL MEETINGS

4. That the Annual General Meeting of the Association shall be held in the month of March, at such place and time as the Governing Board shall decide, at which a Report of the proceedings of the past year and a Statement of Accounts to 31st December shall be presented. Twenty One days notice of the place and time of such Meeting shall be given to each Sports Body affiliated to this Association and to every individual member.

SPECIAL MEETINGS

5. That the Governing Board may call Special General Meetings at its discretion, and shall do so upon receipt of a request from five members. Seven days clear notice of such Meetings shall be sent to each of the Sports Bodies affiliated to this Association, and to each Individual Member, with an intimation of the business to be considered and no business other than that notified shall be transacted at such Meeting.

VOTING

6. That at General or Special General Meetings each of the affiliated Sports Bodies (however many representatives are present) and each individual Member of the Association present shall be entitled to one vote. All Sports Bodies or Individuals whose subscriptions are unpaid by the time of the Annual General Meeting shall be liable to be struck off the Roll of Membership at the discretion of the Governing Board and not allowed to vote at the Annual General Meeting. Voting shall be by show of hands unless the General or Special General Meeting decides that the voting shall be by ballot. In the event of a tie in the voting the chairman of the meeting shall have a second vote. All votes shall be decided by simple majority.

SUBSCRIPTIONS AND AFFILIATIONS

7. That the Annual Subscription for Academies affiliated to this Association shall be £200, for each Sports Body £50, and for any individual Member the Annual Subscription shall be £20 (£5 for Junior members). Affiliation shall entitle a Sports Body to hold as many sports meetings as it wishes in the year.

MANAGEMENT

8. The management of the Association shall be vested in a Governing Board, consisting of fifteen members, with a President, Vice-President, Hon. Secretary, Hon. Treasurer, and two Hon. Auditors as ex-officio members, all of whom shall be elected at the Annual General meeting to be held in March in each year. At each Annual General Meeting 5 members of the Governing Board shall stand for re-election for a term of 3 years. Any vacancy caused by death, retirement or resignation of a member shall be filled at the next Annual General Meeting. Every effort should be made to endeavour for representation of each region on the Governing Board. In addition the active wrestlers may vote for a representative to attend Governing Board meetings. Each of the affiliated academies may nominate 2 representatives to attend Governing Board meetings and they may be male/female active wrestlers.

The President may serve for a maximum term of 3 years in succession and is eligible for re-election after an absence of one year. On the retirement of the President the Vice President will automatically become President. The retiring President may be invited to serve on the Governing Board for the ensuing year. This to be voted on at the Annual General Meeting at which he/she retires.

9. The Governing Board shall have full power to appoint from its own members its Chairman, Vice-chairman, and Sub-Committees, and to delegate to the Sub-Committees such duties and powers as seem proper and to fill up any vacancies which may arise during the Board's term of office.
10. At Governing Board meetings five shall form a quorum.
11. The Governing Board shall be the trustees of the trophies belonging to this Association.
12. Champion wrestlers are responsible for the return of the Association Trophies, on the day of the competition, to the wrestling organisers of the event when the trophy is next competed for. Anyone failing to do so will be responsible for the cost of its recovery.

GOVERNING BOARD, DUTIES AND POWERS

13. That the duties and powers of the Governing Board shall be:-
- (a) To employ such additional clerical assistance as the Hon. Secretary may require.
 - (b) To elect members of this Association as provided by Clause 2 of the Constitution.
 - (c) To control finances and issue to affiliated Sports Bodies and Individual Members of the Association a Report and duly audited Balance Sheet annually, at least Twenty One days prior to the Annual General Meeting held in the month of March.
 - (d) To receive and deal with Reports of Sub-Committees.
 - (e) To arrange for the holding of General Meetings as provided by Clause 4 of the Constitution, and to call Special General Meetings as provided by Clause 5 of the Constitution.
 - (f) To undertake, if considered desirable, the prosecution of any competitor, who obtains or attempts to obtain a prize by false entry or other fraudulent means, and the institution or defence of any other legal proceedings which ought to be undertaken by this Association.
 - (g) To enquire at the request of those interested into alleged malpractices connected with Cumberland and Westmorland Style of Wrestling, and to punish by suspension, or fine, or both, to be fixed at the discretion of the Governing Board, and that a record of offences, punishments, and penalties inflicted by the Governing Board, shall be kept by the Secretary.
 - (h) To re-open at the Governing Boards discretion, or on appeal, inquiries which have been held concerning charges of misbehaviour or of unfair practices connected with Cumberland and Westmorland Style of Wrestling, with power to revise or annul any terms of suspension passed.
 - (i) To allow or refuse appeals for reinstatements and to consider and adjudicate upon question, submitted for decision, and generally to interpret the Constitution, Bye-Laws and Rules.
 - (j) To consider and adjudicate upon charges made against Sports Bodies and others, and complaints against judges and referees.
 - (k) To make arrangements for allocating and controlling the Annual Championships. No sports Body to receive a second Championship within two years of holding one (Boys Championships and the Men's 10½st Championship excepted), unless no other application is forthcoming, when the Governing Board, at its discretion, shall have power to allocate a Championship to such Sports Body.
 - (l) To compile a list of Judges and Referees for Championship events from Board Members. At Championship events a fourth official shall be appointed to stand in place of an official who has a close relative competing. Where possible no person shall judge any bout where a close relative is competing. Close is deemed to include brother/sister, son/daughter, nephew/niece, and grandchildren.
 - (m) To receive and consider applications to promote matches, invitation contests, and similar competitions and at the Governing Board's discretion to grant or refuse such application.
 - (n) To formulate and report to a General or Special General Meeting any alteration in or addition to the Constitution, Bye-Laws or Rules of this Association as may appear to the Governing Board desirable.
14. To ensure that Competitors in Senior Competitions sign an entry form agreeing to abide by the Bye Laws.
15. Active wrestlers shall not be allowed to stand for election to the Governing Board.
16. A representative of active competitors shall be allowed to attend Board Meetings but shall not be allowed to vote.
17. That in the selection of a representative team the criteria outlined in the Advisory Opinion of August 2001 shall be followed.
18. That the clauses of the Constitution, Bye-Laws and Rules shall not be altered nor added to except at a General or Special General Meeting.

