



# INTERNATIONAL RULES OF «GUSHTINGIRI»

## FROM THE HISTORY OF GUSHTINGIRI

Among people of Tajik origin, the battle for the belt is known by various names. Apart from kushti, wrestling, chukhain is also a popular sport with other names. In particular, this is due to the interpretations of «Ilonkhost» among the Ossetians, «Zuronpatula» among the inhabitants of Western Kurdistan, «Kurash» in Uzbekistan, «Kures» in Kazakhstan and Kyrgyzstan, «Kamari» among the peoples of Azerbaijan and the Caucasus, «Kesting» or «Kestingiri» among the Vakhon-Badakhshan peoples of Tajikistan, «Kosti» or «Kostin» are popular among the Bartang people, GBAO (Mountainous Badakhshan Autonomous Oblast) and other wrestling names referring to different languages and peoples in different regions of the Asian continent.

Gushtingiri or Gushtin itself comes from the Sanskrit word «kushti», which means belt. During the time of Zoroastrism, the Zoroastrian belt was called Kushti. The origin of the word comes from kushtigiri or belt wrestling.

Kushti or gushtin means taking the belt from each other, which gradually developed into gushtin and gushtingiri. In the Pahlavi language, this word is pronounced and used in the form «kustig», and in the Tajik language in the form of kushti and today as «gushtin».

In many historical sources, the fight of two people, two wrestlers is called kushti, which comes from the word kushtigiri.



A miniature from Shahnama of Firdawsi dated 1590-1600:  
A wrestling match before prince.

It should be noted that pahlavani fighters have always had their status as a symbol of heroism, fighters against oppression and slavery in the oral creativity of the people and the works of poets and writers. For example, Abu Ali Sino (Avicenna) in his famous work «Al-Canon» talks about the benefits of physical therapy exercise, including wrestling, said: «A person who exercises regularly does not need any

medication». That is, gushtingiri in the Tajik civilization is the treatment of a strong body, spirit and courage of a person.

Thus, this sport has an ancient history and plays a special role in the development of education and training of the people. In Tajikistan, the first Gushtingiri rule was developed in 1963 by Ya.Yu. Abramov. During 1993-2022, the Gushtingiri rules were completely changed at the request of the countries of the region. On June 22, 2022, the International Gushtingiri Federation was organized and registered in Zurich, Switzerland.

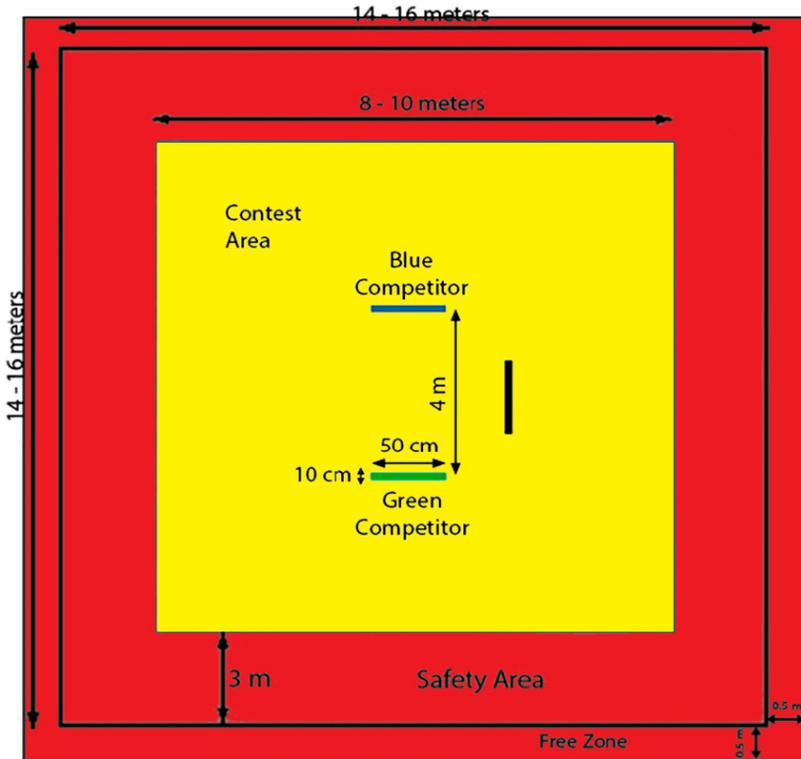
It is hoped that the new International Gushtingiri Rules can become a reliable basis for the further development of Gushtingiri as a national sport in the world.

