THE PERFORMANCES OF THE TURKISH FEMALE WRESTLING TEAM IN THE 2022 SENIOR EUROPEN WRESTLING CHAMPIONSHIP IN TERMS OF SOME COMPETATION COMPENENTS

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ABSTRACT

The importance of women in social and economic life in the world is constantly changing and comes to the same level as men. This change is also observed in the sports field. This situation is valid for Turkish women. It is possible to see women both in the world sports arena and in Turkey in sports branches such as wrestling, boxing and weightlifting, where power and strength are at the forefront. In addition to being at the top of the international federation member countries in terms of the number of licensed female wrestlers, Turkish female wrestlers have also achieved many international successes. One of these, and perhaps the most important, is the 2022 Senior Famale European Wrestling Championship. In this study, the individual and team competition performances of the Turkish Women's National Wrestling Team, which won the European Team Champion were analyzed in terms of some competition components.

Keywords: Competition Analysis, Female Wrestling, Competition Component

INTRODUCTION

One of the oldest sports branches known in history is wrestling. Due to its prevalence and popularity in the world, it has an important place among the Olympic sports branches. Undoubtedly, it is of great importance for both athletes and countries to achieve international success in a sport that is so common all over the world and is known and followed by millions of people. As in all other sports, the success of the athlete in wrestling is directly related to their high performance. High performance, on the other hand, requires technical, tactical and physiological preparation as well as mental and some psycho-social competencies.

Among the changes in the perspectives of developed societies towards sports, the themes of sports for everyone, women and sports have found a response in wrestling as well as in all sports branches. Due to its historical origin and nature, wrestling has been perceived as a male sport as a sign of strength. However, in the last century, the fact that women have started to play a more active role in social life and take on new roles in economic and social life also shows itself in the field of sports. Before these developments, women found a place for themselves in many sports fields, especially in boxing, wrestling, football and weightlifting, which were perceived as men's sports (Petrov and Bakalova 2011).

The United World Wrestling (UWW) has organized major breakthroughs and organizations in women's wrestling in the last thirty years, and for the last ten years, international tournaments, continental championships, world championships and world cup competitions in women's wrestling, as well as in men's wrestling, have been included in its annual competition calendar. In addition, the International Olympic Committee has included six Olympic weight classes in Women's Wrestling, as in Men's Wrestling, in the Olympic competition calendar. As in all countries of the world, women's wrestling is rapidly developing and becoming widespread in Turkey. Turkey, which is at the top of the list of countries that have a say in World Wrestling, has also won medals in European and World Championships in women's wrestling in the last ten years, and a bronze medal was won in the last 2021 Beijing Olympic Games.

The implementation of a good and correct training program brings the athletes to a high-performance level. The training programs that will lead the athletes to the success they aim for should be suitable for the physiological characteristics of the athlete, and at the same time, the technical and tactical characteristics of both the athlete and his opponents should be determined. In addition, it is also important to determine the reasons for success or failure in the sportive field.

Competition analysis results obtained with scientific and statistical methods reveal the reasons for success or failure in sports (Massida and Calo 2012).

METHOD

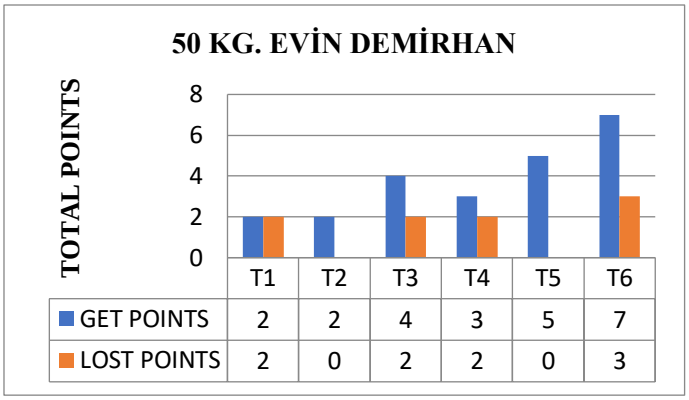
This research is based on literature review, video analysis and statistical analysis methods.

All the competition images and competition results of the Championship subject to the research were viewed by accessing the UWW official website (https://unitedworldwrestling.org/). Some determined competition components were analyzed and classified according to International Wrestling Rules and recorded.