II. BYE-LAWS

1. Sports Bodies wishing to hold events in Cumberland and Westmorland Style of Wrestling shall apply to the Secretary of this Association fourteen clear days at least prior to the date of the Sports Meeting to be affiliated, such application to be accompanied by the payment of £50 which entitles a representative to attend and vote at the Annual Meeting.
2. In all advertisements and notices convening sports meetings under the Rules of this Association it shall be compulsory for the promoters to state thereon that such sports meeting is conducted under the Rules, and is "Affiliated to the Association Governing Cumberland and Westmorland Style of Wrestling". Any Sports Body failing to comply with this

rule renders itself liable to a fine or suspension. The Governing Board further recommends promoters of sports to head their bills and advertisements that the prizes are to be wrestled for and it is undesirable that the names of judges and referees should be announced on bills or advertisements.

3. That the secretaries of all Sports Bodies holding wrestling contests shall report to the Secretary of the Governing Board any breach or non-observance of the Constitution, Bye-Laws or Rules of this Association by, or any objection to, competitors which may come to their notice, and that all Referees and Judges must notify the Secretary of this Association of all breaches or non-observance of the Constitution, Bye-Laws or Rules which may come to their notice within three days (Sundays excepted) of such observance.

4. That a competitor being notified by the Secretary of this Association that there is an objection, charge or complaint against him, such competitor shall not, pending an investigation of the objection, be entitled to compete. Any prize or prizes won by a competitor shall be withheld pending an award thereof by the Governing Board, and shall be dealt with in accordance with such award.

5. That each appeal for an enquiry to be re-opened must be accompanied by a deposit of £20 which shall be returnable at the discretion of the Governing Board.

6. That anyone wilfully competing at a sports meeting held by any Sports Body which is not affiliated to this Association shall thereby disqualify himself from any sports meeting held under the Rules of this Association.

7. That if any person or body of persons advertises competitions under the Rules of this Association and then violate the said Rules, such person or body of persons shall be dealt with as the Governing Board shall think fit

8. That the winner of any trophy or trophies belonging to this Association who shall be suspended while holding such trophy or trophies shall be required to deliver it or them up to the Secretary of this Association within seven clear days of his suspension, failing which the Governing Board may take such steps as it deems necessary for the recovery of the property. Championship cups shall be handed over to the winners on these conditions and the holders will be required to sign a bond which shall be obtained from the Secretary of this Association. The bond shall be handed over to the secretary of the sports meeting, who shall be made responsible for its being properly filled up, signed by the winner and properly witnessed, and for its safe transmission to the Secretary of this Association, within one month (Sunday excepted) of such sports meeting taking place. Infringement of this Bye-Law will be dealt with by the Governing Board.

III. WRESTLING RULES

GENERAL:

1. That the Secretary of this Association shall supply copies of the Constitution, Bye-Laws and Wrestling and Academy Rules on request, and shall impress upon competitors and all Sports Bodies the necessity for having and studying them.

ENTRIES AND THE DRAW

2. That all competitions be open for FREE COMPETITION TO THE WORLD (in the Cumberland and Westmorland Style) except otherwise specified. Male and female competitors may compete together in up to, and including, Under 12 classes.

