

# **FILA Coaches Clinic**

November 2013

**Almada**

## **Analysis of the World Championships 2013 Greco-Roman**

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## 1. Introduction

The World Championships in Budapest in 2013 were marked by some outstanding features.

- The extraordinary efforts of the FILA for the resumption of our sport in the program of the Olympic Games in 2024 by the decision of the General Assembly of the IOC in Buenos Aires were crowned with success
- Against this background, the Hungarian Wrestling Federation has this perfect World championship organized perfectly and set new trends in the Presentation of World Championships.
- The rule changes were new challenges for coaches, athletes and officials, and they led to overall increases in activity of the athletes and interesting and dynamic bouts.
- At the beginning of the new Olympic Cycle the coaches are looking for the new Olympic hopes and they send mixed teams with experienced and new talents.
- From a technological point of view the Presentation of the bouts online (live streaming) has been broken new ground.

## 2. Analysis of the Greco-Roman World Championships in Budapest under the aspect of the new rules

The complex influence of competition rules to the individual technical and tactical competition behavior is obvious and therefore also constantly the subject of discussions and debates. Rule changes have been the subject of several studies in the past. In 1994 the impact of rule changes on the training and competition design of the seventies, eighties and nineties were shown in a scientific paper. Rule changes and their influence on the competition strategy were also studied in the annual Coaches Clinics of FILA.

The negative peak in terms of attractiveness wrestling especially in the Greco Roman style we have seen at the Olympic Games in London in 2012, when we have had Olympic champions with an average of less than one technical point per minute and this ensured the win with defense actions.

The Figure 1 shows the negative development of the Greco-Roman wrestling while in the freestyle disciplines (men and women) this trend were not as evident.

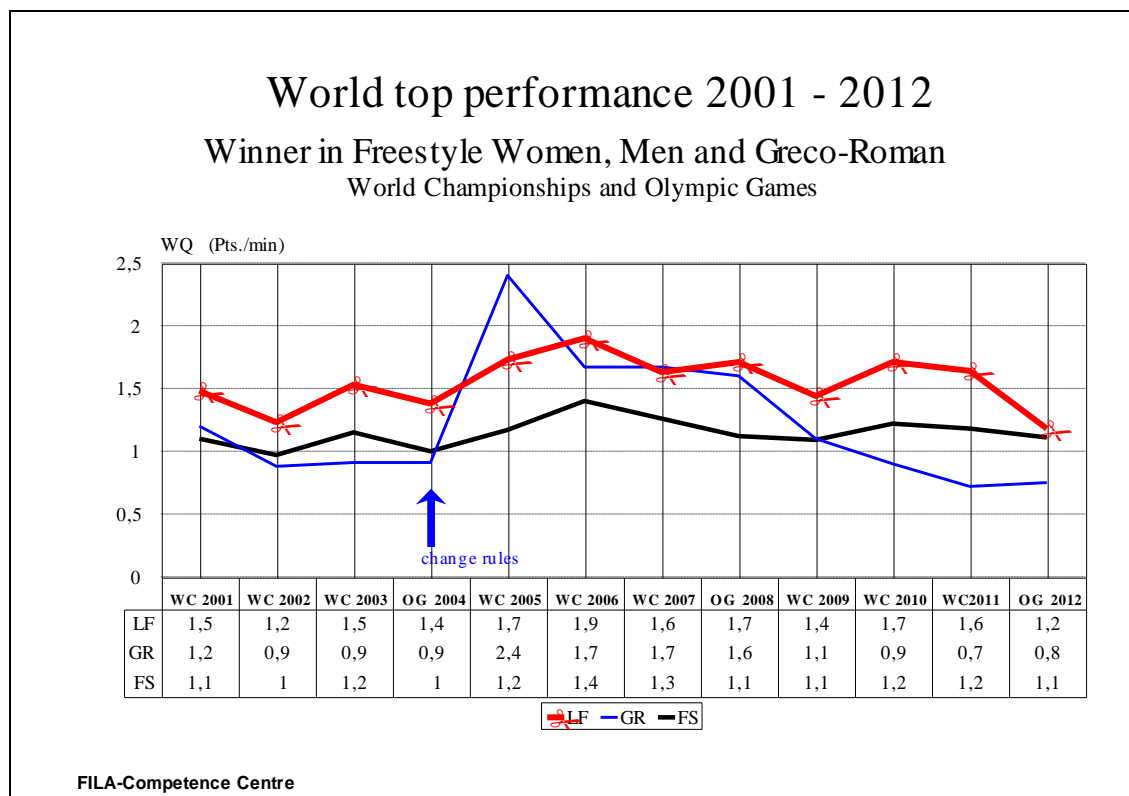


Figure 1 Development of the three wrestling disciplines since 2001 as far as attractiveness concerned

Given this situation, in 2013 extensive rule changes were made in May, accompanied in the aftermath of other adjustments and suggestions for improvement ( Sjdziedzic, Cicioglu and others).

Competition rules with the complex effect on competition and training strategies require more extensive and in-depth analysis in order to generate long-term positive effects.

Scale assessing the effectiveness of the new rules is the objective to make the bouts with attractive technical- tactical actions dynamically. It is necessary to enforce a combat attack - oriented behavior and simplify the rules for a better understanding for the spectators. It is also necessary to prepare the using of new media (apps, tablets and mobile phones) to present specially for the young generation wrestling heroes with attractive and spectacular techniques.

The new rules had been introduced for the first time at the Asian Junior Championships followed by the Universiade in Kazan and the Junior World Championships in Sofia 2013. We analyzed these competitions to show the effect of the rule changes and we found a success in principle. Already to summarize we can see that Greco-Roman Wrestling is the big winner of the rule changes. This is not a surprise if we notice that Greco-Roman came out of the basement of the quality. In fact, there have been numerous spectacular bouts as video examples show. Sensational were the performances of the junior world champions of 2013. The Turkish wrestler 55 kg GR required for his four fights only 4 minutes and he realized 24 pts.that means he realized 6 pts./min (clip 1).

Other findings bring detailed statistical analyzes. We have compared for this purpose the first competitions of Phuket, Kazan and Sofia, which were carried out under the new rules with the Junior World Championships in 2011. We are aware of the fact that it is possible to compare these competitions due to their differences in performance is limited. Therefore, a comprehensive comparative analysis of the World Championships 2013 in Budapest with the World Championships 2011 is necessary.

The new rules lead in Greco-Roman Wrestling to a significant increase of victories with technical superiority (ST, SP) at the expense of point victories.

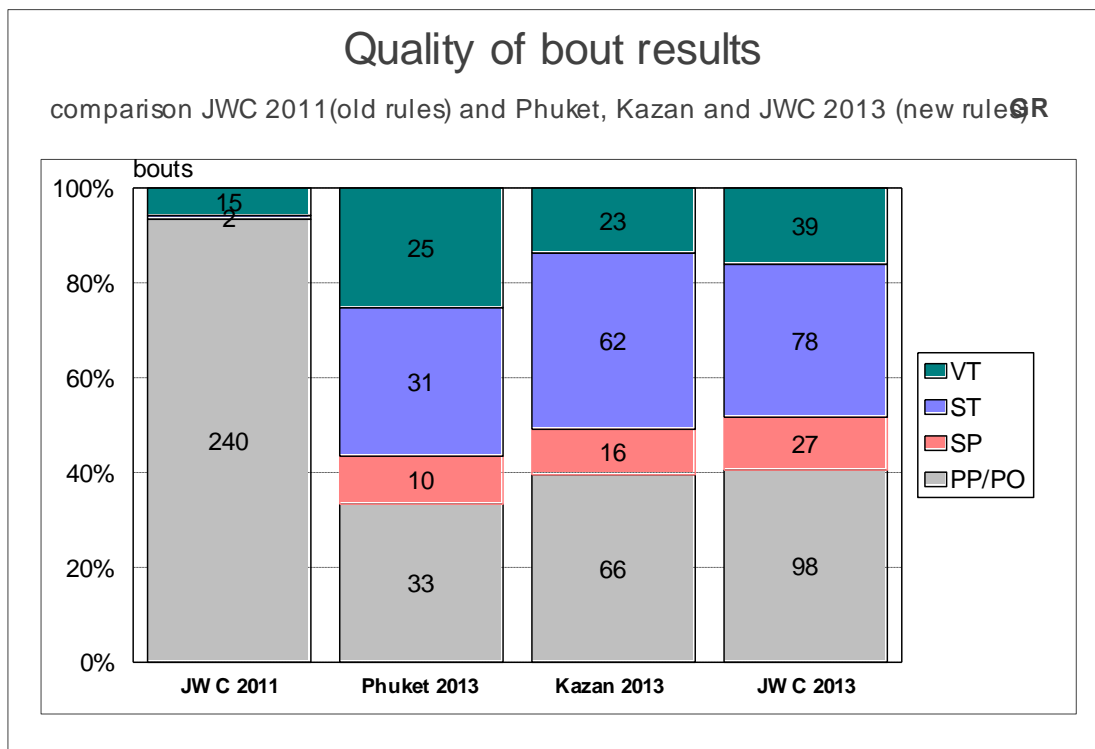


Figure 2 Bout results in Greco-Roman Wrestling

Additionally we had right now after the rule changes a clear increase of pins. A very important criterion for assessing the performance and the quality of wrestling are the performance index and the quotient of effect (realized number of points per minute) as a measure of the attack strategy. These factors we have put together since 1976, and we never find such positive values so far.

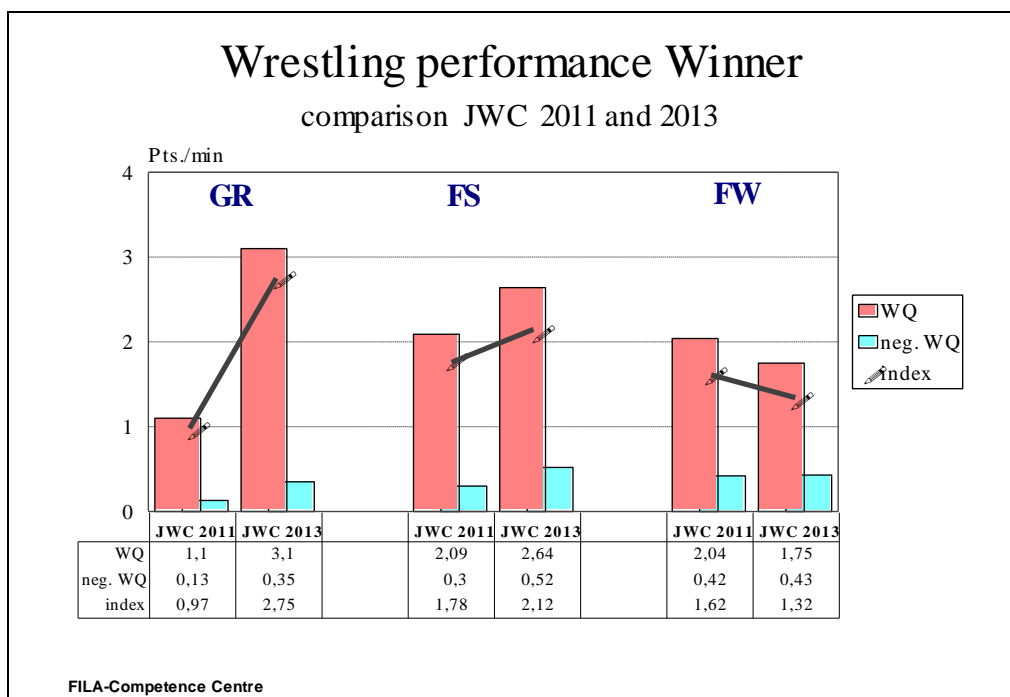


Figure 3 Wrestling performance JWC 2011 and JWC 2013

Same time, this is a reference to an enormous improvement in the activity increase and attack oriented wrestling strategy (fig. 3).