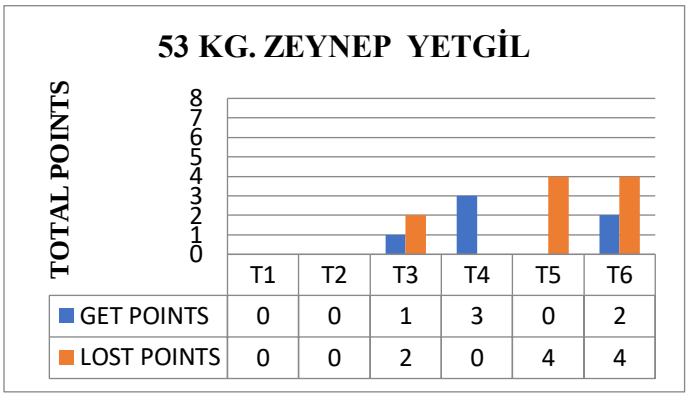
The data were organized in Excel (Microsoft Excel 2007 Version) program. In the descriptive tables, the total points, average points and medal distributions regarding the competition scores are given. The graphics in the study were obtained from the Excel program as they were visually more successful.

RESULTS

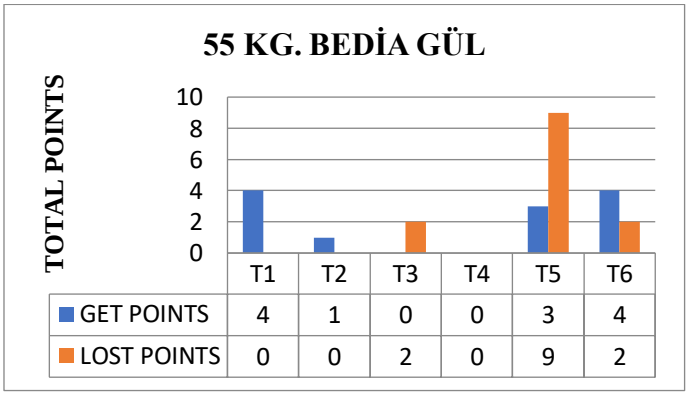
GRAPH 1 : DISTRIBUTION OF THE TECHNICAL POINTS WON AND LOSE OF TURKISH NATIONAL TEAM ATHLETES TO COMPETITION TIME SECTIONS FOR ALL WEIGHT CATEGORİES INDIVIDUAL PERFORMANCE



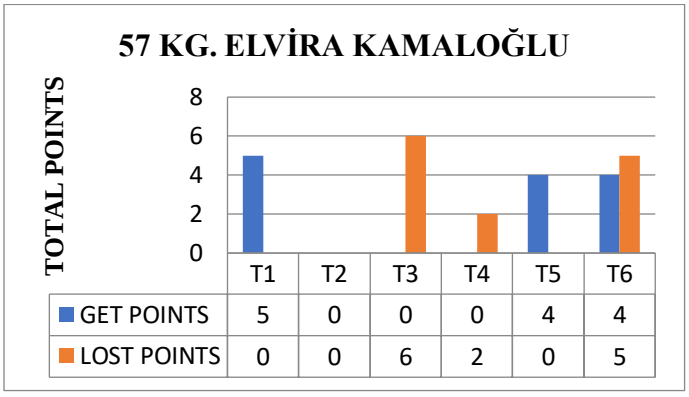
	T1	T2	T3	T4	T5	T6
GET POINTS	2	2	4	3	5	7
LOST POINTS	2	0	2	2	0	3



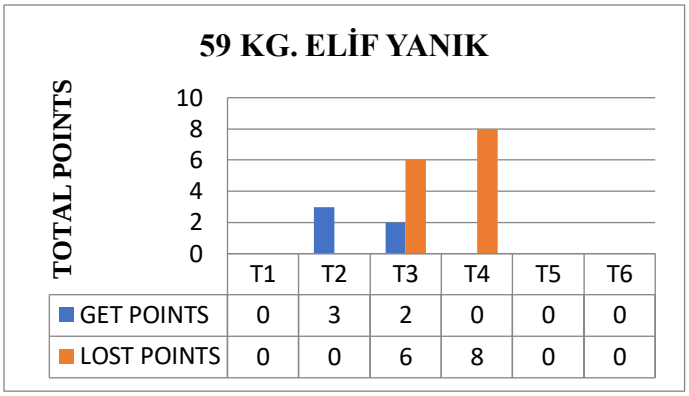
	T1	T2	T3	T4	T5	T6
GET POINTS	0	0	1	3	0	2
LOST POINTS	0	0	2	0	4	4

