

Empire Wrestling Federation Rulebook 28th Edition

by Frank Mott

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1. Introduction

From the Desk of Frank Mott, EWF Commissioner

Professional Wrestling. For as long as I can remember, that word has filled my heart with excitement, joy, and an unrelenting sense of wonder. My journey with professional wrestling began when I was just a boy, sitting cross-legged on the living room floor, an ice-cold Pepsi in hand, staring wide-eyed at the small black-and-white television set. The athletes and personalities of the sport came to life on that flickering screen, their battles as real to me as anything in the world. It wasn't just their strength or their skill; it was their stories, their struggles, their triumphs.

I saw my first rules broken and felt the sting of unfairness. I saw my first underdog overcome impossible odds and cheered until my voice was hoarse. Those early days shaped me, taught me that wrestling was more than just a sport—it was an art form, a theater of human spirit and resilience.

When I became Commissioner of the Empire Wrestling Federation, it felt like I had finally come full circle. The EWF wasn't just another wrestling promotion; it was a home for the craft I loved. I have had the privilege of witnessing greatness unfold right before my eyes. From the early days of EWF legends like Bobby Bradley, Melina, and Scorpio Sky to the current generation's stars—Trailer King, Michael Badwolf, and Firebird—I have been blessed to see wrestling evolve while still honoring its roots.

Every wrestler who steps into an EWF ring carries a piece of that legacy. They are warriors, storytellers, and artists, each one adding their chapter to the ongoing saga of professional wrestling. Whether it's the grit and determination of a competitor who will stop at nothing to win or the clever tactics of those who challenge the rules, every single wrestler brings something special to the ring.

I've watched matches in legendary venues like the EWF Arena, where the walls echo with the cheers of loyal fans, and at the Banning Community Center, where some of the most thrilling battles in EWF history have taken place in such a short period of time. Let's not forget about VFW Post 8737! It may be a parking lot in San Bernardino to some, but to those who have witnessed its magic, it's the site of countless memories. These places aren't just locations; they are sanctuaries for the sacred craft of wrestling, where unforgettable moments are born and shared.

To the fans who fill the seats and cheer with your whole hearts, you are as much a part of this as the wrestlers in the ring. Your energy fuels the performers, your voices create the atmosphere, and your love keeps wrestling alive. Without you, wrestling would be nothing more than an empty canvas.

To the wrestlers, both past and present, you are the lifeblood of this sport. You put your bodies on the line, you sacrifice, you dedicate yourselves to mastering your craft—and you do it all for the love of wrestling. Whether you're the competitor who brings the crowd to its feet with your charisma or the one who pushes your opponents to their limits, know that your efforts matter, and your contributions will never be forgotten.

Wrestling is eternal. Its traditions, its stories, its heroes, and rivals—these things will outlive us all, passed from generation to generation. I am honored to have played a part in this great journey, to have seen wrestling grow from its early days on a black-and-white screen to the electrifying spectacle it is today.

From the technical precision of the grapplers who lock up with unyielding focus, to the high-flyers who defy gravity with daring acrobatics, and the larger-than-life characters who ignite the crowd with their charisma, wrestling is a sport of infinite variety. It is an art form that speaks to the human spirit, celebrating triumph over adversity, the clash of wills, and the pursuit of greatness.

This rulebook is not merely a list of guidelines and regulations—it is a testament to the enduring values of Pride, Honor, and Respect that define our sport. It exists to preserve the integrity of competition, to ensure fairness and safety, and to honor the legacy of those who have walked through the curtain before us. It is a promise to uphold the traditions of professional wrestling while embracing its limitless potential for growth and evolution.

As you step into the ring, take your place in the crowd, or work tirelessly behind the scenes, know that you are a part of something much greater than yourself. Together, we carry forward the torch of professional wrestling, ensuring that its light never fades.

Welcome to the Empire Wrestling Federation, where the future is written one match at a time. Let's continue to create memories, inspire generations, and uphold the spirit of wrestling for years to come.

With Pride, Honor, and Respect,

Frank Mott

Frank Mott

EWF Commissioner

2. General Match Rules

2.1 Match Outcomes

A match may be won through one of the following methods:

- Pinfall: Opponent's shoulders on the mat for a count of three.
- Submission: Opponent verbally or physically signals surrender.
- Knockout: Opponent is deemed unable to continue by the referee.
- **Disqualification:** Opponent violates rules as determined by the referee.
- Count-Out: Failure to return to the ring before the count of ten.