***Professor - Muhammad Abdurahman.***

# CHAPTER 1

## COMPETITION VENUE

The requirement for the venue of the competition is as follows.  
The maximum size of the Gushtingiri gilem (Wrestling mat) is 16 x 16m; the minimum size is 14 x 14m.



The Gushtingiri gilem is divided into two parts.

1. The working area of the gilem is not less than 8 x 8m and not more than 10 x 10m.

Protection zone of at least 3m around the working area of the gilem.

\* In general, the working area and the gilem protection zone is called Gushtingiri gilem.

\* In the case of using several gilems, the protective joint distance

between the gilem is at least 4 m.

\*At least 50 cm free zone is defined around the Gushtingiri gilem.

\* The distance between the Gushtingiri gilem and the audience is at least 3m.

### **1.1 Gushtingiri gilem (mat).**

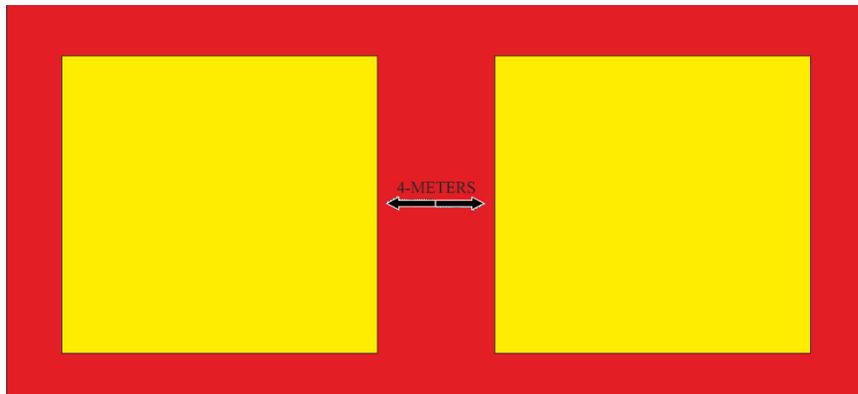
The gilem (mat) is made in size 2x1 or 1x1 and is made of soft plastic or compressed plastic fiber.

The gilem should be smooth, durable, and not wide at the joints.

\* The surface of the gilem must not be slippery or hard.

\* The color of the gilem usually yellow and red and is visible to the audience.

\* Two white and green stripes are placed at a distance of 4 m between two Gushtingirs (wrestlers) in the center of the Gushtingiri gilem, white is located on the right side of the Referee, and green is on the left of the Referee.



### **1.2 Competition scene**

\*The preparation of the competitive stage is unconditioned; it is made of reliable wood and has shock-absorbing properties.

\* The area of the competitive stage for one gilem is at least 18 x 18 meters.

\* The height of the competition stage is from 50 cm to 1 m.



## CHAPTER 2 COMPETITION EQUIPMENT

### 2.1 Chairs

Two light chairs for side referees will be placed in the protection zone of the corners of the working area.

\* Side referees sit on both sides of the mat facing each other.

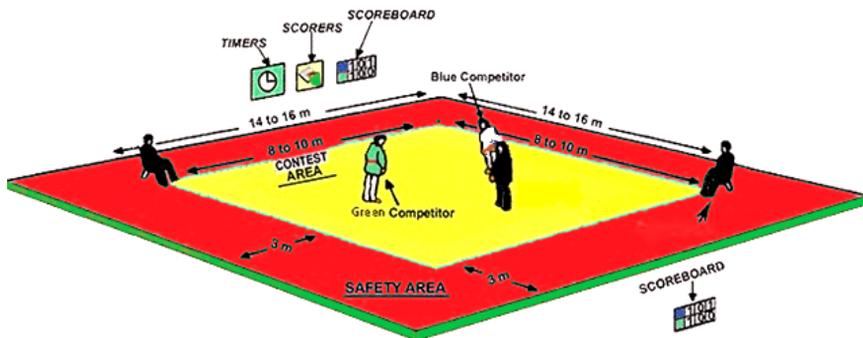
2.2 Scoreboards with two monitors are designed to show the results of the competition and are located outside the Gushtingiri gilem, which are clearly visible to the referees, officials and spectators.