We can see the same positive sign if we are taking into account the technical points per bout. In all three styles we have an increase of the technical points per bouts after the new rules especially in Greco-Roman wrestling (fig. 4).

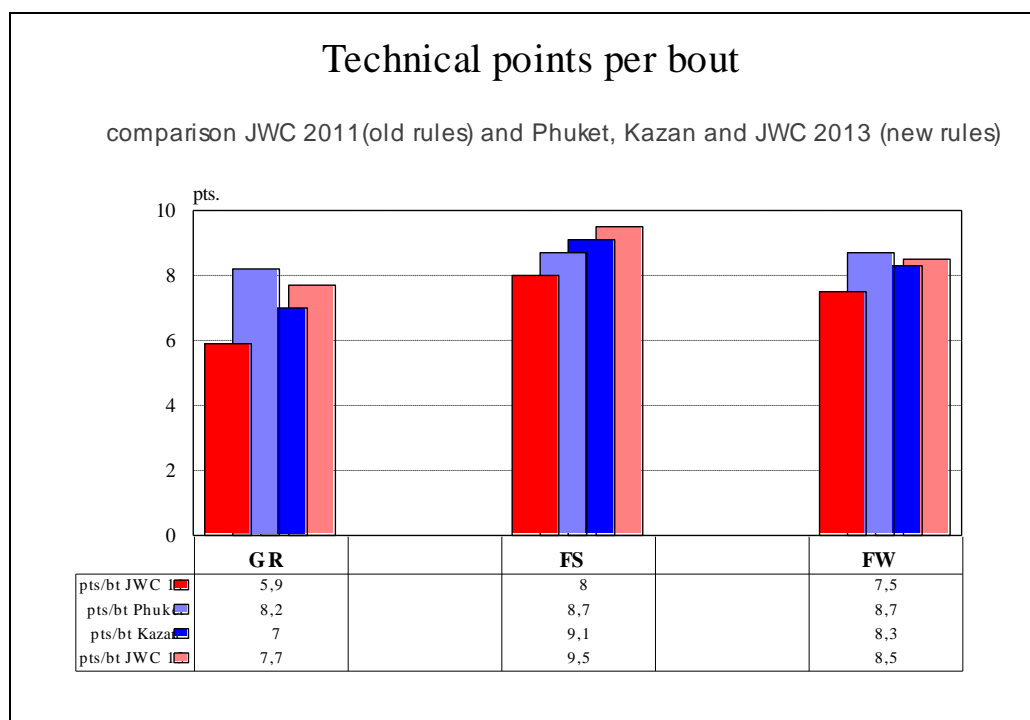


Figure 4 Technical points per bout in all three styles

An interesting development trend in connection with the rule changes is reflected in the analysis of the quality of technical points (Fig. 5).

The evaluation of the all technical points from all occupied bouts shows the decline in 1-point votes in favor of the increase of 2-point ratings, due to the formal upgrading of 1-point techniques with 2 points. In Greco-Roman Wrestling we see also an increase of the 3 point techniques. We only had a decrease of the 5 point techniques.

The enormous positive effect of the rule changes for Greco-Roman Wrestling comes true if we have a look at the realized points per bout and per minute of the champions. During the Junior World Championships 2011 we had 5.0 points per bout and 2013 6.8 points. Even better are the values per minute. 2011 1.1 points per minute and 2013 3.1!! And we have a time reduction from 4.5 min. per bout 2011 to 3.0 minutes 2013.

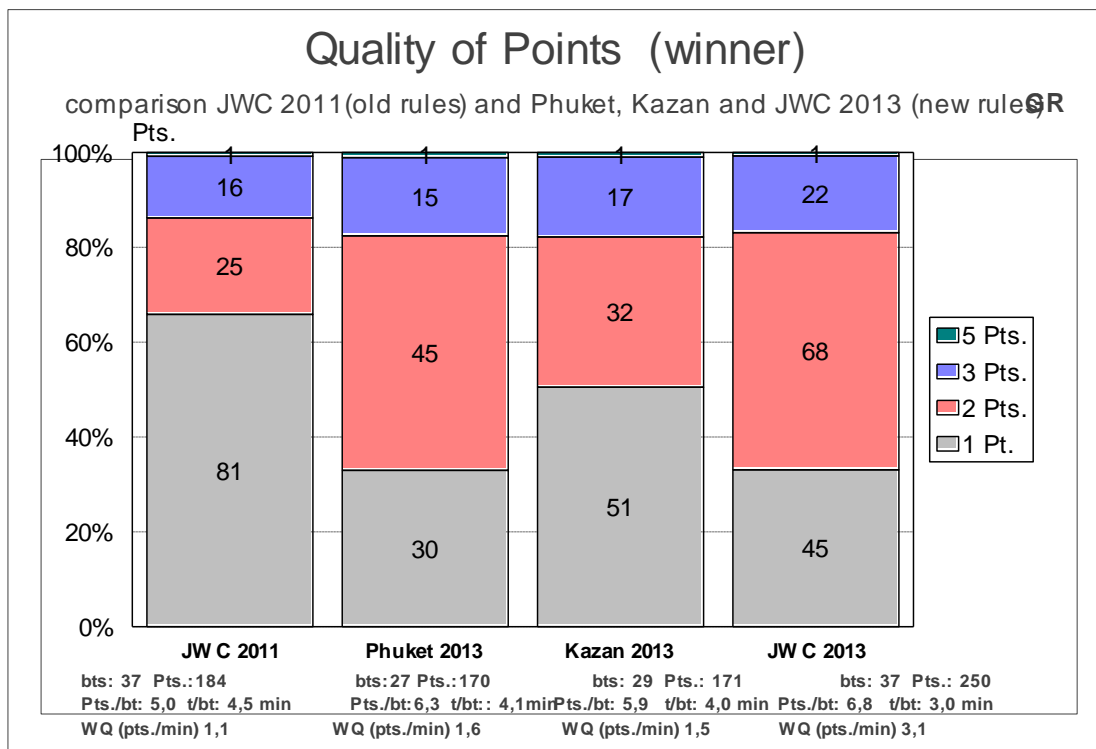


Figure 5 Quality of points in Greco-Roman Wrestling

The positive tendency of the Rule changes especially in Greco Roman Wrestling is confirmed by the analysis of the Senior World Championships in Budapest (fig. 6).

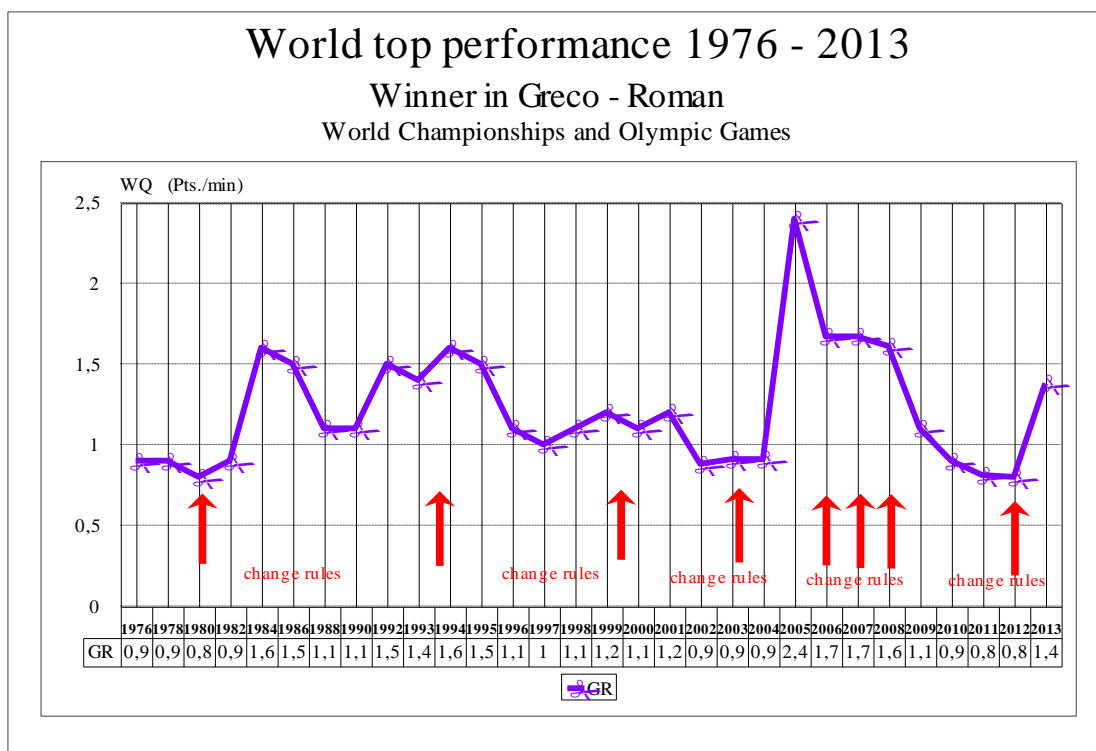


Figure 6 World top performance in Greco-Roman Wrestling since 1976

With 1.4 points per minute we reached 2013 almost the top values from 1984 and 1994!! We could stop the downward trend concerning the technical quality since 2005 and came out of the basement in this connection. The unattractive defense strategy, clinch as winning strategy and parterre wrestling has replaced by offensive, standing and active wrestling. The new technical oriented wrestling is obvious in the fact that for instances during the Senior World Championships 2011 we had 49% periods with 1:1 or 1:0 points and 2013 only 12%.