2.2 Tag Team Matches (Empire Rules)

- All tag team matches are conducted under Empire Rules, which mandate the following:
 - To legally enter the match, one of two things must occur:
 - Physical Contact: A partner must make physical contact with their teammate.
 - Exiting to the Floor: One competitor/partner leaves the ring and steps onto the floor outside.
 - Once a tag is made, the tagged-out partner has **ten seconds** to exit the ring.
 - Referees have the discretion to allow slight variations in this timing based on the flow of the match and circumstances.
- 2. Failure to comply with the ten-second rule or repeated infractions may result in disqualification or other penalties as deemed appropriate by the referee.

3. Prohibited Acts

Professional wrestling thrives on its traditions, respect for opponents, and adherence to rules that preserve the spirit of competition. The Empire Wrestling Federation enforces strict guidelines on prohibited acts to ensure fairness, safety, and respect for the craft. Violations of these rules are taken seriously and may result in disqualification, fines, suspensions, or other disciplinary actions.

3.1 Disqualification Offenses

The following actions result in immediate disqualification unless otherwise permitted by the specific match stipulation:

Low Blows:

Striking an opponent in the groin area is strictly prohibited and will lead to immediate disqualification. This rule reflects the EWF's commitment to maintaining a standard of respect and fairness in all contests.

Mask Removal:

The removal of a masked wrestler's mask is a direct attack on the identity and legacy of a competitor and is considered a severe violation. Deliberately attempting to unmask a wrestler without match stipulations allowing it will result in immediate disqualification.

Foreign Objects:

The use of weapons, tools, or any object not sanctioned for the match type is forbidden. This includes items brought into the ring or objects retrieved from outside the ring. Wrestlers who resort to foreign objects will be disqualified unless they are competing in a match that explicitly permits such items (e.g., No Disqualification or Roman Gladiator Death Match).

Outside Interference:

Any interference by unauthorized personnel, including managers, allies, or other wrestlers not officially part of the match, will result in immediate disqualification of the interfering party's representative.

Unsportsmanlike Conduct:

Actions such as deliberate choking, eye-gouging, spitting, or refusing to release a hold after a referee's count are prohibited. Repeat offenders may face fines and suspensions in addition to disqualification.

3.2 Damage to Property

VFW Post 8737 Specific Rule:

Kicking or damaging trash cans at VFW Post 8737 is strictly forbidden. This rule is enforced to respect the venue's contribution to the history of the EWF and to

maintain the safety and integrity of the environment. Violators will face disciplinary action, including a possible suspension of up to one year.

General Venue Conduct:

Wrestlers are expected to treat all EWF venues with respect. Deliberate damage to the ring, barricades, or other equipment, including throwing furniture or objects into the crowd, will result in severe penalties. Such acts tarnish the EWF's reputation and endanger fans and staff.

3.3 Additional Prohibited Acts

Failing to Break at the Count:

Refusing to release a submission hold or continuing an illegal maneuver after a referee's five-count may result in disqualification.

Striking Officials:

Any physical contact with referees, judges, or other officials is strictly prohibited. Wrestlers who strike an official, intentionally or recklessly, will face disqualification and possible fines or suspension.

Use of Unauthorized Personnel:

Employing or instructing individuals outside the EWF roster to interfere in matches or cause disruptions is not allowed and will result in immediate disciplinary action.

4. Rules of Conduct

The Empire Wrestling Federation operates under the guiding principles of **Pride**, **Honor**, **and Respect**. These core values serve as the foundation for conduct both inside and outside the ring. All competitors, officials, and personnel are expected to embody these ideals in every aspect of their involvement with the federation.

4.1 Pride

- 1. Representing the EWF: Wrestlers are ambassadors of the EWF. Their behavior, both in and out of the ring, should reflect the pride of being part of the federation. Competitors are expected to perform to the best of their abilities, upholding the high standards of the EWF.
- 2. Appearance and Presentation: Wrestlers must maintain a professional appearance, including clean and appropriate ring attire. Presentation should convey pride in their craft and commitment to excellence
- 3. **Promotional Activities:** Outside the ring, wrestlers should conduct themselves with professionalism during interviews, promotional events, and public appearances, always representing the EWF with pride.