\* The main parts of the scoreboard

- a) a place of recording marks
- b) a place for recording punishments
- c) a place of recording the use of time at the doctor's
- d) the meeting times
- e) the weight category
- f) the place of entry of the surname and the flag of the country.

2.3 If necessary, a spare stopwatch must be used.

2.4 The end of the meeting time is signaled by a special sound, such as a bell, a whistle and....



## CHAPTER 3 GUSHTINGIRI YAKTAK

Gushtingirs (wrestlers) in Gushtingiri competitions must use Yaktak under the following conditions.

3.1 A strong single-layer fabric should not be too stiff and should be made of cotton or a similar material that is not subject to wear.

3.2 White and green yaktaks, identical collars and red belts.



3.3 Yaktak pants, white, pants length to the ankle or up to 5 cm above the ankle.

3.4 Permissible readings at the installation in the Gushtingiri yaktak.

a) The emblem of the National Olympic Committee or the coat of arms

- of the country of the Gushtingir on the left sleeve in size (5x5cm);
- b) The national flag of the country on the chest on the left side in size (10x10);
- c) The logo of the yaktak manufacturer Gushtingiri is attached to the bottom of the yaktak on the left side and at the bottom of the yaktak pants on the left side and on one side of the belt (5x5cm);
- d) The back of the yaktak (back):  
 Stripes on the back of a yaktak measuring 35x35 cm;
4. Yaktak length:
- a) The length of the yaktak should be up to the hip;
- b) The length of the yaktak sleeve should reach the wrist;
- c) The inner width of the yaktak sleeve is from 10 to 15 cm;
5. The Referee at the control of the yaktak can use a special measuring tool.
6. The width of the yaktak belt is from 4 to 5 cm, the color of the belt is red and is wrapped in two turns around the waist of the Gushtingir and after tying the knot hangs in a length of 20 by 25 cm.
7. Gushtingirs (wrestlers)
- a) Gushtingirs must wear a white T-shirt or sports leotard with invisible yaktak underpants.
- b) Gushtingirs may wear the hijabi in competitions and ceremonies.
8. Men in green yaktak and women in white yaktak take part in the award ceremony.



9. In case of replacement of yaktak Gushtingiri during the competition, the referee of the same name accompanies Gushtingiri to the dressing room with the permission of the Head Referee.

## **CHAPTER 4 GUSHTINGIR HYGIENE**

Gushtingirs (wrestlers) must comply with the following requirements:

- 4.1 The hygienic condition of the Gushtingir must be clean and tidy
- 4.2 The fingernails and toenails of Gushtingirs must be short and smooth.
- 4.3. Yaktak should be clean, dry and free of unpleasant odors.
- 4.4 The high hair on the Gushtingirs head must be gathered and tied.
- 4.5 Gushtingir who has not fulfilled points 4.1 and 4.4 is removed from the competition after a meeting of the referees and the conclusion of the Head Referee.

## **CHAPTER 5 REFEREES**

Competitions are held under the leadership of the Head Referee and a panel of referees.

5.1 The refereeing system and the classification of the referee category are determined by the Referee Commission.

5.2 The right to receive a referee category is determined by the Referee Commission according to the following criterion and classification.

Referee category classification

5.3 Referee's category is divided into the following categories

- a) national category.
- b) international category class C
- \*international category class B
- \*international category class A
- \*international category extra class



5.4 Competitions are held under the direction of the Head Referee, the head of the gilem, the referee on the gilem, two side referees, the referee on the scoreboard and the technical secretary.

5.5 The age of referees varies from 20 to 55 years.

5.6 The referee must be familiar with the rules and actions of Gushtingiri, have a high referee's category and the absence of a doping violation.

5.7 Every 3 years passes referee retraining courses in the national federation of his country.

5.8 The scoreboard referee must be familiar with the rules of Gushtingiri and work under the direction of the gilem chairman.

a) the referee on the scoreboard announces the end of the match time by means of a special call on the scoreboard.

b) the referee on the scoreboard fixes all the scores of the referee on the gilem.

5.9 Technical Secretary

a) The gilem secretary records all gilem referee scores on the score sheet.

b) The technical secretary regulates the documents related to the course of the competition on the gilem

## CHAPTER 6

### REFEREE ON THE GILEM (mat)

6.1 The referee on the gilem must take into account the cleanliness of the gilem, the size of the gilem, the cleanliness of the athletes' clothes and correct them in a timely manner.