### 3. Country-specific aspects of performance in Budapest

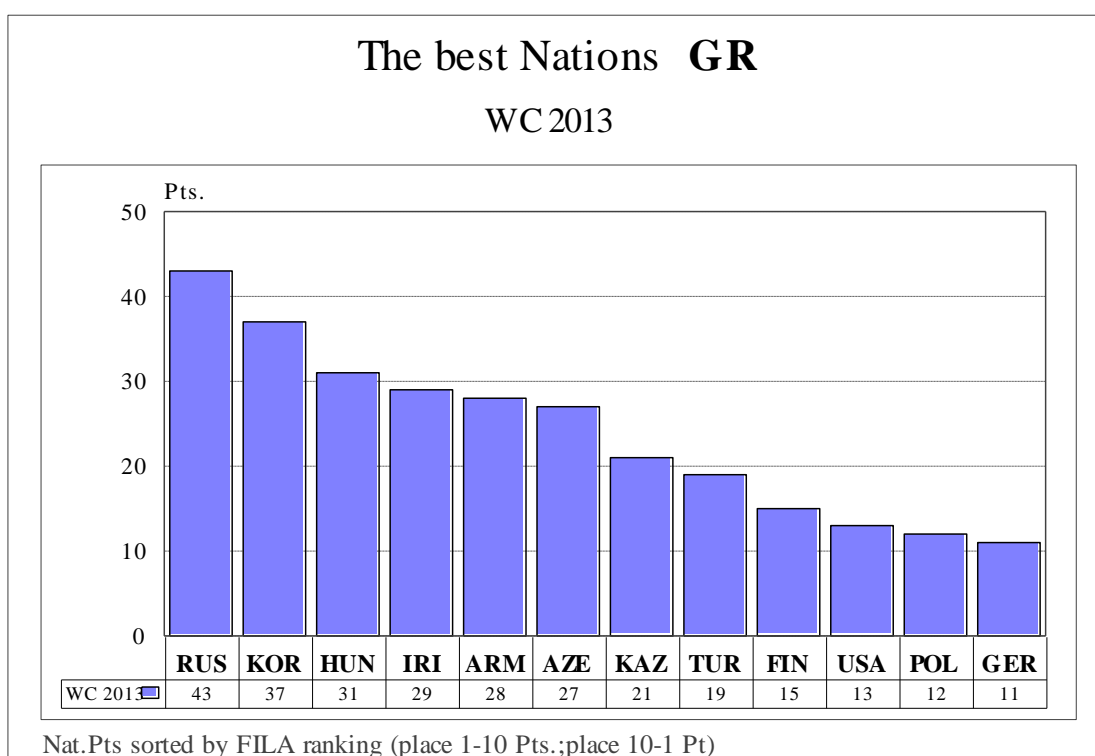


Fig. 7 Best nations of Budapest 2013

Russia and Korea have been the most powerful countries in 2013 followed by Hungary, Iran, Armenia and Azerbaijan (Fig 7).

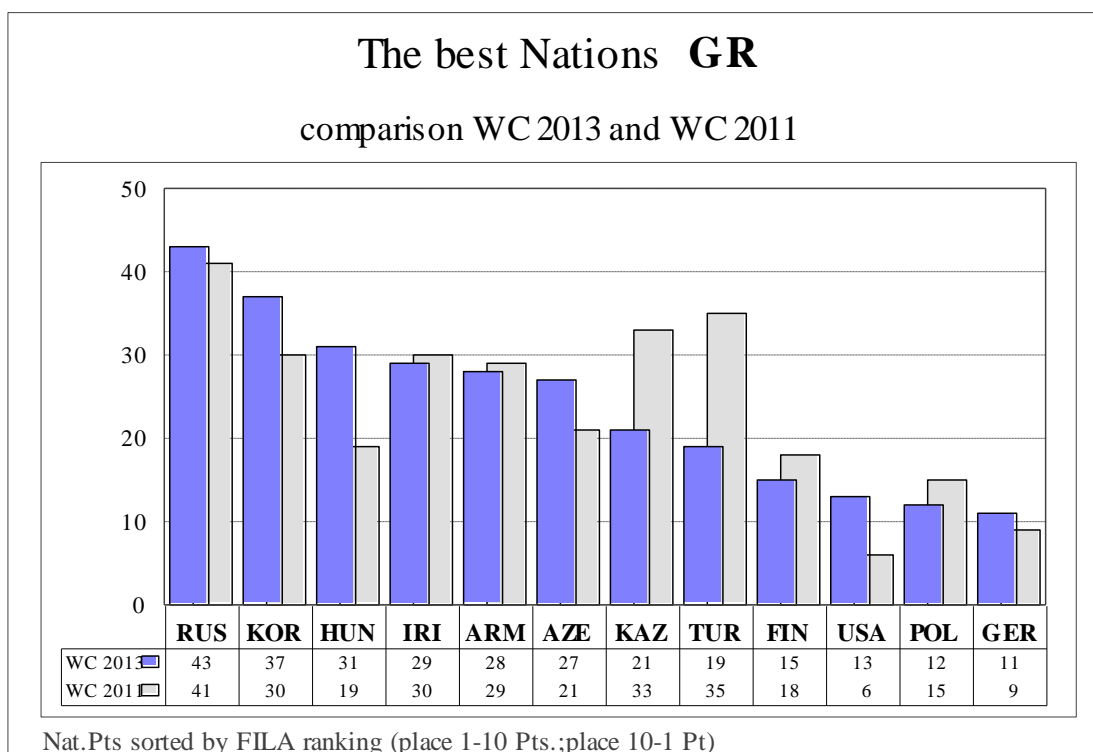


Fig. 8 Best nations of Budapest 2013 in comparison to Istanbul 2011

Remarkable is the increase of Hungary, Korea, Azerbaijan and USA in comparison to 2011. Turkey and Kazakhstan had suffered losses (Fig. 8).

#### 4. Qualitative analysis of combat behaviour

##### 4.1 Bout results of all participants

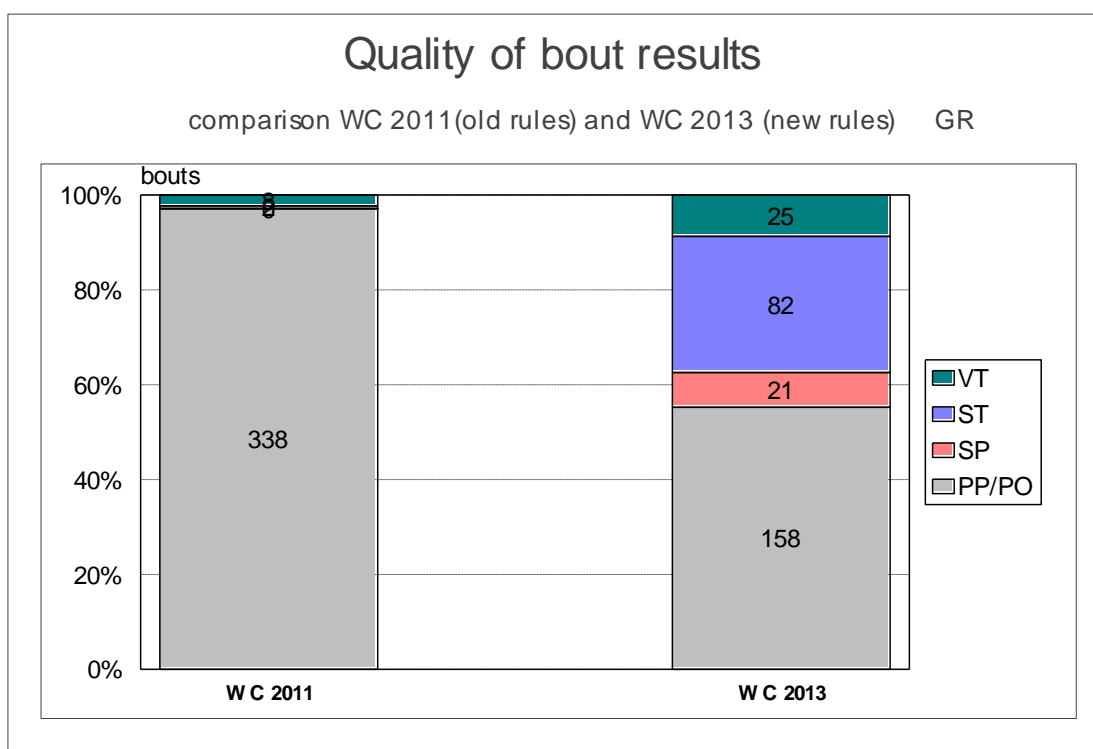


Figure 9 Bout results of all participants in Greco-Roman in Budapest



As already seen during the Junior World Championships in Sofia also in Budapest the new rules lead in Greco-Roman to a significant increase of victories with technical superiority (ST, SP) at the expense of point victories. We had 97% victory of points in 2011 with the old rules and 2013 only 55%. Also welcome the increase of the amount of pins.

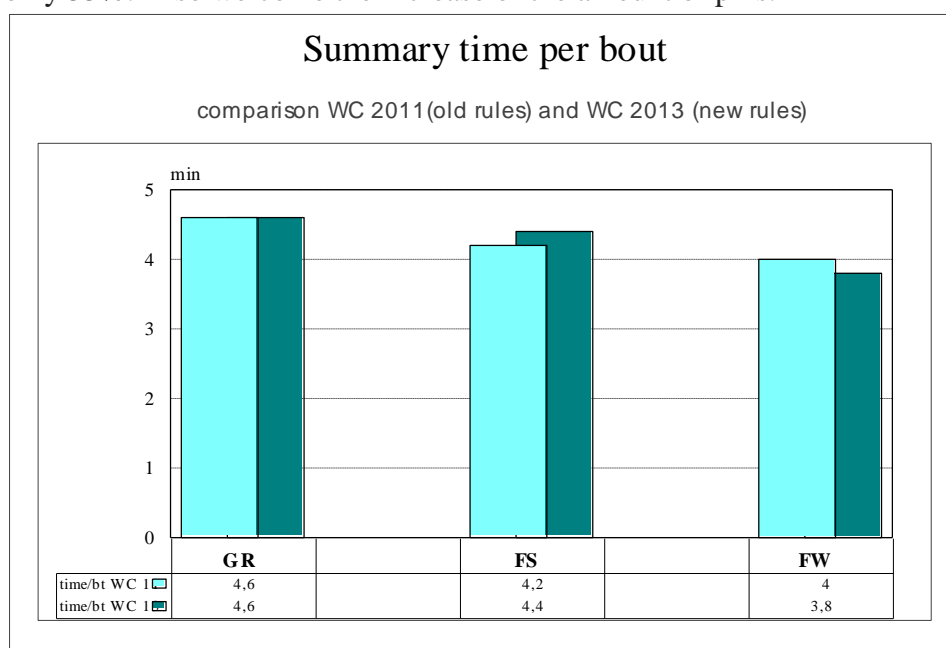


Figure 10 Time per bout (old and new rules in all three styles)

In general the new rules did not lead to an average time reduction of the bouts.