4.2 Honor

- 1. Fair Competition: Matches must be conducted with integrity. Cheating, unsanctioned attacks, and underhanded tactics are strictly prohibited and tarnish the honor of the competitor and the EWF.
- Adherence to Rules: Wrestlers are expected to follow the rules and guidelines set forth in this rulebook. Honor demands respect for the established traditions and officials of the sport.
- 3. Acknowledgment of Opponents: Victory and defeat should both be met with dignity. Wrestlers are encouraged to shake hands before and after matches as a sign of mutual respect, regardless of the outcome.
- 4. Commitment to Growth: Honor includes striving for personal and professional growth. Wrestlers are encouraged to train diligently, continuously improve, and mentor newer competitors.

4.3 Respect

- For Opponents: Wrestlers must respect their opponents' skills, abilities, and contributions to the sport. Trash-talking and psychological tactics may be part of wrestling, but deliberate personal attacks, bullying, or degrading actions are not tolerated.
- 2. For Referees and Officials: Referees are the guardians of fair play in the ring. Their decisions must be respected at all times. Arguing with or undermining officials is strictly prohibited.
- 3. For the Audience: Fans are the lifeblood of professional wrestling. Wrestlers must conduct themselves in a manner that shows appreciation for their support, avoiding any actions that put the audience at risk or diminish the event's integrity.
- 4. For the Venues and Staff: The venues that host EWF events, such as the EWF Arena and VFW Post 8737, are sacred grounds for the sport. Wrestlers are expected to respect the facilities, staff, and equipment, treating them with care and professionalism.

These rules are integral to maintaining the spirit of **Pride**, **Honor**, **and Respect** that defines the Empire Wrestling Federation. Wrestlers, officials, and personnel must uphold these values at all times to ensure the sport remains a celebrated and respected tradition.

5. Referee Authority and Discretion

Referees play a pivotal role in maintaining order and fairness in the Empire Wrestling Federation. As the sole authority inside the ring, referees are entrusted with enforcing the rules, ensuring wrestler safety, and preserving the spirit of competition.

5.1 Referee Responsibilities

1. Rule Enforcement:

Referees are responsible for ensuring that all matches adhere to the EWF rulebook and specific match stipulations.

2. Maintaining Order:

Referees are tasked with keeping the match organized and free of interference or chaos. They have the authority to issue warnings, call for disqualifications, and make on-the-spot judgments to ensure fairness.

3. Health and Safety:

If a wrestler is injured or deemed unable to continue, the referee has the authority to pause the match and seek medical assistance or, in extreme cases, stop the match entirely.

4. Victory Conditions:

Referees are responsible for declaring a winner based on the specific victory conditions of the match (e.g., pinfall, submission, count-out, or disqualification).

5.2 Referee Discretion

1. Closed Fists:

While the use of closed fists is discouraged, enforcement is left to the referee's discretion. A wrestler may be issued a warning or penalized for repeated or egregious use of closed fists.

2. Tag Team Matches:

In Empire Rules Tag Matches, referees have discretion in interpreting the ten-

second rule for a tagged-out partner to leave the ring. Minor timing variations may be allowed based on the flow of the match and circumstances.

3. Interference and Illegal Actions:

Referees have the authority to eject unauthorized personnel from ringside, penalize competitors for illegal moves, or stop the match entirely in the event of excessive interference.

4. Judgment Calls:

Referees must make quick, impartial decisions in real time. Their judgment is final and binding, with exceptions only for post-match reviews by the EWF Commissioner or designated officials.

5.3 Conditional Administrative Authority

1. Decision-Making in the Commissioner's Absence:

In situations where the Commissioner is not present, EWF referees are authorized to make conditional administrative decisions. These decisions include:

- Making Matches: Referees may schedule matches to resolve disputes or maintain event continuity.
- Suspending Wrestlers: Referees may suspend wrestlers for serious rule violations, unsportsmanlike conduct, or behavior that disrupts EWF operations.

2. Review and Overrule by the Commissioner:

All administrative decisions made by referees are subject to review and may be overruled by the Commissioner. Referees are expected to document their decisions and provide reasoning for them when requested.