6.2 The referee on the gilem is obliged, with the permission of the Head Referee, to remove extra people from the edge of the gilem and ensure safety.

6.3 The referee on the gilem with referee gestures shows and evaluates the actions of the Gushtingirs together with the side referee and evaluates them in order to make the competition as interesting and enjoyable as possible.

6.4 The referee on the gilem must choose a place on the gilem that does not interfere with the movement of the Gushtingirs and can fully control the side referees.

6.5 Supervise the beginning and end of the competition.

6.6 The gilem referee must be aware of the special ringing of the gilem scoreboard bell.



## CHAPTER 7

### SIDE REFEREES

Location and duties of side referees

7.1 The side referees must be positioned facing each other inside the protection zone of the corners of the working area of the gilem, assisting the referee on the gilem.

7.2 Side referees take their places in accordance with the rules of the competition, closely monitor the progress of the match and are on high alert.

7.3 The side referees are not allowed to show the score before the score is given by the referee on the gilem.

7.4 Side referees must indicate the actions of the Gushtingirs in case they act from inside or outside the working area of the gilem.

7.5 In case of disagreement with the referee on the gilem and one of the side referees, the testimony of the side referees is not taken into account.



## CHAPTER 8

### GESTURES AND INDICATIONS OF THE REFEREE.

The referees express their opinion to the referee with gestures and a loud voice as follows.

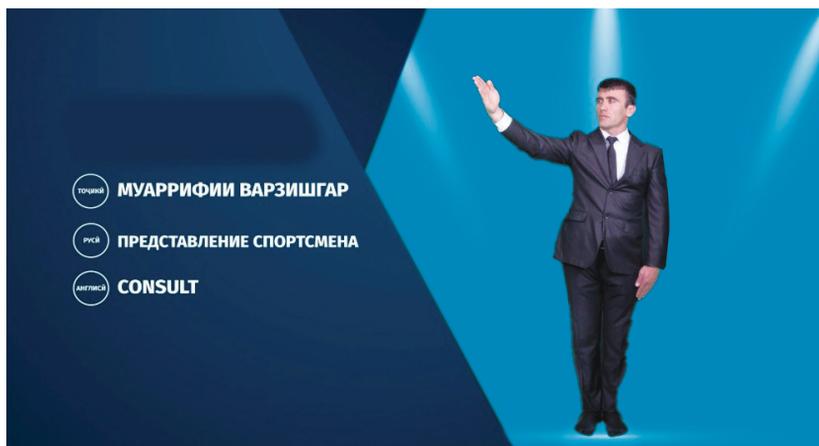
#### 1. Representaton of referee.

Three referees stand against table chairman of the gilem by announcement will be introduce the first central referee and then introduce the side referees.



## 2. Presentation of the Gushtingirs (wrestlers).

The referee on the gilem, standing in the middle of the line of the working zone of the gilem, presents the Gushtingir with a comment from the host and a gesture with a raised hand above his head towards the gushtingir. He first presents the Gushtingir with the white yaktak (wrestler's suit), and then the Gushtingir with the green yaktak.



## 3. Gired (Take).

Referee according to the command Gired lowers his right hand from above to the front of his open palm to the side to start the match.



#### 4. Isted (Stop).

Referee on command: «Isted», lowers his hand from above forward with open palms to the side and stops the match.



#### 5. Time of meeting.

At the end of the meeting, the referee on the gilem crosses his arms forward in front of his chest and ends the meeting.



## 6. Badan. (Body)

With the sound of Badan's voice, the referee puts his hand on the comb and shows his fist above the elbow. If Gushtingir receives five marks, then he is awarded pakhlu.



## 7. Pahlu (Side):

To the sound of Pahlu's voice, the referee draws his hand from the chest at shoulder level to the side, he puts his open palm towards the gilem. If Gushtingir receives five marks, then he is awarded pakhlu.



## 8. Pahlu-Pahlu = Halol

With the sound of a voice and the indication of two pahlu, the referee shows Halol



## 9. Halol (Neat win):

At the sound of Halol's voice, the referee raises his hand up to his head with open palms in front.



## 10. Presentation of the winner.

After the end of the meeting, the referee on the gilem, pointing to put the yaktaks in order, calls the wrestlers to the center of the gilem and, according to the results of the match, raises the hand of the winner in both directions.