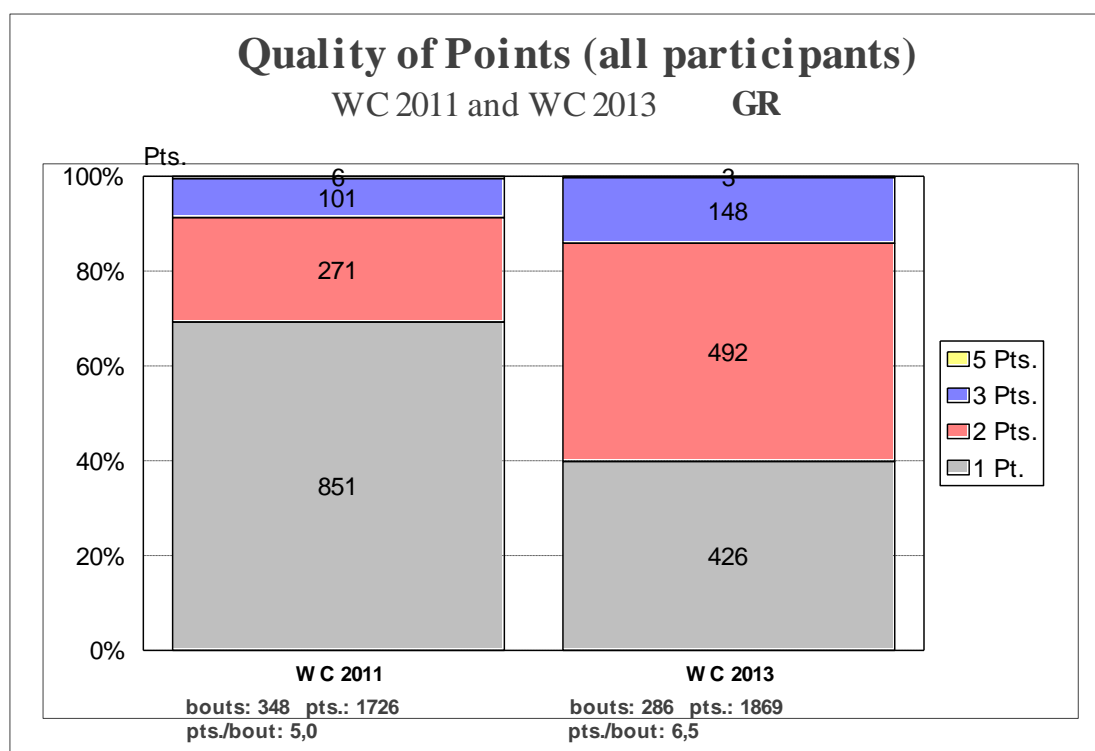


Figure 11 Quality of points (Greco-Roman)

The evaluation of the all technical points from all occupied bouts shows as already seen during the Junior Worlds 2013 the decline in 1-point votes in favor of the increase of 2-point ratings, due to the formal upgrading of 1-point techniques with 2 points. Also an increase of 3-point techniques took place. We have had 50% less 5-point actions in comparison to 2011.

It is also useful to look at the clinching situations.

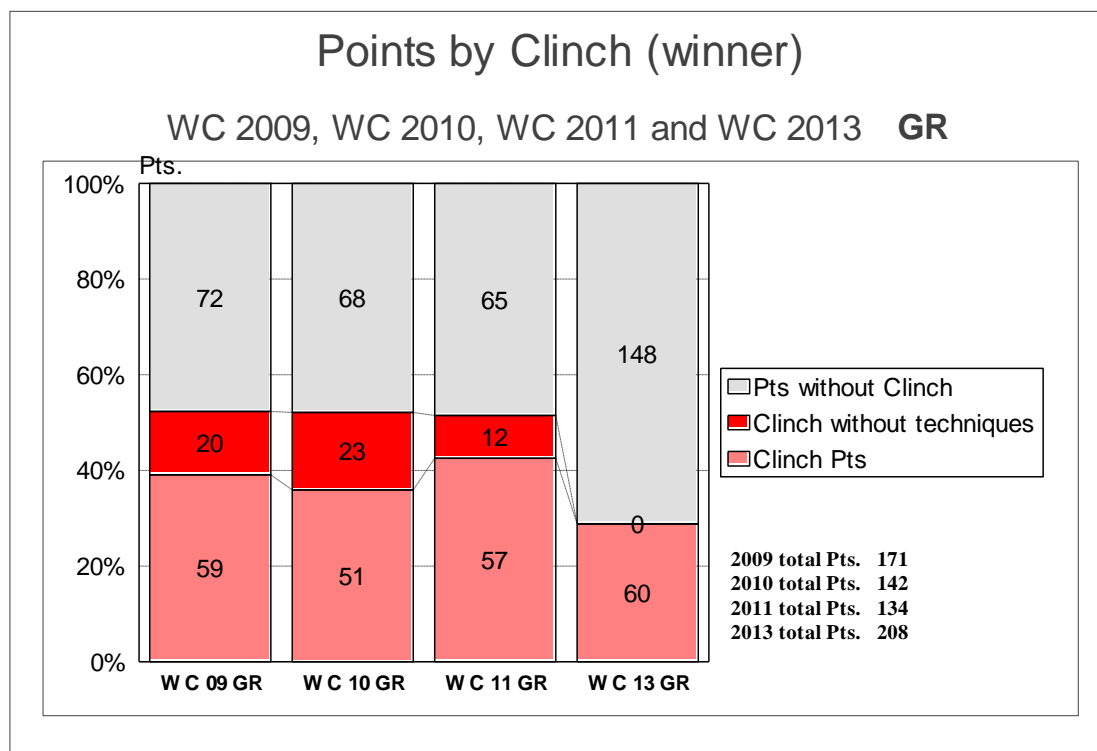


Figure 12 Clinch points during the World championships from 2009 to 2013 GR

The clinch without technical points disappeared 2013 while the points without clinch increased. On the other hand we have had 2013 relatively many clinch points.

## 4.2 Combat behaviour of the nations

The power of nations is also reflected in the quality of their combat behavior.

Concerning the performance index, the measurement of the quality of wrestling, we can see the best values for the wrestler of Korea, Armenia, Russia and Iran (clip 2-5). In this connection the teams of Finland, Poland and Germany are far behind (Fig. 13).

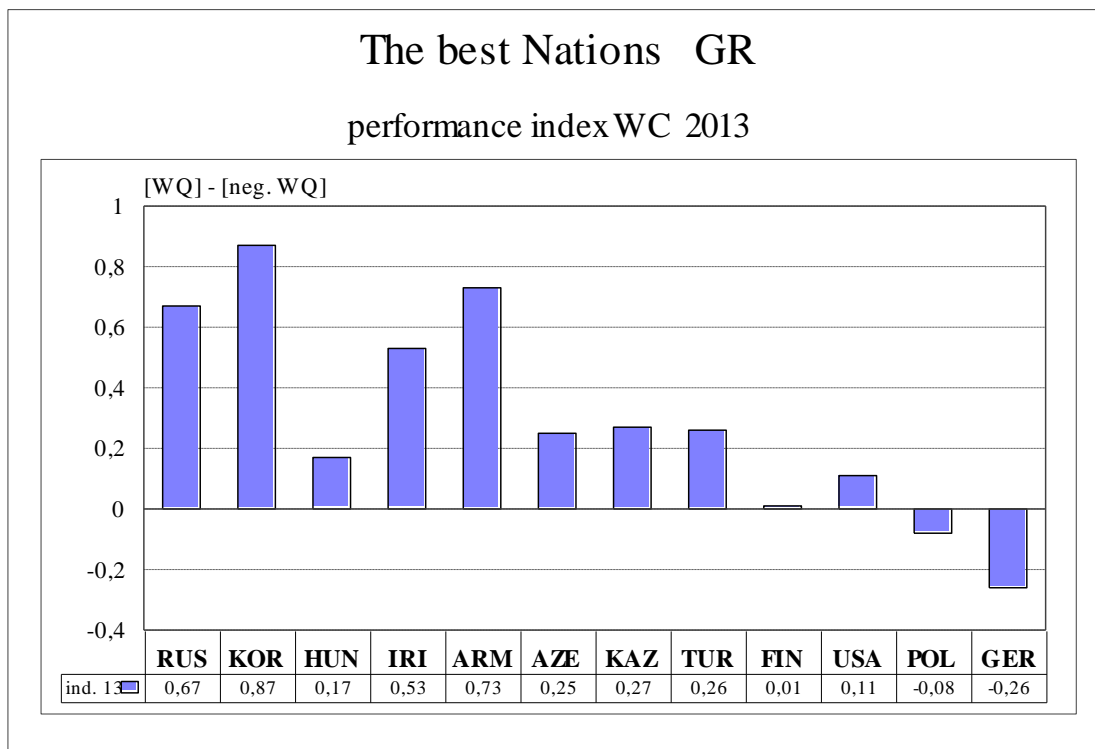


Figure 13 Performance index in Greco-Roman wrestling

A comparison of quality values, such as the performance index, is to consider the automatic growth by increasing the technical evaluation of the past 1 point to 2 points. Even taking into account this fact, the improvement is remarkable of the teams from Korea, Armenia and Iran. Very clear is the drastic decrease of quality of the team from Germany, Poland and Azerbaijan (Fig. 14).

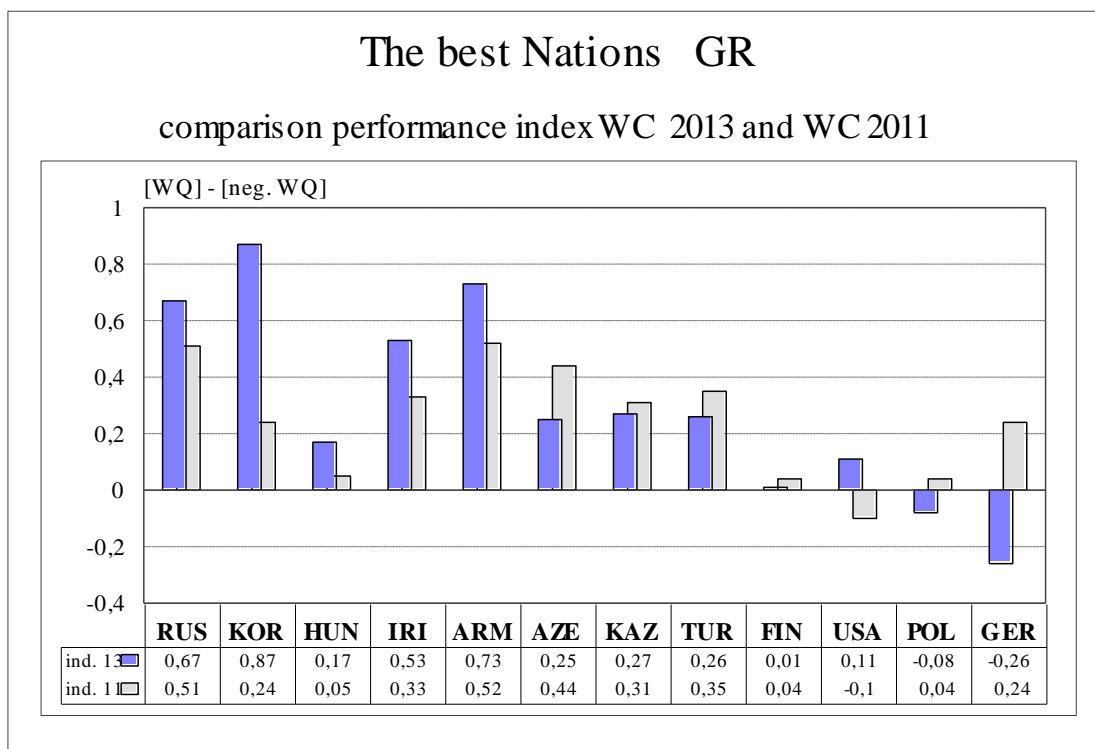


Figure 14 Performance index 2013 (new rules) in comparison to 2011(old rules) Greco-Roman

The attractiveness of wrestling lives from the attacking strategy. Therefore the attack efficacy is also a measurement of the quality of wrestling and the quality of training concepts. It is not a surprise that the teams of Armenia, Korea, Russia, Iran and Kazakhstan are in front in this connection as the best five (Fig. 15).

