

The Schwinger Crash Course

The Federal Wrestling and Alpine Festival only takes place every three years. This year, the ESAF will take place on the weekend of August 23-25, 2019 in Zug.

The five Swiss sub-associations

The five sub-associations are incorporated directly below the Federal Wrestling Association. They arose from geographic boundaries.

- Inner Swiss Wrestling Association (ISV)
- Bernese Cantonal Wrestling Association (BKSV)
- Northeast Swiss Wrestling Association (NOSV)
- Northwestern Swiss Wrestlers' Association (NWSV)
- Southwestern Swiss Wrestlers' Association (SWSV)



The Gang

A wrestling bout is called a "gang" and typically lasts 5 minutes for the Swiss. The fight will be directed by a court judge in the sawdust and by two judges at the table and then evaluated.

The aim is to force your opponent onto his back by applying swings, such as the «Wyyberhaagge». The attacking wrestler must hold at least one hand on the wrestling shorts and press his opponent into the sawdust with both shoulder blades or at least two-thirds of his back. If no winner has been determined after the 5-minute match, the match ends as «provided» and thus as a tie.

As a sign of fairness, the winner wipes the sawdust off the loser's back after the decision. After that, the duel ends with a handshake.



The Scoring

Scores are given to the winner and loser after each course. The grading scale ranges from 8.25 to 10.00, with a «10ni» representing the best grade. The wrestler with the highest total number of points after eight courses becomes the wrestler king at the end. won resp. Will lose a bout when the bottom

- with the whole back
- from the buttocks to the middle of both shoulder blades
- or is touched from the back of the neck to the middle of both shoulder blades.

10.00 points: victory and flat throw

- 9.75 points: Victory with overpressures
- 9.00 points: Provided (tie) if fight is attractive.
- 8.75 points: Provided if fight is unattractive
- 8.75 points: Lost but fought hard and risked a lot
- 8.50 points: Lost with no good attack or chance

The course of the competition

There is no schedule available before a wrestling festival, as is the case with a football tournament, for example. The pairings are not drawn; instead, a panel of judges, consisting of three to six people, determines the division of the eight courses.

Day 1

- Gears 1 and 2: start swinging
- Gears 3 and 4: swing out

Day 2

- Gears 5 and 6: overshoot
- Courses 7 and 8: wreath cutting

Before the competition, however, only the first course is assigned. The division is based on the qualification of the athletes, often the currently strongest wrestlers compete against each other in the first gear. The courses are then divided based on the number of points already received.

First of all, wrestlers from the same sub-federations and wrestlers from the same clubs are not divided against each other. Towards the end of the Schwingfest it can definitely happen.

After the first day and the first four courses, a certain number of wrestlers are eliminated, as well as after the sixth course. Gears 7 and 8 are all about cutting out the wreath. The best 15 to 16 percent of all wrestlers receive a federal wreath as a prize. Henceforth they may call themselves «Swiss Confederates».

In the final round, the two wrestlers with the highest number of points after seven rounds fight for the king's title. However, since the remaining wrestlers also complete the eighth course, it can happen that in the end neither of the two final course wrestlers becomes king, but a third wrestler.



The Temple of Gifts

A wrestling and alpine festival includes an attractive gift temple with valuable prizes and beautiful souvenirs. The living prizes and more than 350 other gifts can be viewed for around two weeks from Friday, August 9th to Sunday, August 25, 2019, to be admired. Of course, the winning ammo "Kolin" deserves special attention.

Other important terms

"Bose": The country's strongest wrestlers are lovingly called that. Since there is no definition of who is considered a "bad guy", all wrestlers with a federal wreath are now described with this term.

"Kranz": The best wrestlers at a festival (usually the top 15 percent) receive an oak leaf wreath and can call themselves wrestlers. It is the primary goal of a wrestler.

"Eidgenosse": anyone who wins a wreath at the Swiss wrestling and alpine festival can not only call themselves "Bose" but also "Eidgenosse".

"Sennenschwinger": Is the original wrestling type, which comes from a pure wrestling club. He wears dark trousers and a colored, usually light blue, traditional Edelweiss shirt.

"Turnerschwinger": The second wrestler type. He comes from a gymnastics club and wears white pants and a white shirt.

"Erstgekronter": Since only one wrestler can be wrestler king, a name had to be created for possible wrestlers with the same number of points. Eugen Hasler was last crowned in 1989 in Stans.

This is just a small excerpt from the "Schwingerpedia" of the newspaper "Schlussgang". If you would like to read more about the trend sport of wrestling, you will find a lot more information at:
<https://schlussgang.ch/de/schwingerpedia>

Otherwise, after the wrestling crash course, you will be well prepared for the «Federal» and ready for the two-day highlight in Zug. We look forward to welcoming you to the ESAF.

Kind regards,
Your ESAF project team