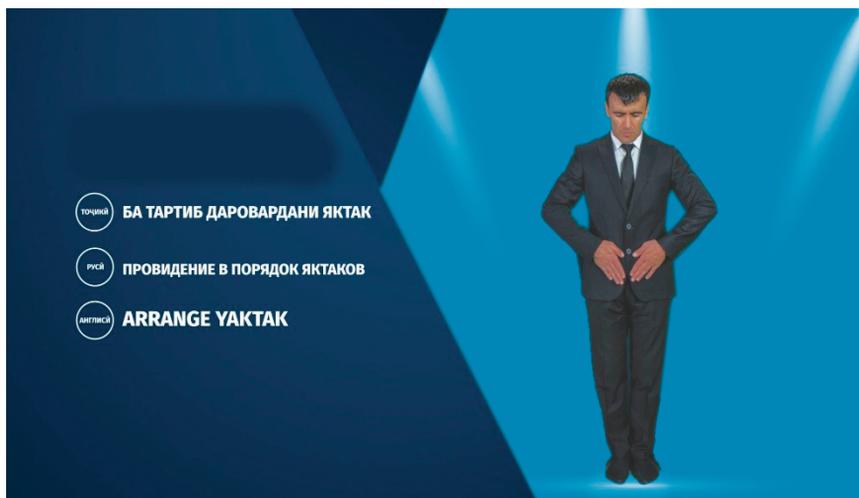
## 11. Bekor (Do not count).

In case of correcting the previous score, the referee moves his hands in a downward direction twice against each other.



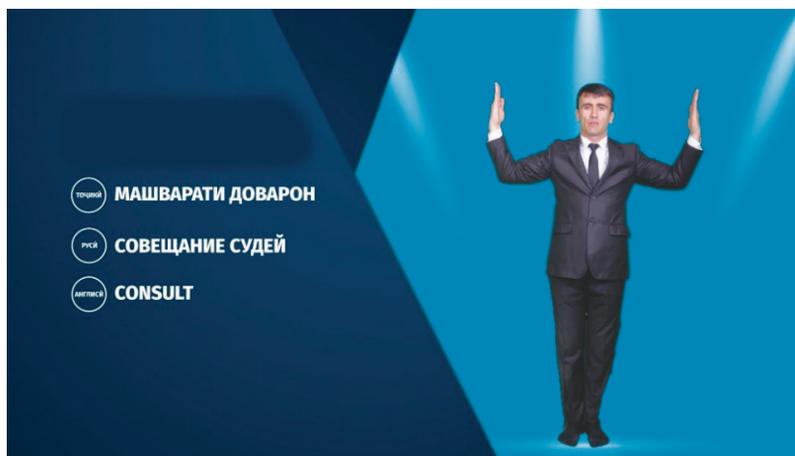
## 12. Putting the Yaktaks in order.

The referee on the gilem, if necessary, gives the command to the Gushtingirs to put the yaktaks in order, directs his hands from under his chest down.



## 13. Meeting of referees.

The referee on the gilem, standing on the line of the working area, raises his hands above his head with palms to each other and invites the side referees to the meeting.



#### 14. A doctor`s call.

The referee on the gilem, if necessary, raises two hands up at shoulder level and the doctor's voice points to the Gushtingir and counts the time for rendering assistance.



#### 15. Gestures of punishment.

The referee on the gilem, having determined the reason for the punishment, pointing with the index finger of his hand, raising his hand above his head towards the Gushtingir, in the first case, Ogohi (Warning), in the second case Tanbeh (Punishment), and in the third case, Khorij (Exception), after a meeting of the referees and the consent of the Head Referee.



## 16. Punishment for holding the leg.

In case of holding the wrestler's legs, the referee on the gilem holds his pants with one hand, and shows the sign of punishment to the Gushtingir with the other hand.



## 17. Punishment for bending.

When one of the Gushtingirs bends, the gilem referee bends his head slightly towards Gushtingir, gestures to him bending, and penalize.



## 18. Punishment for block.

If one of the Gushtingirs puts the block, the referee on the gilem turns in his direction and punishes Gushtingir with one hand, pointing to the block.



## 19. Punishment for hold fingers inside of the sleeve.

Position with putting fingers into the sleeve and hold, the referee on the gilem, pointing his thumb into the sleeve, punishes Gushtingir.