3. That no competitor be allowed more than one entry in any one competition, and that at the end of every round a fresh draw shall be made and that no further entries be taken in any competition after the draw for the first round has begun. All tickets used in the draw must be identical

4. That the name of every wrestler shall be called three times and anyone not answering the third time shall be blown out. All competitors shall enter in their own names, but an assumed name may be adopted by a competitor provided that he has the same registered with the Secretary of this Association.

5. That no competitor shall be odd man more than once in any competition, unless all remaining wrestlers have been odd-man in previous rounds. The odd man will always be the last ticket left on the table or in the hat

6. Any wrestler attempting sham wrestling, personation, buying or selling a fall, getting into any weight to which he is not entitled, or otherwise misconducting himself, or in any way attempting a barney tending to bring discredit on fair and manly wrestling, shall upon detection be at once expelled and at the discretion of the Governing Board debarred from again contending at any sports meeting affiliated to this Association and his name shall be forwarded to all sports bodies who are members of and affiliated with this Association.

WEIGHING IN

7. All wrestlers shall weigh-in when called by the weighman. Any wrestler so weighed in is weighed in for the whole competition unless the referee order him on the Scale again.

8. An allowance of 2 lbs. only shall be made to any wrestler beyond the weight specified. No-one shall be allowed to weigh-in in any other costume than that in which he intends to wrestle, and no wrestler be allowed to wrestle except in becoming costume.

9. Championship Competitors can weigh-in officially once the first wrestling of the day has commenced. Weighing-in to be carried out by the Championship Referee and one of the Championship Judges. Costume must be worn when standing on the scales. Referee is not to officiate another class that day until after the Championship Class has been held. At other events an official appointed from the judges or a person appointed by the promoter will act as weighman. No other person shall carry out weighing-in duties.

10. All wrestlers are to be weighed-in before the draw is made.
11. The weighing machine shall be placed near the edge of the wrestling ring and all wrestlers shall be weighed-in in full view of the public as far as is possible.
12. That all objections to wrestlers after the first round on account of overweight or otherwise must be referred to the referee whose decision shall be final.

WRESTLING STRIP

13. Wrestlers must wear a wrestling strip complying with the CWWA's standards at all Senior Championships.
14. Where the wrestling Promoter stipulates that wrestlers should wear "traditional costume", the standards adopted by the CWWA will apply.
15. Whilst the CWWA prefers wrestlers to compete in a strip, it acknowledges that the long-standing tradition of wrestlers coming forward from the crowd means that at many venues wrestling strips will not be compulsory. In such instances the wishes of the promoter will be accepted, provided that basic standards of decency are observed.
16. The strip consists of four parts:
 - a. a pair of socks.
 - b. leggings which fit tightly to the leg (such as long-johns, and tights).
 - c. a centre-piece elasticated round the waist and the legs. In the absence of a purpose-made garment, a bathing costume is acceptable. (Please note that long shorts are not accepted as a substitute).
 - d. a singlet vest or tee-shirt. In under 18 classes, Senior classes and all Championships the wearing of two vests shall not be allowed. This does not apply to female classes.

As an alternative to (b) and (c) above wrestlers may wear an elasticated tracksuit (without zips), or rugby or football shorts.

17. The strip may be any colour and of any suitable material.
18. Torn and muddy strips are unacceptable unless the damage has occurred on the same day.
19. Wrestlers competing on mats may choose whether or not to wear socks.

JUDGES AND REFEREES

20. That every fall in every competition shall be judged by two judges and a referee, who shall be appealed to only if the judges disagree. The decision of the referee shall be final, and further he shall be empowered to decide any point not provided for in these Rules. All falls must be by a majority decision. The only exception is a break of hold seen by a single official. Where the referee and judges all have differing opinions the bout shall be declared a "no fall" and wrestled again.
21. The referee shall inspect the wrestling ring before any wrestling take place to ensure it is clear of any dangers. For outdoor competition the recommended size of the ring is 14 metres across with a 2 metre safety zone between the ring and any spectators. The minimum size of the ring shall be 10 metres across with a 2 metre safety zone all round. For indoors there shall be a 1 metre safety zone all round. It is accepted that the size of the ring indoors may vary but safety should always be paramount.
22. That wrestlers who still "follow the ring" will not under any circumstances be permitted to officiate as judges, or referees, and any wrestlers known to officiate in these capacities render themselves liable to suspension at the discretion of the Governing Board. However, Senior wrestlers may officiate for Boys' competitions.

COMMENCING THE BOUT

23. That competitors shall shake hands on entering and leaving the ring.
24. On entering the ring the two wrestlers will shake hands, take a slack hold, and keep hold, with their feet motionless and with chins over shoulders, heads touching and shoulders level. There will be no struggling for hold. The referee will instruct both wrestlers to be "On your guard" and when the referee is satisfied that each wrestler is on his guard he will shout "wrestle" and the bout will commence.