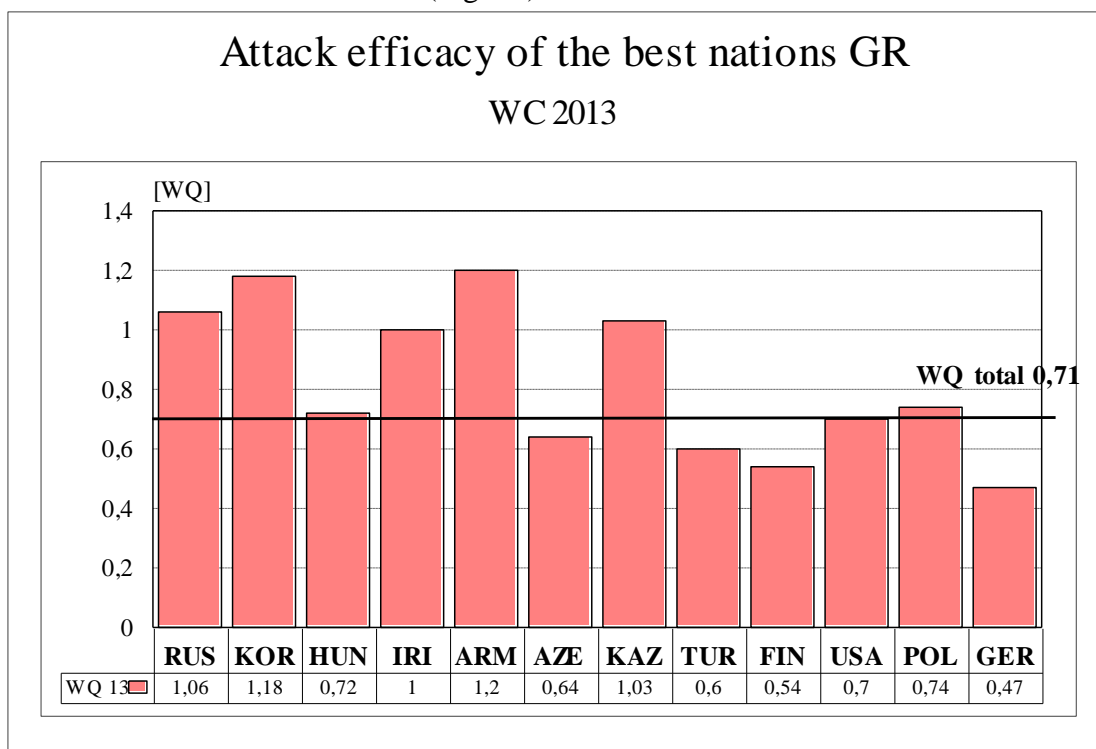


Figure 15 Attack efficacies of the best teams 2013 Greco-Roman

In comparison to 2011 we consider an improvement concerning the attack efficacy also for the teams of Armenia, Korea, Russia, Iran and Kazakhstan. Remarkable the good values for Poland.

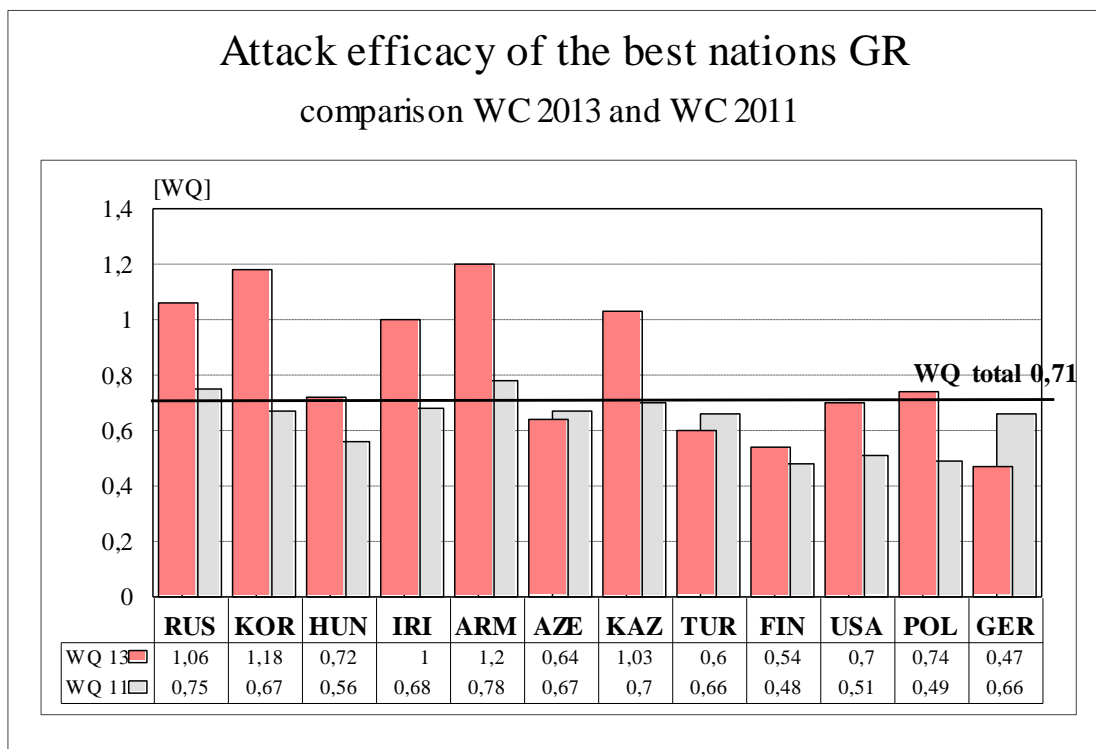


Figure 16 Comparison of the attack efficacy of the best teams 2013 and 2011 Greco-Roman

Very strong in the defense had been in Budapest the teams of Korea, Russia and Turkey.

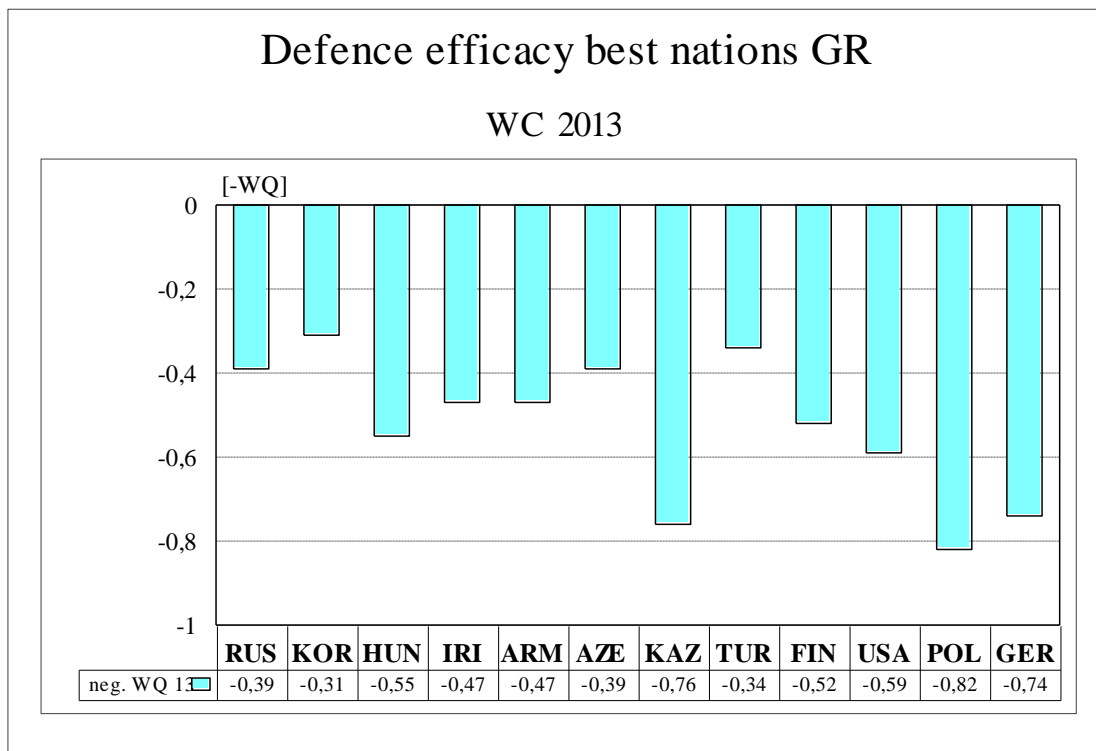


Figure 17 Defence efficacies of the best teams 2013 Greco-Roman

If we compare the defense efficacies of the teams 2013 to 2011 are the noticeable decrease from Kazakhstan, Poland and Germany. Only Korea could improve the defense abilities (Fig. 18).

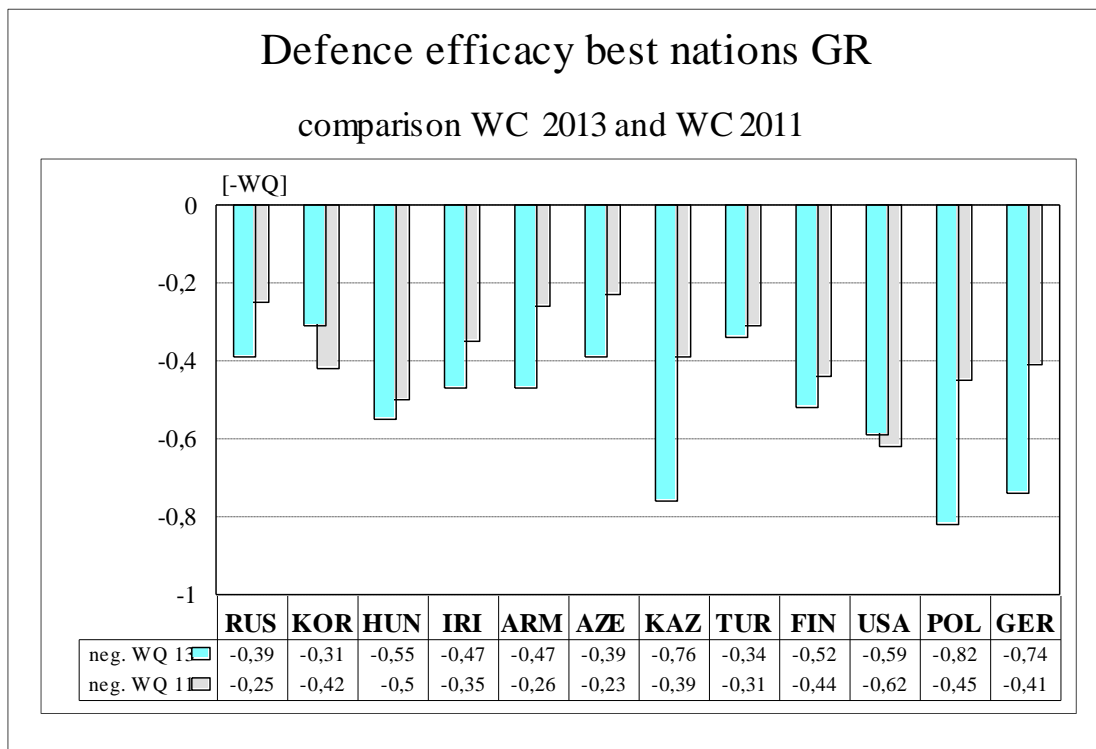


Figure 18 Comparison of defence efficacy of the best teams 2013 and 2011 Greco-Roman

In a summary we put together all three quality factors of the most successful teams of Budapest and the various reasons for the total performance become clear if we compare the attack efficacies to the defence efficacies of the teams (fig. 19). Very strong is the attack behaviour of Korea, Armenia, Russia and Kazakhstan. Better results could reach maybe the wrestlers of Kazakhstan, Poland and Germany with more effective defence qualities.