## 20. Punishment for falling head.

To punish Gushtingir falling on his head, the gilem referee extends his arm from top to bottom and bends his fingers to show the fall of one of the Gushtingirs.



## 21. Punishment for hold the fingers

Punishment for hold the Gushtingir by the fingers, the gilem referee shows the hold of the fingers.



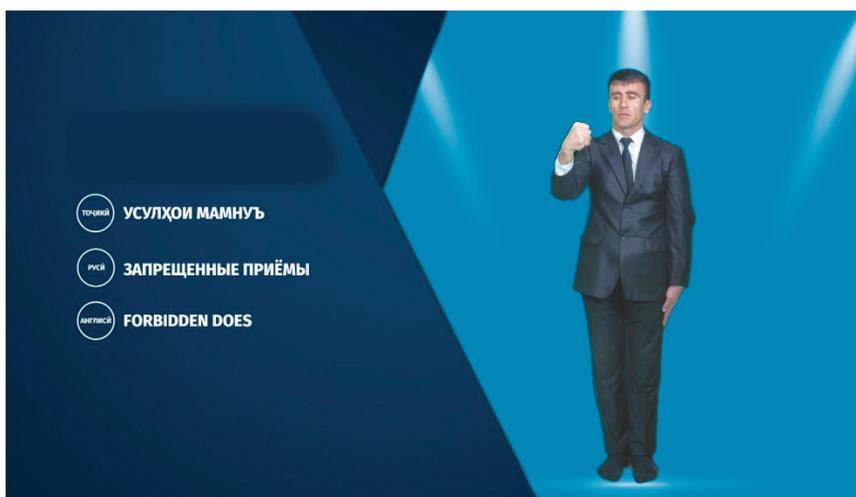
## 22. Punishment for inaction.

In case of inactivity of one of the Gushtingirs, the referee on the gilem punishes him with a double turn of his hand.



## 23. Punishment for the use of prohibited techniques.

The referee on the gilem beats with his hand in front of him for the use of prohibited techniques.



## 24. Punishment for leaving the gilem.

In case of exit of one or both Gushtingirs from the central zone, the referee on the gilem with one hand turns to the Gushtingir and shows the exit from the gushtingir.



## 25. Fixing the action on the gilem and outside of gilem.

The side referee, in the case of a reception, determines the direction of the throw from the line of the working area towards the defensive line, showing the hand in the direction of the throw.



## 26. Clothing check.

The referee on the gilem checks the width of the sleeve of the yaktak, the length of the belt and the width of the leg of the yaktak



## CHAPTER 9 PLACE OF EVALUATION

Completion of the competition inside the working area of the gilem final and will not be evaluated during the execution of the technique if one or both Gushtingirs are outside the working area of the gilem.

### **Note.**

- \* if Gushtingir throws his opponent from the working area of the gilem, but remains inside the working area of the gilem, the throw is evaluated.
  - \* if Gushtingir throws his opponent to the protective zones of the gilem from the working area of the gilem, he will be evaluated.
  - \* in the case of a sweep on the supporting legs inside the working area of the gilem, and the other leg is in the protection zone, its throw is evaluated.
  - \* In the event that a Gushtingir lifts an opponent from the working area of the gilem and throws him into the protective zones of the gilem, the action is evaluated.
  - \* Gushtingir may leave the Gushtingiri gilem during the competition only with the permission of the referee on the gilem.
- 1 (to change the yaktak (wrestler's suit) or after an injury ...).



## **CHAPTER 10 MEETING TIME**

For official competitions, the meeting time is determined as follows. Seniors and juniors are given 5 minutes of regular time and, in case of equality, 3 minutes of extra time.

Seniors and junior's women are given 4 minutes of regular time and, if tied, 3 minutes of extra time.

Cadets (boys) are given 4 minutes of regular time and, in case of equality, 2 minutes of extra time.

Cadets (girls) are given 3 minutes of regular time and, in case of equality, 2 minutes of extra time,

\* The time between meetings must be at least 10 minutes to each gushtingir.

## **CHAPTER 11 AGE AND WEIGHT OF PARTICIPANTS**

Seniors: 17 to 37 years old.

Men: - 60kg, - 65kg, - 71kg, - 78kg, - 86kg, - 95kg + 95kg.

Women: - 52kg, - 57kg, - 63kg, - 70kg, - 78kg, - 87kg + 87kg.

Juniors: (17-21 years old).