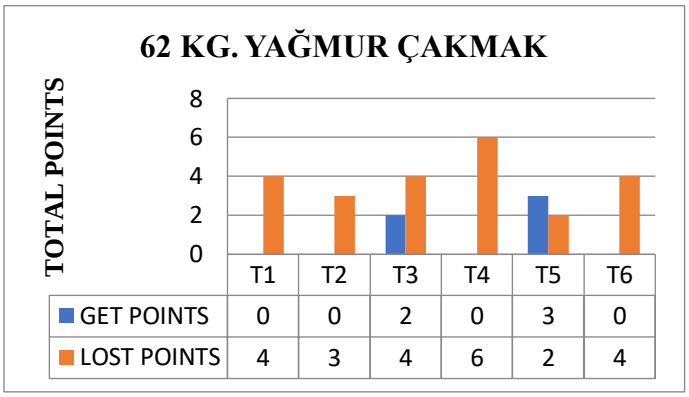


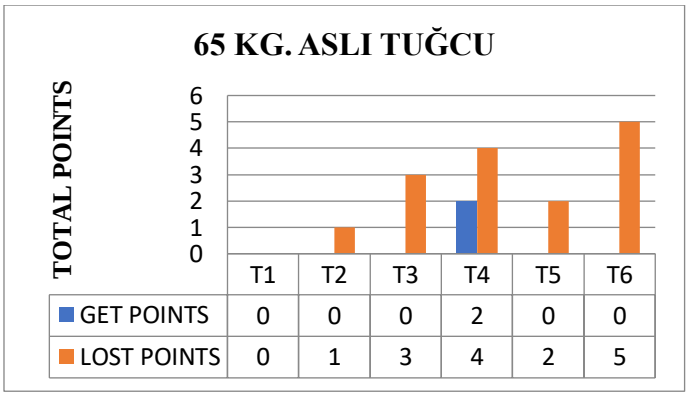
	T1	T2	T3	T4	T5	T6
GET POINTS	4	1	0	0	3	4
LOST POINTS	0	0	2	0	9	2

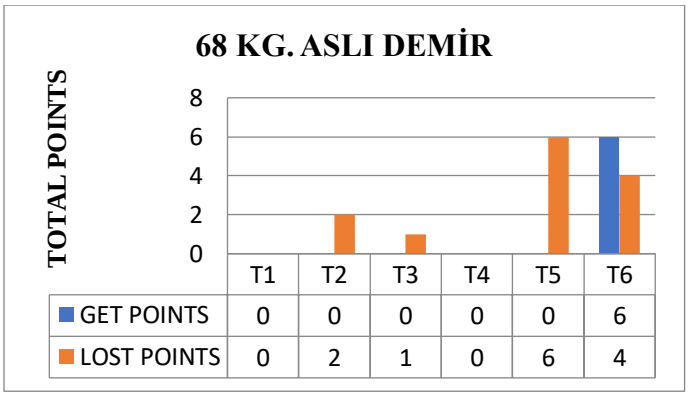


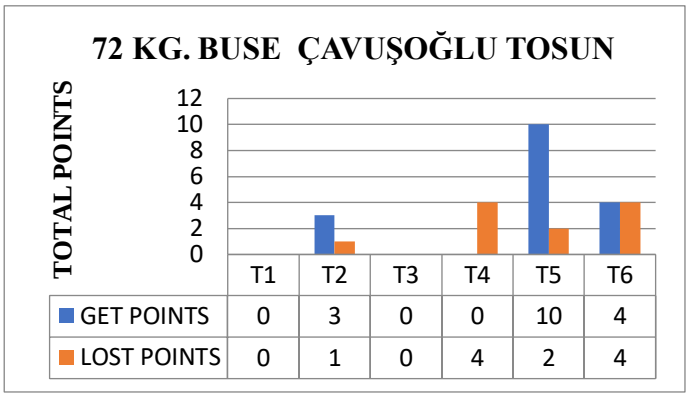
	T1	T2	T3	T4	T5	T6
GET POINTS	5	0	0	0	4	4
LOST POINTS	0	0	6	2	0	5