THE BOUT AND ITS CONCLUSION

25. With the exception of kicking the wrestlers are allowed to use every legitimate means to throw each other. To strike with the side of the foot shall not be deemed kicking.
26. That in cases where wrestlers refuse to wrestle the referee shall intervene and instruct them to wrestle or both will be disqualified.
27. That if either party breaks his hold, that is, loses his grip, though not on the ground, and the other still retains his hold, the one so leaving loose shall be the loser. That in the case of slipholds occurring in any bout the referee has the power to stop the bout, tell the offender to correct his hold, and warn him as to his future conduct. The referee may suspend one or both wrestlers from further participation in the contest.
28. That if either man touch the ground with one knee only, or any other part of his body, though he may still retain his hold, he shall not be allowed to recover himself but shall be deemed the loser.
29. That if both fall to the ground the man who is first down or falls under the other shall be the loser, but if they fall side by side, or otherwise that the judges cannot decide which was first on the ground, it shall be wrestled again.
30. That if it comes to the knowledge of this Association, either at the time of the contest or afterwards, that any barneying or unfair arrangement has taken place it must inquire into the matter and deal with the parties concerned in such a

manner as the Governing Board may determine. Any wrestler observed, or known to buy, sell, or to compromise a fall, or disobeying the judges will be refused payment of any portion of the prize to which he otherwise may become entitled. No wrestler shall be allowed to lie down to another under any circumstances without the consent of the referee. That in cases where judges and referee are unanimously of the opinion that a wrestle is a barney they shall have the power to suspend the wrestlers the matter to be reported to the Secretary of this Association within three days of the day of the said offence, and the Governing Board shall fix the term of suspension of the offenders.

31. The recommendation from the Governing Board is that in the event of concussion, wrestlers have to stand down for three weeks

CHAMPIONSHIPS

32. That where there are 12 entries or under in a championship the best of three falls shall be wrestled throughout. Where there are 13 or more entries in a championship the decision whether to wrestle the best of three falls or sudden death throughout shall be at the discretion of the organiser.

33. That a reigning Champion may, if he wish, defend his title against a challenger. All applications must be made to the Secretary of this Association and the judges shall be appointed by the Governing Board. The system of allocation of championship events is retained.

IV. ACADEMY RULES

These rules should be read in conjunction with the Constitution, Bye-Laws and Wrestling Rules as far as applicable.

1. That an Academy shall consist of a President, Treasurer, Secretary, and Committee of not less than five other members, and shall be carried on for the benefit of sport and charity only, not for the profit of any private individual or individuals.

2. ACADEMY SHIELD COMPETITION RULES

1. That the Academy Shield will be competed for annually.

2. A full team will have twenty members to fit the following categories:

5st, 6st, 7st, 8st, 9st, 10st, 11st, 12st, 13st, 14st, 15st, All Weights, Ladies 5st, 6st, 7st, 8st, 9st, 10st, 12st, and All Weights (2lbs allowed for costume)

3. In each weight the representatives of each academy will wrestle everyone else in that group in an American Tournament.

4. The winning club will be the one with the greatest number of winning bouts,

5. No wrestler may compete in more than one weight.

6. If an academy is unable to find a competitor for a particular weight, that academy will score no points in that section.

7. Competitors should be bona fide members or have a connection with the academy they represent. There will be no making up numbers from spare wrestlers who are spectating.

8. Every wrestler will be weighed before the competition. Team organisers will have no right to allocate wrestlers tactically: the lightest wrestler will go first, the second lightest will go second, and so on.

3. NORTH v SOUTH v SCOTLAND MATCH

1. Teams to be invited from the South (the area served by the academies at Kendal, St. Michael's on Wyre and Waberthwaite), the North (Northumberland and the area served by Carlisle Wrestling Club, and including wrestlers from the Borders of Scotland), and Scotland (the Scottish Wrestling Bond)

2. The competition to be divided into five sections which reflect the commonest weights and ages used by Sports Committees:-

Under 15 Years, Under 18 Years, 11½ Stones, 13 Stones, Open Weight

3. Each team to provide three wrestlers for each section, fifteen wrestlers in total. A wrestler may only compete in one section.

4. When three teams or more, compete, each wrestler will have a single bout against each member of the other teams in his own category and each fall will count as one point to the team score. If only two teams are entered, best of three will be wrestled

5. Traditional costume will be worn. (For the Scots that means kilts)

6. When weighing in, wrestlers will have the option to weigh in their wrestling costume with a 2 lb. allowance, or weigh before putting on their costume without the 2 lb allowance.

7. Each club is asked to provide a judge.

8. In the event of a tie, the two teams concerned will nominate one wrestler from each section to wrestle a single fall decider.

(Updated April 2025)