5.4 Referee Integrity

1. Impartiality:

Referees must remain neutral and unbiased in all matches. Any referee found to favor one competitor over another will face disciplinary action.

2. Authority in Specialty Matches:

Referees must adapt to the unique rules and stipulations of specialty matches. In matches without a referee present in the ring (e.g., Roman Gladiator Death Match), alternate officials or judges assume the enforcement role.

3. Final Decisions:

All in-match decisions made by referees are considered final. Appeals or reviews may be initiated only under extraordinary circumstances at the discretion of the EWF Commissioner.

6. Safety and Respect Standards

The Empire Wrestling Federation (EWF) is committed to ensuring the safety and respect of all participants, both in and out of the ring. Wrestling is a legitimate competition requiring focus, discipline, and professionalism. To maintain this environment, the following rules govern interactions between wrestlers, fans, and event personnel.

6.1 Mutual Respect Between Wrestlers and Fans

1. Wrestlers Will Not Engage Fans Physically:

- Wrestlers are prohibited from making physical contact with fans under any circumstances, whether inside the ring, outside the ring, or during entrances and exits.
- All interactions with fans must remain professional and respectful, enhancing the event without compromising safety.

2. Fans Must Respect Wrestlers and the Competition:

- Fans are strictly prohibited from:
 - Touching wrestlers as they enter, leave, or compete in the ring.
 - Throwing objects at wrestlers, referees, or into the ring.
 - Attempting to interfere with the match or its outcome in any way.

3. Unauthorized Entry is Forbidden:

 Fans must never enter the ring or any restricted area without explicit authorization from EWF officials. Unauthorized entry will result in immediate removal from the venue and potential legal action.

6.2 Event Environment and Venue Safety

1. Barrier Enforcement:

- O Barriers separate the ring from the audience and must not be crossed or tampered with by fans or wrestlers.
- Wrestlers are expected to respect the boundaries of the competition area and avoid endangering fans during matches.

2. Prohibited Items:

Fans may not bring hazardous or unauthorized items into the venue. This
includes weapons, projectiles, or any object deemed inappropriate by
event security.

3. Security Presence:

 Trained security personnel will monitor the event, ensuring safety and swiftly addressing any issues involving fan misconduct or threats to wrestlers.

6.3 Code of Conduct for Wrestlers

1. Professionalism:

 Wrestlers are expected to focus on their matches and refrain from any action that jeopardizes fan safety or the integrity of the event.

2. Respect for Opponents:

 While competition can be fierce, sportsmanship and professionalism are mandatory. Actions outside the bounds of legitimate competition will result in disciplinary action.

6.4 Fan Misconduct and Consequences

1. Removal and Banning:

- Fans who violate safety standards, engage in disruptive behavior, or interfere with the competition will be immediately removed from the venue.
- Repeat offenders may face bans from attending future EWF events.

2. Legal Action:

 Fans engaging in dangerous or illegal activities, such as entering the ring or assaulting wrestlers, will be reported to law enforcement and face prosecution.

6.5 Promoting a Safe and Enjoyable Environment

The EWF is a community where fans and wrestlers come together to celebrate the art of professional wrestling. By respecting the boundaries of competition and supporting the safety of everyone involved, the EWF ensures an unforgettable experience for all. Wrestlers and fans alike are encouraged to embody the values of **Pride**, **Honor**, **and Respect**, upholding the spirit of the sport at every event. 7. Championship Rules

Championships in the Empire Wrestling Federation represent the pinnacle of achievement for professional wrestlers. They are earned through determination, skill, and respect for the sport. The following rules govern how championships are contested, defended, and honored within the EWF.

7.1 Titles of the EWF

The EWF proudly recognizes the following championships, each representing a distinct level of prestige and competition:

1. EWF Championship (Golden Goliath):

- The top prize in the Empire Wrestling Federation, formerly known as the EWF World Heavyweight Championship.
- Universally recognized as a symbol of ultimate achievement within the EWF.

2. EWF American Championship:

- O A highly coveted title representing national pride and excellence.
- Often a proving ground for future contenders for the EWF Championship.

3. EWF Tag Team Championship:

- Awarded to the best duo in professional wrestling.
- Requires exceptional teamwork and strategy to defend and hold.