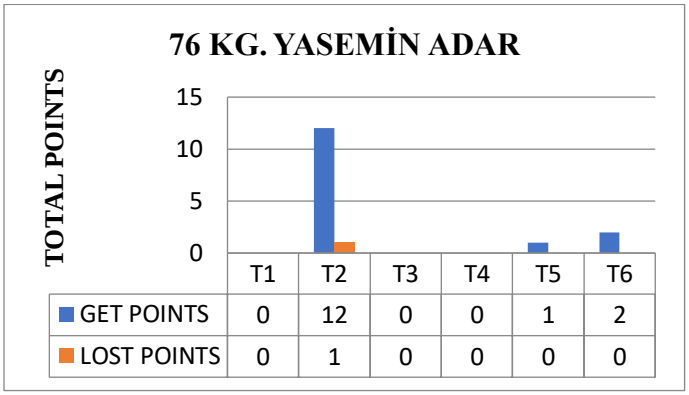

59 KG. ELİF YANIK
TOTAL POINTS
10
8
6
4
2
0
T1 T2 T3 T4 T5 T6
GET POINTS 0 3 2 0 0 0
LOST POINTS 0 0 6 8 0 0


62 KG. YAĞMUR ÇAKMAK
TOTAL POINTS
8
6
4
2
0
T1 T2 T3 T4 T5 T6
GET POINTS 0 0 2 0 3 0
LOST POINTS 4 3 4 6 2 4

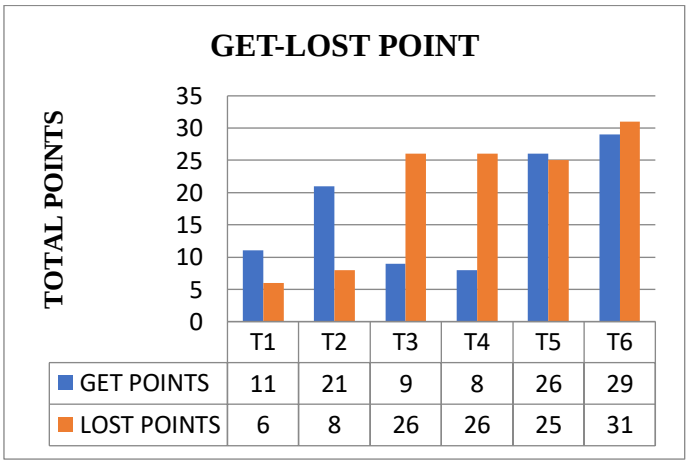

65 KG. ASLI TUĞCU
TOTAL POINTS
6
5
4
3
2
1
0
T1 T2 T3 T4 T5 T6
GET POINTS 0 0 0 2 0 0
LOST POINTS 0 1 3 4 2 5


68 KG. ASLI DEMİR
TOTAL POINTS
8
6
4
2
0
T1 T2 T3 T4 T5 T6
GET POINTS 0 0 0 0 0 6
LOST POINTS 0 2 1 0 6 4

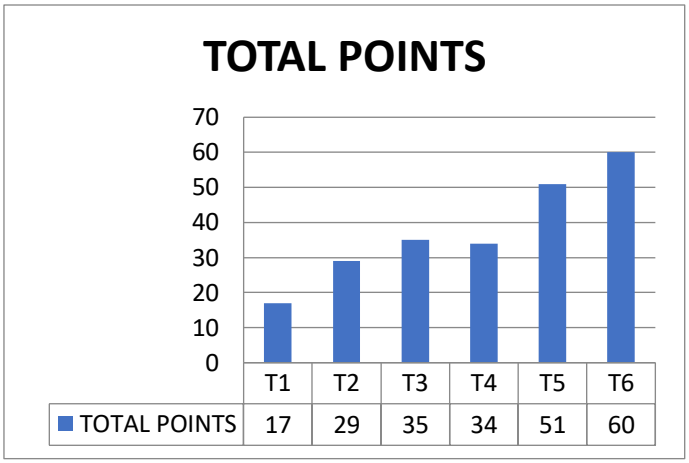




GRAPH 2 : DISTRIBUTION OF THE TOTAL TECHNICAL POINTS WON AND LOSE OF TURKISH NATIONAL TEAM ATHLETES TO COMPETITION TIME SECTIONS