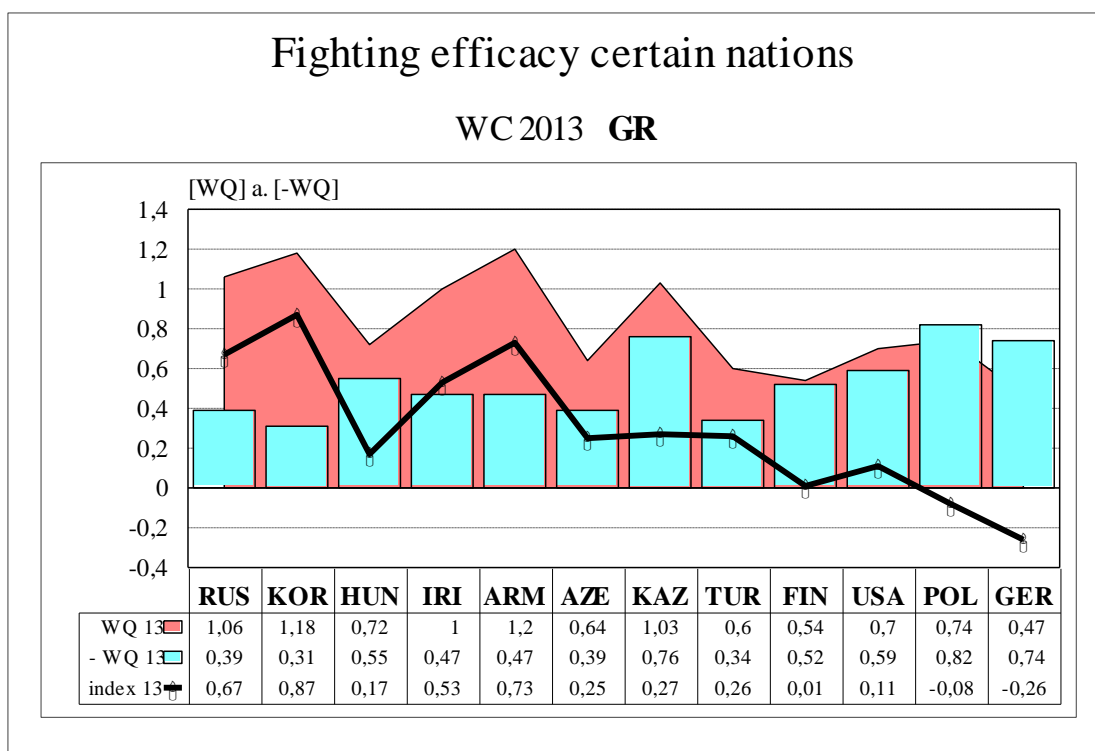


Figure 19 Wrestling efficacies of the successful teams 2013 Greco-Roman

### 4.3 Combat behavior of the winner

A look at the champions shows the upgrade of the wrestling quality in all three styles in comparison to 2011. That means we do have an improvement even if we are taking in to account the upgrade from 1-point techniques to 2-point values (Fig.20).

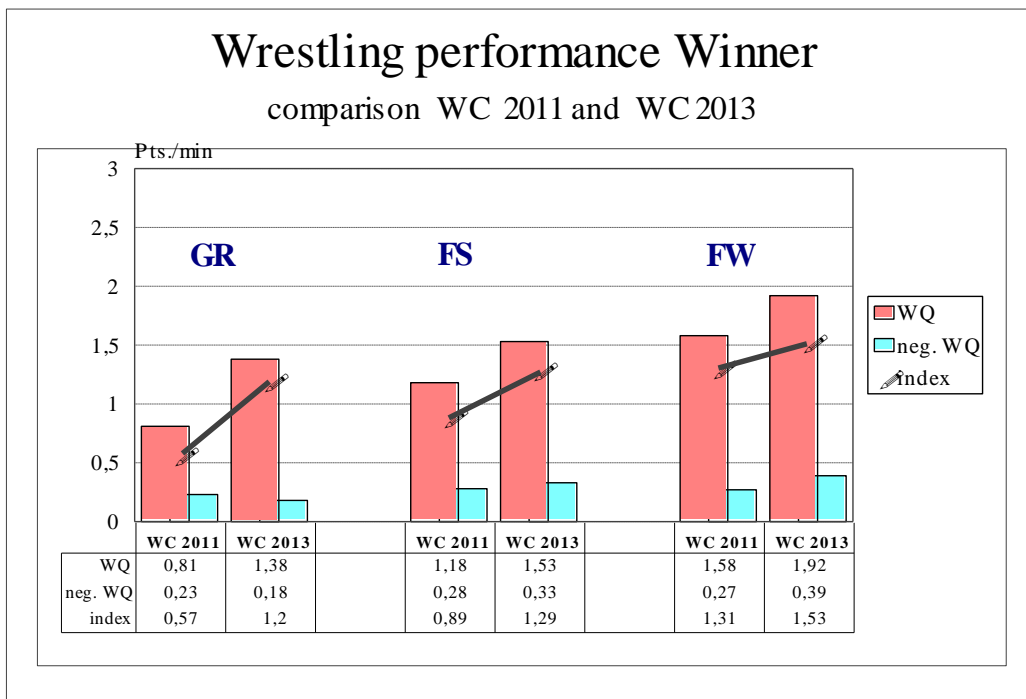


Figure 20 Wrestling performance of the champions in all three styles

We consider a different picture concerning the wrestling performance of the World Champions 2013 in Budapest (fig. 21).

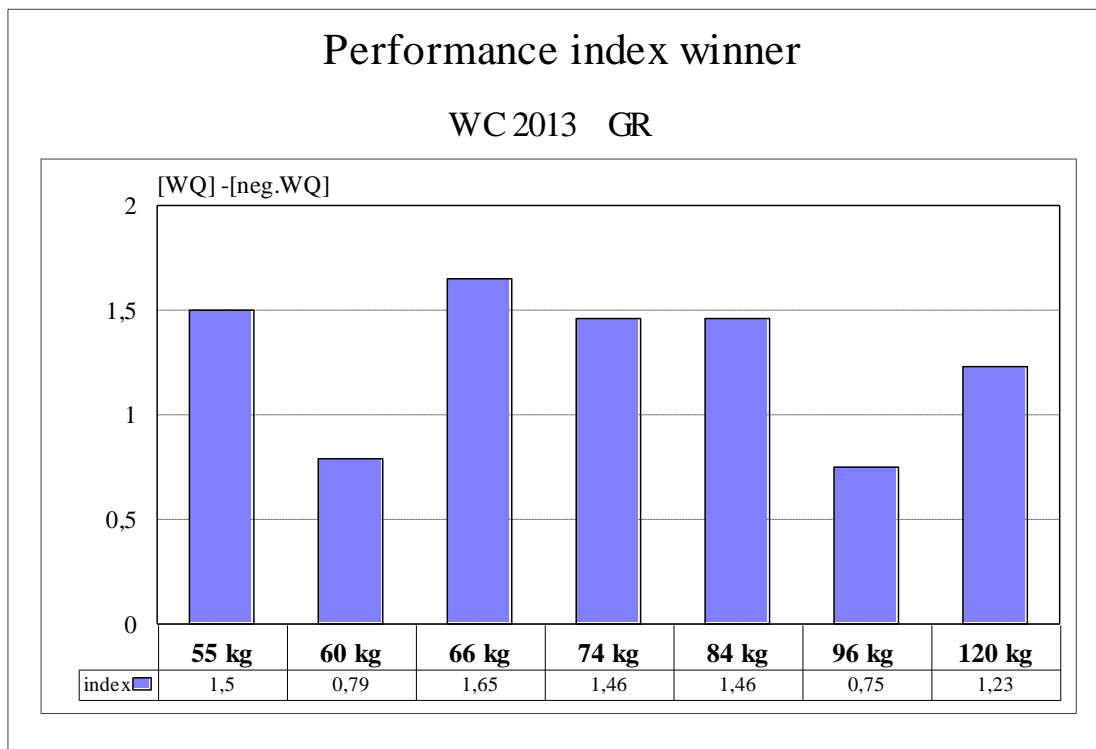


Figure 21 Wrestling performance of the champions in Budapest

Of course the World Champions are demonstrating the best quality of wrestling. With realizing (1.65) (performance index) was the best wrestler Han Su Ryu KOR followed by Won-Chol Yun PRK (1.50) Wo Hyeon Kim KOR (1.46) and Taleb Nariman Nematpour IRI (1.46). Outstanding the performance of Han Su Ryu KOR which techniques we have already seen before and his coach has honoured as the best Coach of the year here in Almada. Won-Chol Yun PRK realized four from five bouts with technical superiority. By the way this is a very good distinguishing feature for an attack oriented strategy (clip 6-9).

If we compare the performance values from 2013 to 2011 it is interesting the upgrade of the performance values of Han Su Ryu KOR, Won-Chol Yun PRK , Wo Hyeon Kim KOR and Taleb Nariman Nematpour IRI. Interesting the fact that in 60kg weight class and 96kg both champions could not realized the best values of the other world champions (Fig. 22).

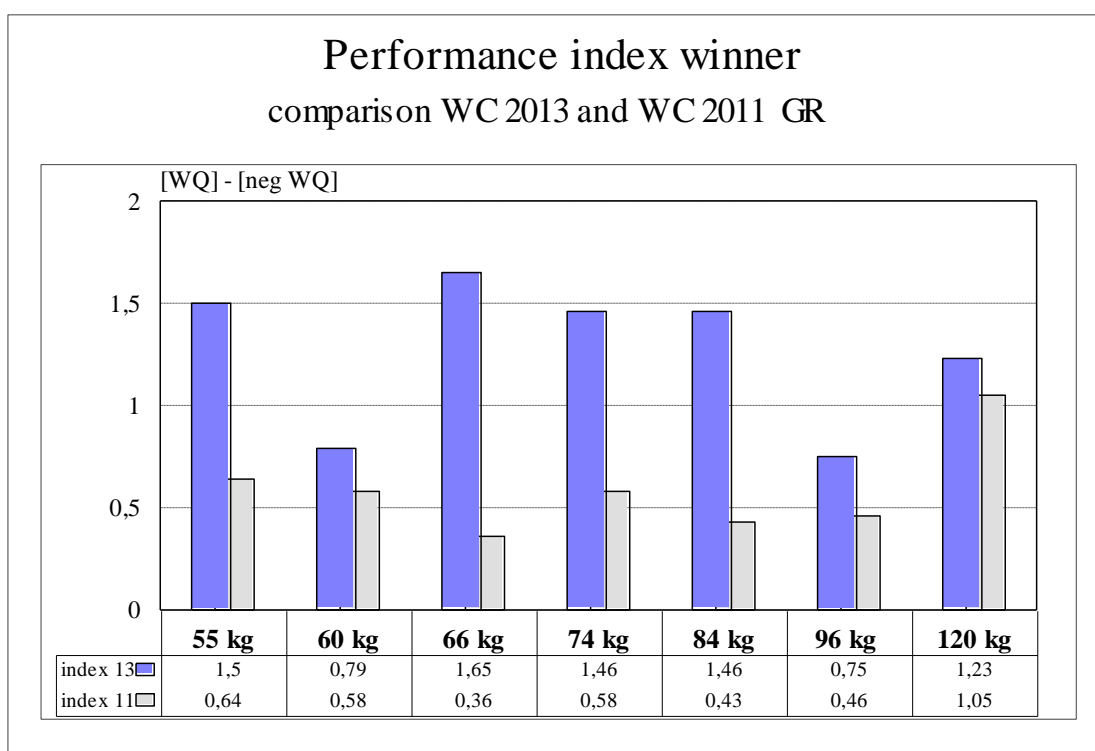


Figure 22 Wrestling performance of the champions in comparison 2011 and 2013

The wrestling performance consists of the attack and of the defense abilities. In figure 23 we can see that the most powerful athletes are the best attacker.