Note: All EWF titles are **open weight**, meaning there are no weight classes for any championship. Wrestlers of any size or weight may compete for these prestigious titles.

7.2 Title Contention and Eligibility

1. Earning a Title Shot:

- Wrestlers must earn championship opportunities through competitive performance, such as winning matches, tournaments, or achieving victories in high-profile events.
- Title shots may also be granted as part of specific match stipulations (e.g., the **Diamond in the Rough Ladder Match**).

2. Challenger Requirements:

 Wrestlers under suspension or disciplinary review are ineligible to challenge for any championship.

7.3 Defending Championships

1. Mandatory Defenses:

- Champions are required to defend their titles regularly, as determined by the EWF Commissioner.
- A champion who fails to defend their title within a designated timeframe may be stripped of the championship.

2. Match Stipulations:

- O Titles may only change hands via pinfall or submission unless otherwise specified by the match type (e.g., Ladder Matches).
- No disqualification or count-out results will lead to a title changing hands unless explicitly stated in the match stipulation.

7.4 Vacated Championships

1. Reasons for Vacating a Title:

- O Championships may be vacated due to injury, suspension, or a champion's inability to fulfill their obligations.
- A champion leaving the EWF forfeits their title, and the belt will be declared vacant.

2. Determining a New Champion:

- Vacant titles will be contested in matches or tournaments organized by the EWF Commissioner.
- In some cases, former champions or top contenders may be prioritized for title contention.

7.5 Title Match Rules

1. Standard Rules:

- All championship matches are contested under standard EWF rules unless a specific stipulation is added.
- Interference from outside parties may result in disqualification and forfeiture of the title for the defending champion.

2. Specialty Matches:

 Titles may be defended in specialty matches (e.g., Cage Matches, Last Man Standing Matches) at the discretion of the Commissioner. The specific rules of these matches take precedence over standard title rules.

7.6 Title Changes and Legacy

1. Official Recognition:

- Title changes are only recognized when sanctioned by the EWF and officiated by an authorized referee or judge.
- Unsanctioned matches or "backstage" title changes are not valid and will not be acknowledged.

2. Champion Responsibilities:

- Champions are expected to represent the EWF with pride and professionalism, both inside and outside the ring.
- Any conduct unbecoming of a champion may result in disciplinary action, including the stripping of the title.

3. Legacy and Tradition:

EWF championships carry a rich history and must be treated with respect.
 Champions are expected to uphold the legacy of those who held the title before them.

7.7 Championship Unification and Division

1. Unification Matches:

 In rare circumstances, two championships may be unified into a single title. Unification matches require approval from the EWF Commissioner.

2. New Championships:

 The EWF may introduce new championships to reflect the evolving needs of the roster and division.

7.8 Championship Revocation

1. Forfeiture or Stripping of Titles:

 Champions may be stripped of their titles for disciplinary reasons, failure to defend, or actions that violate the EWF's code of conduct.

2. Commissioner's Authority:

• The EWF Commissioner retains the ultimate authority to revoke championships and establish new contenders for vacated titles.

The championships of the Empire Wrestling Federation represent the highest honors in the sport. Whether vying for the legendary Golden Goliath, the esteemed American Championship, or the prestigious Tag Team Championship, wrestlers carry the weight of the federation's legacy and the admiration of its fans.

8. Specialty Match Types

The Empire Wrestling Federation is renowned for its thrilling and diverse array of match types, each designed to challenge wrestlers in unique ways and push the limits of their endurance, skill, and strategy. Below is a list of EWF's specialty matches, each an essential part of the federation's legacy:

8.1 Cage Matches

Two competitors (or teams) are enclosed in a steel cage, where the only way to win is by pinfall, submission, or escaping the cage. This grueling match tests a wrestler's strength and ability to endure punishment.

8.2 Empire Rules Tag Matches

Tag team matches in EWF follow Empire Rules, emphasizing teamwork and strategy. Variants include:

- 2 vs. 2: Traditional tag team.
- **3 vs. 3**: Six-man tag matches.
- 4 vs. 4: Eight-man tag matches, often used for special events.
- **5 vs. 5**: Ten-man tag matches, the ultimate test of team cohesion. Empire Rules stipulate physical contact for tagging or a partner leaving the ring to the floor to enter the match. Tagged-out partners have 10 seconds to exit the ring, with referees using their discretion to ensure fair play.