GRAPH 3 : DISTRIBUTION OF THE TOTAL TECHNICAL POINTS WON AND LOSE OF ALL WOMEN ATHLETES AT THE 2022 EUROPEAN WRESTLING CHAMPIONSHIP TO COMPETITION TIME SECTIONS



According to Graph1 and Graph 2, in the distribution of the technical points scored in all the competitions into one-minute time periods, it is observed that the highest rate was realized in the last minute of the competition and it was 27%, and 64% of the technical points were scored in the second half of the competition. It was observed that the technical points scored by the Turkish Women's National Team Athletes were realized in the last minute of the match with the highest rate of 28%, and they won 61% of the technical points scored in the second half of the competition. In addition, it was observed that they lost the technical points they lost in the last minute of the match with the highest rate of 25% and in the second half of the match with a rate of 67%.

TABLE 1 : TYPES OF WIN IN COMPETATİON OF TURKISH NATIONAL TEAM ATHLETES

	WINNING				**DEFEAT**			
WEIGHT	**W by PO.**	**W by SUP.**	**W by FALL**	**OTHERS**	**W by PO.**	**W by SUP.**	**W by FALL**	**OTHERS**
50 KG	3							
53 KG	1				1		1	
55 KG	2						1	
57 KG	1				1		1	
59 KG							2	
62 KG	1				1	1		
65 KG					1	1		
68 KG					1			
72 KG	2						1	
76 KG	1	1	1					

While Turkish Women's National Team Athletes won 11 of the 26 competitions with victory by points, they won 1 match with victory by technical superiority and victory by fall. On the other hand, they lost 5 matches by points, 2 matches by technical superiority and 6 matches by fall. With these results, the winning criteria in total competitions are; The rate of winning by points was 62%, the rate of winning by technical superiority was 11%

and the winning rate by fall was 27%. Turkish National Team athletes won 84% of the 13 competitions they won, with the criteria of winning by points.

TABLE 2 : TURKISH NATIONAL TEAM ATHLETES WIN AND LOSE TECHNICAL POINTS AND NUMBER OF COMPETITIONS. TOTAL TİME OF EACH WEIGH COMPETATİONS.

WEIGHT	GET T.PO.	LOST T.PO.	GET T.PO. AVE.	LOST T.PO.AVE.	N of CO.	T of CO.
50 KG	23	9	7,7	3,0	3	18:00
53 KG	6	10	2,0	3,3	3	17:23
55 KG	12	13	4,0	4,3	3	17:31
57 KG	13	13	4,3	4,3	3	17:58
59 KG	5	14	2,5	7,0	2	08:26
62 KG	5	23	1,7	7,7	3	15:20
65 KG	2	15	1,0	7,5	2	11:07
68 KG	6	13	6,0	13,0	1	06:00
72 KG	17	11	5,7	3,7	3	17:09
76 KG	15	1	5,0	0,3	3	09:41

Turkish Women's National Team Athletes won 104 technical points in total against their opponents in a total of 26 competitions and lost 122 technical points. When all the competitions are taken into account, the average technical score per match was 8.7, while the Turkish Women's National Team Athletes won an average of 4 technical points per match and lost 4.7 technical points. The highest rate in the individual performance of the technical points get points is of 50 Kg. athlete with 7.7 technical points while the lowest performance is observed with an average of 1 technical point in 65 kg. athlete. The highest performance in the average of technical points lost is of 76 Kg. athlete with an average technical point of 0.3 while the lowest performance is observed in 68 Kg. athlete with 13 average technical points. Considering the duration of the competitions, it is observed that the average duration of all the

competitions performed by the athletes was over five minutes, lasting approximately 05:20 seconds. Athletes spent a time of 1:18:25 seconds in 26 competitions in total.