This figure is the evidence that only the attacking strategy is the key of success in wrestling.



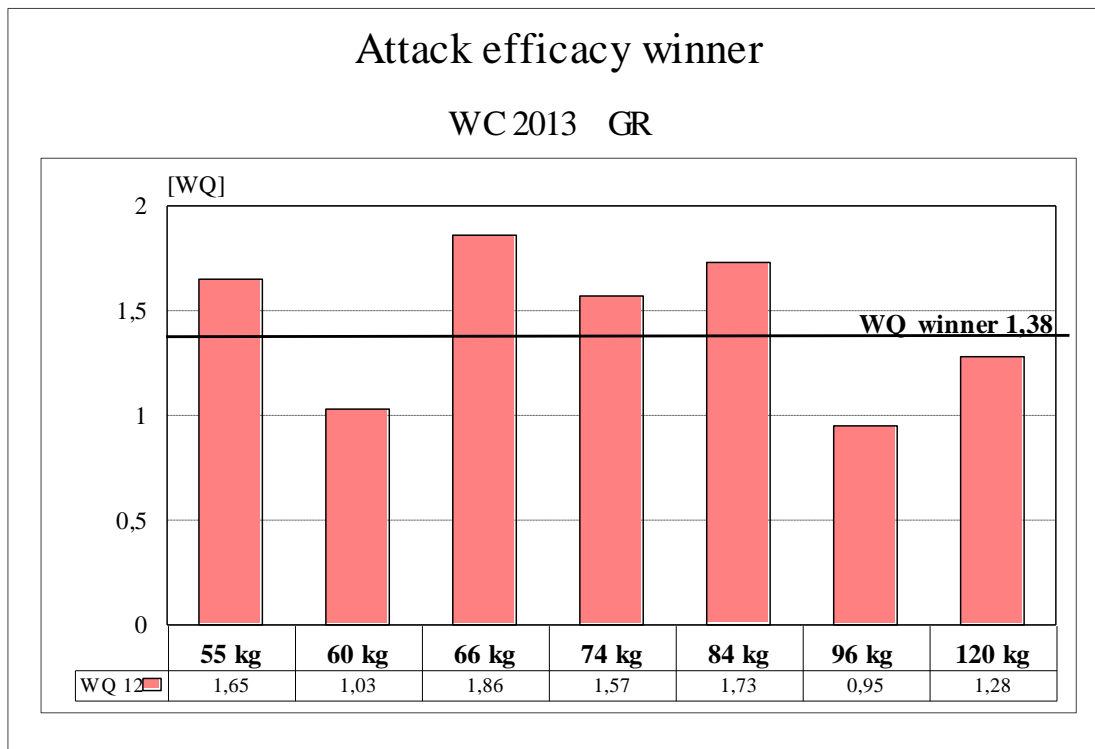


Figure 23 Attack efficacy of the champions in Budapest

The next evidence of the successful rule changes for Greco-Roman wrestling is the comparison of the attack efficacy of the champions 2011 and 2013 (fig. 24). 4 of 7 world champions had extremely better values as 2011.

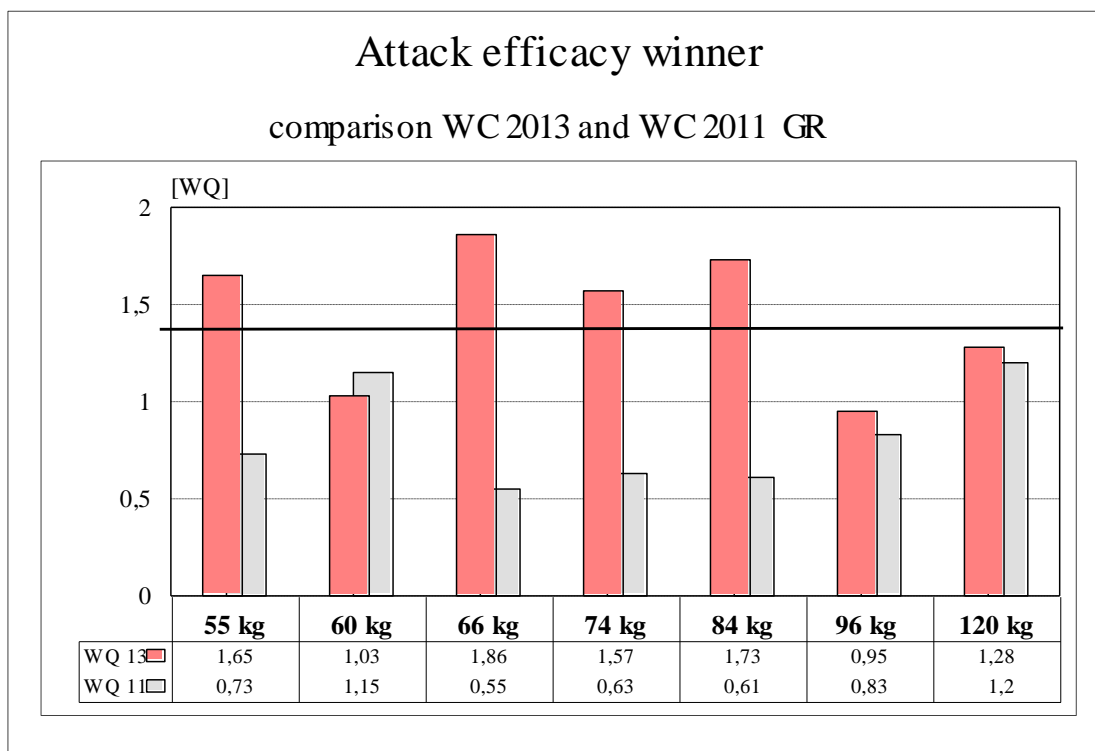


Figure 24 Comparison of the attack efficacy 2011 and 2013 in Greco-Roman wrestling

The best defender had been in Budapest Ali Akbari (IRI), Hyeon Woo Kim (KOR) and Chol Won Yun (PRK).

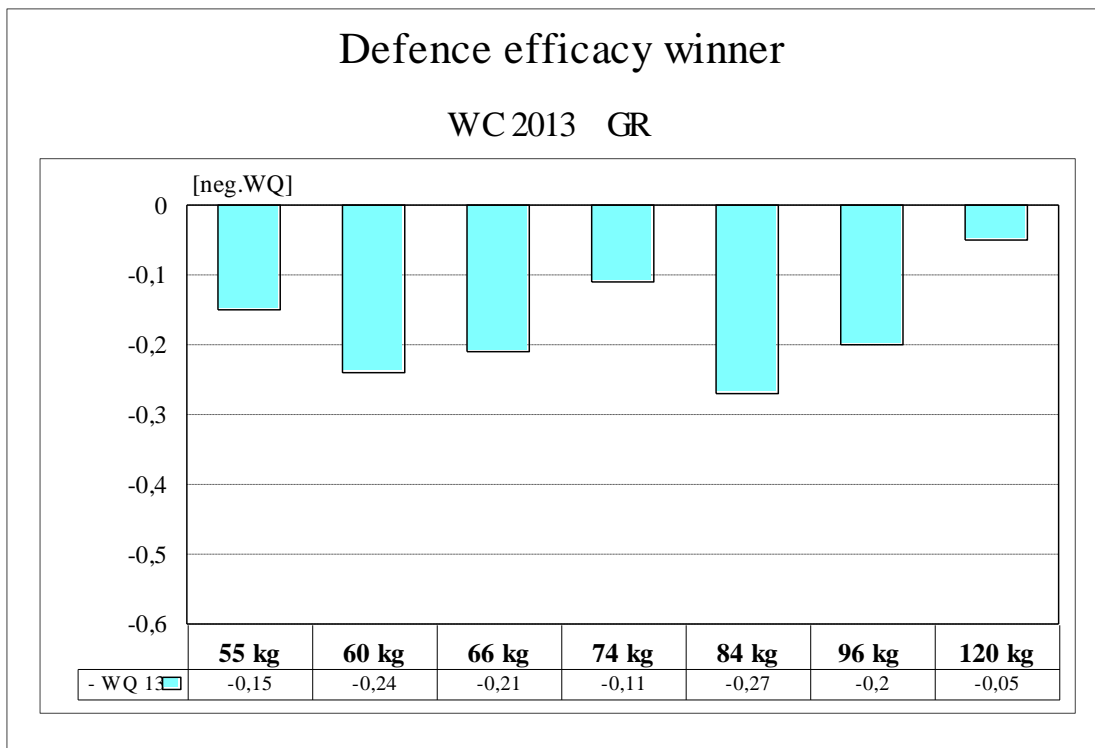


Figure 25 Defense efficacy of the champions in Budapest

In summary we see the outstanding performance of the four champions Han Su Ryu KOR, Won-Chol Yun PRK, Wo Hyeon Kim KOR and Taleb Nariman Nematpour IRI (Fig. 26).

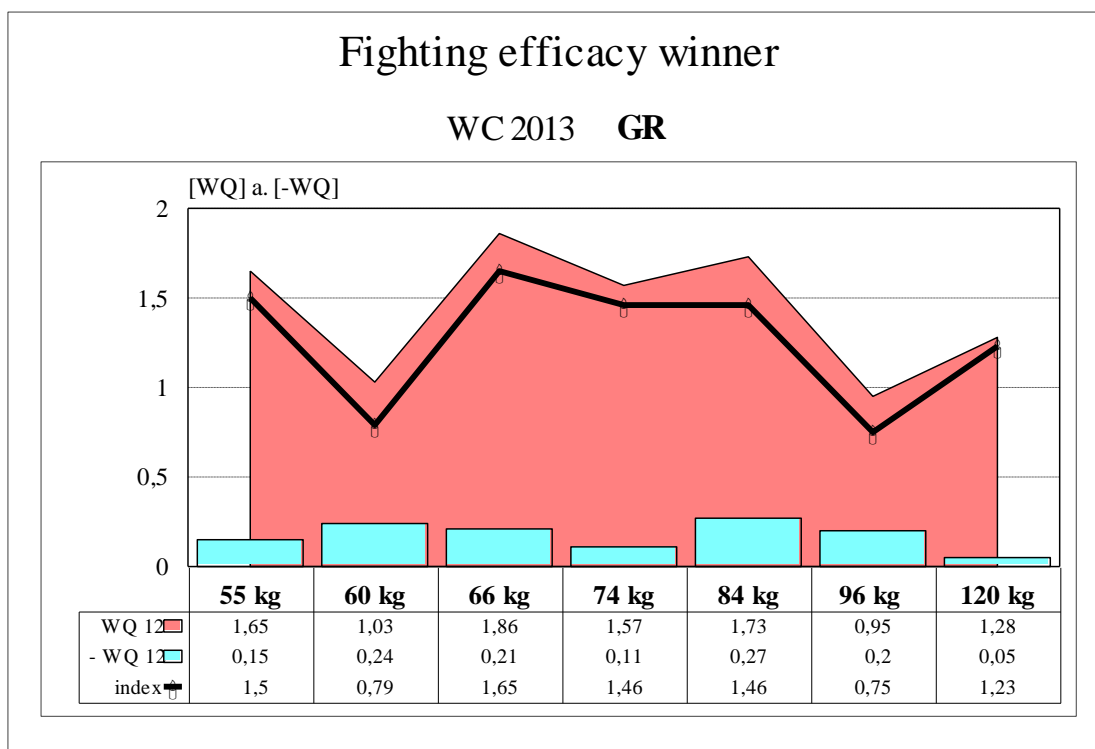


Figure 26 Wrestling efficacy of the champions in Budapest

## 5. Technical structure of the Champions

It is for the coaches very important to analyze the technical-tactical structure of the winner. It is important for the analysis of the technical capacity of their athletes to compare this with the top athletes of the weight class. It is also very important for the planning of the technical training process as well as for the training concepts of the promising young talents. The analyzing of the technical structure is also an evidence for the influence of the rule changes on the technical-tactical behavior.