8.3 Last Man Standing

A brutal match where victory is achieved by incapacitating your opponent to the point they cannot answer a 10-count by the referee.

8.4 No Disqualification (No DQ) Matches

In this lawless match type, there are no disqualifications, and any weapons or tactics are allowed. The match can only be won by pinfall or submission in the ring.

8.5 Pole Matches

An object is suspended atop a pole in one corner of the ring. Wrestlers must climb the pole to retrieve the object, and use it to win.

8.6 Ladder Matches

Competitors must climb a ladder to retrieve an item (usually a championship belt) suspended high above the ring. A test of agility, endurance, and creativity.

8.7 Diamond in the Rough Ladder Match

An EWF exclusive, this multi-participant ladder match has one key difference from a traditional ladder match: **a lamp** is suspended above the ring. The wrestler who retrieves the lamp is granted **three wishes** of their choosing.

However, there are restrictions on the wishes:

- 1. No wishing for more wishes.
- 2. No wishing to make themselves an immediate champion.

This stipulation adds a unique and strategic layer to the match, as competitors must not only battle for the prize but also decide how to use their wishes wisely within the constraints.

8.8 The Great Goliath (Battle Royal)

A signature match honoring EWF legend The Great Goliath. Wrestlers start in the ring, and elimination occurs by being thrown over the top rope. The last wrestler standing wins a championship opportunity of their choosing.

8.9 Lumberjack Matches

Regular Lumberjack Match: Wrestlers are surrounded by fellow competitors
outside the ring, tasked with ensuring the action stays inside. Wrestlers thrown
out are promptly sent back into the ring.

• **Strap Lumberjack Match:** The lumberjacks carry leather straps, ready to enforce order by striking any wrestler attempting to leave the ring.

8.10 Dog Collar Matches

Wrestlers are bound to each other by a dog collar and chain, limiting movement and forcing them to engage in a brutal and close-quarters contest. Victory is achieved by touching all four corners of the ring consecutively without interruption.

8.11 The Roman Gladiator Death Match

The most dangerous match in California wrestling history, this brutal stipulation created by EWF Hall of Fame Jeff Walton was first held in the 1970s and revived by the EWF in 2018.

- **Judges at Ringside:** Five judges oversee the match; there is no referee in the ring.
- **No Time Limit or Disqualification:** The match continues until there is a clear winner. All moves, holds, and weapons are legal.
- No Doctor Stoppage: The match cannot end due to injury.
- Victory Conditions: To win, a competitor must incapacitate their opponent and drag them around the ring.

Disclaimer: These are overviews of the match types. Full rules and regulations for each specialty match are available upon request from the EWF offices.

This list highlights the unique challenges and excitement that EWF specialty matches bring to the sport. Each match type represents the federation's commitment to innovation and its tradition of unforgettable contests. Wrestlers who step into these matches carry the weight of EWF's legacy and the expectations of its passionate fans.

9. Closing

The **Empire Wrestling Federation** invites you to experience the unmatched excitement of professional wrestling! Don't just read about the action—feel the adrenaline, witness the rivalries, and cheer for your favorite wrestlers live!

Join Us at Live Events

Step into the world of EWF, where legends are made, and unforgettable moments happen every night. Watch the best in the business collide in thrilling, high-stakes competition.

- Family-Friendly Atmosphere: Bring the whole family to enjoy the action!
- Meet Your Heroes: Don't miss opportunities to meet your favorite wrestlers up close.
- Unforgettable Entertainment: Live wrestling like you've never seen before!

Visit Us Online

Stay connected to all things EWF at www.empirewrestlingfederation.com.

Discover:

- Event Schedules: Don't miss your chance to be part of the action.
- **Exclusive Videos**: Relive the biggest moments with match footage and interviews.
- Official EWF Merchandise: Represent your favorite wrestlers with our latest gear.
- Breaking News: Get updates on championships, events, and more.

Be Part of the Action

Whether you're cheering from the front row, watching from home, or sporting EWF merch, you're part of a legacy that celebrates the heart and soul of professional wrestling. Join us as we continue to create moments that fans will remember forever.

See you at the matches! Visit www.empirewrestlingfederation.com today!

Pride. Honor. Respect.

This is the Empire Wrestling Federation.