TABLE 3 : RANKING OF WEIGHTS

WEIGHT	GOLD	SILVER	BRONZE	BRONZE	N of ATLETS
50 KG	TUR	BUL	ROU	POL	11
53 KG	SWE	GRE	MDA	POL	11
55 KG	ROU	UKR	TUR	MDA	9
57 KG	UKR	BUL	GER	HUN	9
59 KG	MDA	POL	GER		7
62 KG	BUL	GER	UKR	POL	12
65 KG	UKR	AZE	ROU		6
68 KG	MDA	FRA	POL	UKR	8
72 KG	GER	TUR	FRA	BUL	9
76 KG	TUR	EST	ITA	HUN	12

Gold, Silver and Bronze medals were distributed among the athletes from 14 different participating countries. The countries that won the most medals were Ukraine and Poland with 5 medals each. As also 59 and 65 Kg. classes, due to the number of participating athletes, were made with the Nordic System, 1 bronze medal was given in each of these weight classes as per the international wrestling rules.

TABLE 4 : RANKING OF TEAMS

RANKING		GOLD	SILVER	BRONZE	T.POINTS
1	TUR	2	1	1	140
2	UKR	2	1	2	135
3	BUL	1	2	1	110
4	GER	1	1	2	101
5	POL		1	4	96
6	ROU	1		2	89
7	MDA	2		2	86
8	HUN			2	62
9	ITA			1	49
10	SWE	1			43
11	AZE		1		42
12	FRA		1	1	41
13	EST		1		30
14	GRE		1		20
15	ESP				12
16	CZE				10
16	SRB				10
18	LTU				10
19	AUT				8

20	FIN	4
21	GBR	0
21	ISR	0

In this championship in which 94 athletes from twenty-two different countries competed in ten weight categories, Turkey ranked first as a team with 140 points, Ukraine ranked second with 135 points and Bulgaria ranked third with 110 team points. On the other hand, England and Israel could not gain team points and shared the last place together. In the distribution of gold medals, Turkey, Ukraine and Moldova won 2 gold medals each, while Bulgaria, Germany, Romania and Sweden won 1 gold medal each. Spain, Czech Republic, Serbia, Lithuania, Austria, Finland, England and Israel completed the championship without medals.

TABLE 5 : FREQUENCY OF TECNİCAL POINTS OF TURKISH NATIONAL TEAM ATHLETES

	GET POINTS				**LOST POINTS**			
WEIGHT	**1P**	**2P**	**4P**	**5P**	**1P**	**2P**	**4P**	**5P**
50 KG	3	10			3	3		
53 KG	4	1			2	4		
55 KG	4	4			1	4	1	
57 KG	1	6			3	5		
59 KG	1	2				3	2	
62 KG	3	1			1	7	2	
65 KG		1			3	6		
68 KG		1	1		3	5		
72 KG	7	3	1		5	3		
76 KG	1	5	1		1			

In the technical points scored by the Female Turkish National Team Athletes against their opponents, 1 Point frequency was 24 times, 2 Points frequency 34 times, 4 Points frequency 3 times, and 5 Points could not be scored. On the other hand, in the technical points they lost to their opponents, 1 Point frequency was 22 times, 2 Points frequency was 40 times, 4 Points frequency was 5 times and they did not lose 5 Points against their opponents. In the points scored by the Turkish National Team athletes, 1 point frequency was 39 %, 2 points frequency was 56% and 4 points frequency was 5%. In the points they lost, 1 point frequency was 33 %, 2 points frequency was 60%- and 4 points frequency was 7%. Considering the general average of all competitions, the rate of 1 point frequency is 36 %, the rate of 2 points frequency is 58% and the rate of 4 points frequency is 6%.

DISCUSSION

For the first time in Turkish Wrestling History, gold medal at the European Championships in the senior category in 2016 (Yasemin Adar 75 Kg), gold medal at the World Championship

for the first time in the senior category in 2017 (Yasemin Adar 75 Kg), and again in the Olympic Games in 2021, due to the Covid-19 pandemic, Olympic bronze medal (Yasemin Adar 76 Kg) was won for the first time. These important achievements of Turkish women's wrestling gained a new dimension with 2 gold, 1 silver and 1 bronze medals and Team European Champion in 2022 European Wrestling Championship. This situation requires the analysis of the competition performances of the Turkish Women's National Team as a team, as well as individual performances.