We see in Istanbul 2011 throws as the dominating techniques followed by “out”! Take downs and gut wrench (Fig 27).

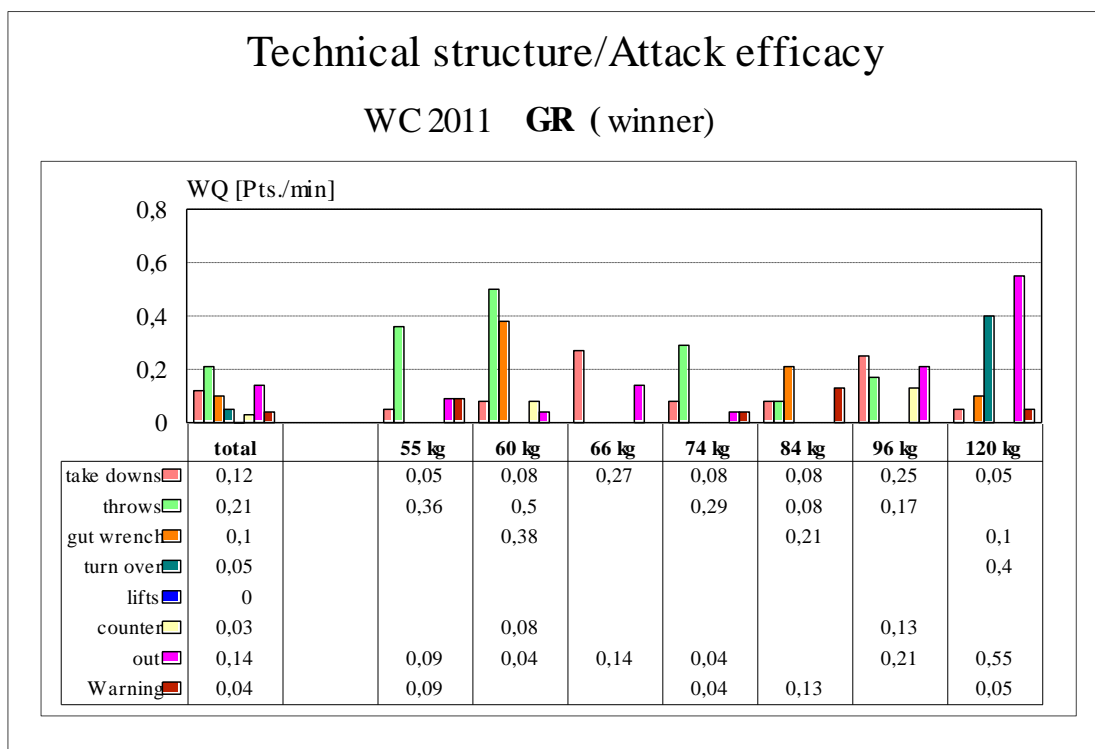


Figure 27 Technical structure and efficacy of the World Champions 2011

It would be interesting to look at the technical structure after the rule changes 2013.

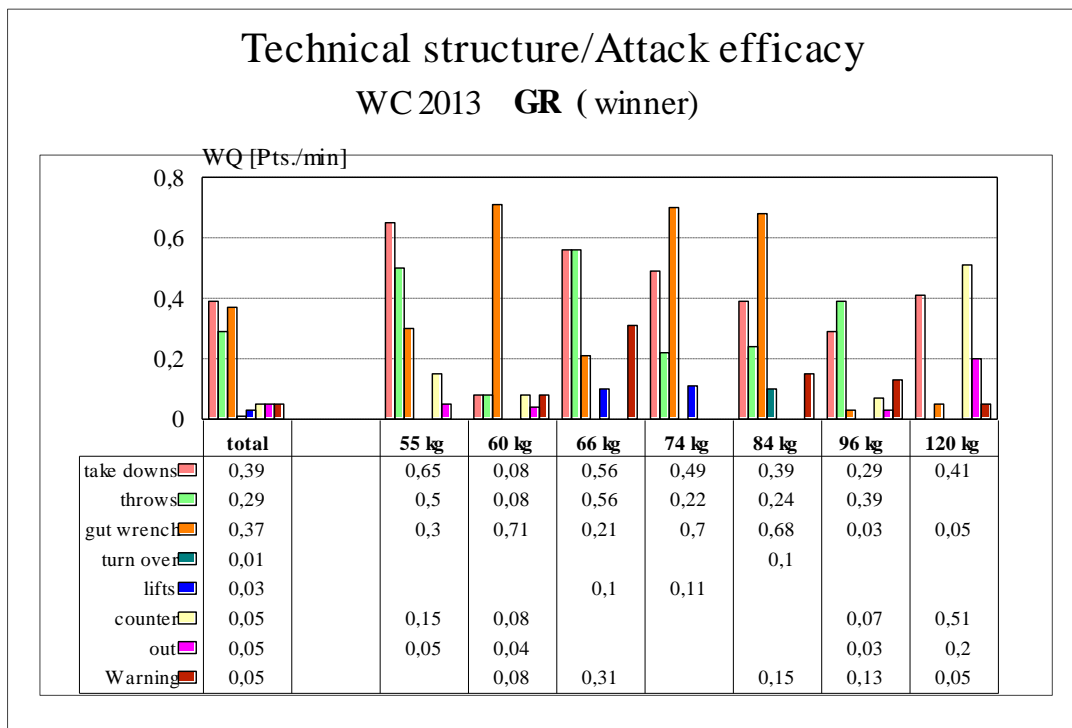


Figure 28 Technical structure and efficacy of the World Champions 2013 in Budapest

And indeed the picture shows different results. In front are the take downs followed by the gut wrench and throws. Good news the decrease of the technique “out” and the reappearing of the lift techniques. Bad news is the fact that the throws lost the first place and took the third place. Interesting is the different Winning strategy of the Champions. The heavy weight prefers besides throws counter technique and “out” while the best techniques of the 74, 84 and 60kg champions is the gut wrench. The best technique of the 55kg wrestler is the take down. More information we can get if we compare the development of the technical structure of the world champions in Freestyle since 2009.

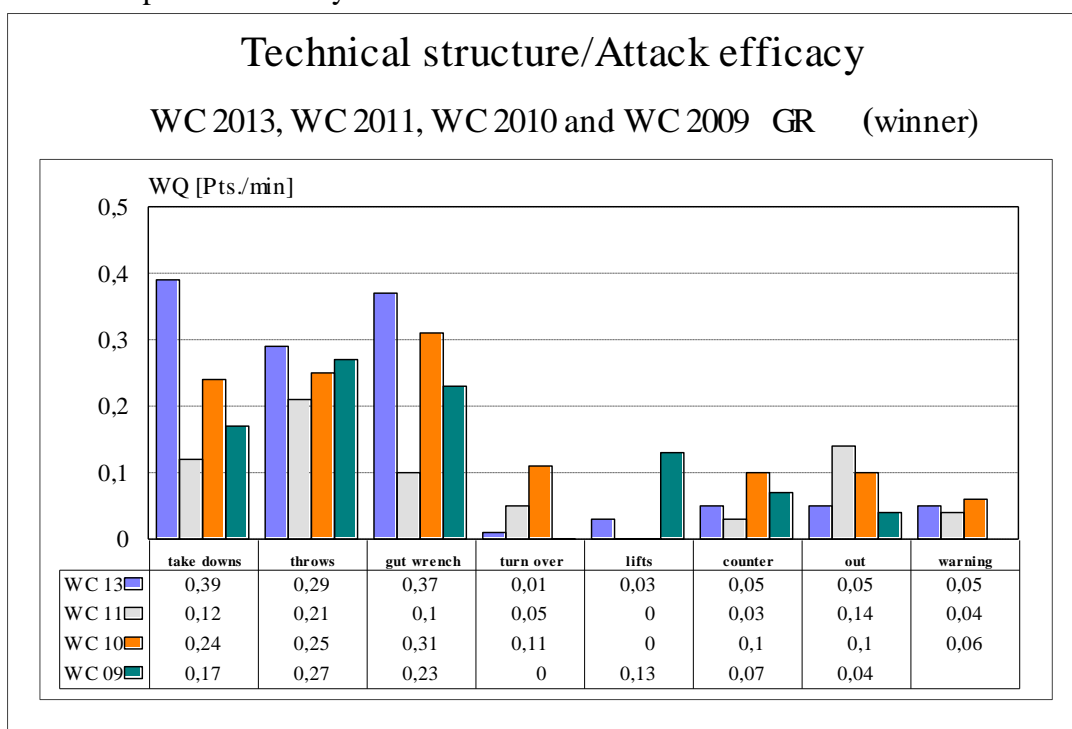


Figure 29 Comparison of the technical structure in Greco-Roman 2009, 2010, 2011 and 2013

If we compare the technical structure of 2009 to 2013 we can see some interesting developments (fig. 29).

Take downs, Throws and gut wrench are the dominating techniques since years even in a different order. Lift techniques disappeared completely and they came back after the rule changes. The amount of turn over techniques decreased since 2010.

## **6. Summery**

Rule changes had been necessary after the decline of the attractiveness of Greco-Roman wrestling during the last years. The aims of the rule changes 2013 were to cancel unattractive elements of the rules, to encourage the athletes to more activities and offensive wrestling strategies and to more understanding of wrestling to the audience. After analysing four Championships 2013 carried out with new rules we found out a successful implementation of the new rules.

Boring 1:1 periods and unattractive defence strategies in parterre position disappeared and it took place an increase of technical-tactical actions, more offensive wrestling and activity, more scorings and more spectacular bout for the audience and media.

The new rules are also new challenges for the referees and the goal to make wrestling more understandable for the audience is not achieved. A problem could be the quality of the techniques for instance if have a look at the gut wrench in connection with the autotouche.

## **7. Individual world top performances under technical-tactical aspects (video show)**