According to the analysis, it was determined that 50, 76, 72 and 55 kg. athletes perform at high level in individual performances in terms of competition components. Among these athletes, It was observed that 50 kg. athlete is the most successful athlete offensively, with 23 technical points and an average of 7.7 technical points per match. It was determined that 76 Kg. athlete, on the other hand, is the most successful athlete defensively, losing only 1 point against his opponents in three competitions.

In team performance, in terms of competition components, Turkish Women's National Team athletes succeeded in winning 50% of their competitions. While the technical score average of all the competitions was 8, 7, the Turkish National Team Athletes gained an average of 4 technical points per competition and lost 4.7 technical points. In the competition winning criteria, they won the competition with the highest number of victories with 42%. Additionally, the average competition time was determined as 05:20 seconds, since this also resulted in the completion of the match with 06:00 sec., which is the normal time of the competitions.

In the analysis of the frequencies of the technical points scored, while the most successful athlete was 72 Kg. one at the frequency of 1 point and 50 kg. one at the 2 Point frequency individually, 68,72 and 76 Kg. athletes each was the most successful once at 4 Point frequency. On the other hand, in the athletes who show superior performance defensively by losing the least points against their opponents in the frequency of technical points lost; 55, 62 and 76 Kg. athletes at a frequency of 1 point., 76 Kg. athlete who didn’t lose any points at 2 and 4 points frequency were the most successful ones. As for team performance; Turkish National Team Athletes achieved 56% of the attacks and games, which are considered as technical points, as 2 points. On the other hand, they lost 60% of the technical points they lost with attacks that were evaluated as 2 points. Among all the competitions, the rate of attacks that are evaluated as 2 points is 58%.

In their study, Tropin and Chuev (2017) found that the average time of the competitions was 264 seconds (4.24 minutes), and almost all of the competitions were completed in two periods. Our study shows parallelism with this study in terms of the ending times of the competition. However, it seems to be long in terms of average competition time. It is thought that the reason for this is the small number of competitions analyzed.

Imamoglu et al. (2009) determined the average score per competition at the 2005 Women's World Championship as 7.68 before the final competitions and 8.46 at the final competitions. This aspect of our study is parallel to the related study.

Tünnemann and Curby (2016) in their study on the technical analysis of the 2012-2016 Olympic Games; for women; they stated that the average score, which was 6.5 in the 2012 Olympic Games, increased to 8.6 in the 2016 Olympic Games because of the changes made in the international rules. In our study, it can be said that the average scores per competition are close to the 2016 Olympic Games.

Tünnemann (2002) stated that in the analysis of the Senior Women's World Championship (2002 data), the winning rate by points was 62.5% as the highest winning criteria. Imamoglu et al. (2009), on the other hand, determined that the highest rate of winning criteria in the 2005 Seniors Category Women's World Championship, was 63% in the winning criteria with points.

CONCLUSION

In the Senior Women European Wrestling Championship 2022, Turkish Women's National Team athletes showed high level performances in terms of competition components in line with the literature, especially 50,55,72 and 76 Kg weight classes they won medals in. They won competitions in all weight classes except 59 kg. even if they could not win medals. In addition, they could not score technical points in a total of 3 competitions of all the competitions, two in 62 and one in 65 kg.

The fact that the average technical scores of the competitions are high is an indication that all athletes put forth high levels of effort. The fact that the winning criteria of the competitions are high by points and the average competition times are close to the normal time can be accepted as an indication that the athletes compete with their opponents in the form of equal power and strength. In addition, the fact that 64% of the technical points in the competition were scored in the second half of the competition and that 27% of the technical points were scored in the last minute can be considered as an indication that the athletes who performed these competitions performed at a high level in terms of endurance. Turkish Women's National Team Athletes also won 61% of the technical points they won in the second half of the competition. They won the technical points with a rate of 28% in the last minute of the match. In lost technical points; 67% of the technical points were lost in the second half and 25% in the last minute of the match. According to these ratios, it can be said that the Turkish Women's National Team Athletes exhibited a more offensive performance in the second half of the competition, while at the same time they showed poor performance in the defensive direction. In the last minute of the competition, it can be said that while they make a great effort to gain technical points, they also show weakness in the defensive aspect.

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