Men: - 55kg, - 60kg, - 65kg, - 71kg, - 78kg, - 86kg, - 95kg + 95kg.

Women: - 48kg, - 52kg, - 57kg, - 63kg, - 70kg, - 78kg, - 78kg.

Cadets: (15-17 years old)

Boys: -46kg, - 50kg, - 55kg, - 60kg, - 65kg, - 71kg, - 78kg, - 86kg + 86kg.

Girls: -40kg, - 44kg, - 48kg, - 52kg, - 57kg, - 63kg, - 70kg + 70kg.

Kids: up to 14 years' old

Boys: 32kg, 36kg, 40kg, 44kg, 48kg, 52kg, 56kg, 60kg, 65kg, +65kg.

Girls: 30kg, 34kg, 38kg, 42kg, 46kg, 50kg, 54kg, 60kg, 64kg, +64kg.

## **CHAPTER 12**

1) The results of incorrect actions and actions of the gushtingir are taken into account along with the call.

2) The execution of the performance after the bell is not counted, even if the referee on the gilem did not announce the end of the time.

## **CHAPTER 13**

### **BEGINNING AND THE END OF THE MEETING**

At the invitation of the host, three referees stand on the edge of the gilem against the head of the gilem and introduce themselves. After the introduction of the referees at the direction of the referees, they take their places on the gilem.

Before the start of the competition, the Gushtingirs politely position themselves in their corners (white and green).

After the presentation, the referees inviting Gushtingirs to the center of the gilem to start the fight, the Gushtingirs shake hands and start the fight.

If up to 3 minutes have elapsed, the judges must show the active wrestler and announce a warning to his opponent. Warnings in case of a draw will not be taken into account and extra time will be given.

After the fight, Gushtingirs stand at the command of the referee, in the center of the gilem, next to the referee on the gilem, and the referee on the gilem raises the hand of the winner and the fight ends.

## **CHAPTER 14**

### **ISTED (STOP) COMMAND**

In the following cases, the gilem referee will suspend the competition at the request of the referee.

1. In case of exit of one or both Gushtingirs from the working area of the gilem.
2. In case of using prohibited methods.
3. In case of injury of one or both Gushtingirs.
4. In case of carrying out in the order of yaktak (Gushtingirs suits).
5. If necessary, referees for the meeting.
6. Isted (Stop) command after performance the action and announcing the score.

## **CHAPTER 15**

### **END OF FIGHT.**

The referee on the gilem ends the fight in the following cases.

1. In case of receiving a Halol score or receiving Pahlu-Pahlu=Halol.
2. In case of non-appearance of the opponent.
3. In case of removal of the opponent.
4. In case of refusal of the opponent.
5. Upon the end of fight time.

\* The referee announces the winner in the following cases.

1. In case of obtaining a Halol, Pahlu or Badan score if the opponent does not have the same score.

If one of the wrestlers is penalized with a mark of Khorij, then the mark of Halol will be announced to his opponent and the fight will end.

Determination of the winner by results:

- a) «Halol».
- b) «Pahlu»
- c) «Badan»

d) in case of equality between Badan and Badan or Pahu and Pahu, the athlete who received the last mark wins.

e) In case of equality of penalties, loses the Gushtingir who received the last penalty.

## **CHAPTER 16**

### **HALOL**

The referee on the gilem gives Halol score in the following cases:

\* When performance of the Gushtingir throws the opponent on his back with speed, power and control.

\* In case of removal of the opponent

\* In case of a joint fall of two Gushtingirs on the back, they are not evaluated.

## **CHAPTER 17**

### **PAHLU - PAHLU = HALOL**

In the event that a gushtingir performs two Pahu throws during the fight, the referee on the gilem announces pahu-pahu = Halol.

## **CHAPTER 18**

### **PAKHLU**

When performing an action, the Gushtingir with speed, energy and control throws the opponent sideways with a deviation towards the back.

## **CHAPTER 19**

### **BADAN**

When performing an action, the gushtingir throws his opponent with speed, power and control on the stomach, on one shoulder or on the pelvis. If Gushtingir receives five marks, then he is awarded pakhl.

## CHAPTER 20

### Prohibited techniques and punishment

Punishments are divided into two groups:

Soft punishments (tactical and technical punishments) such as Ogohi (Warning).

Severe punishments (in the case of actions that harm the athlete and the spirit of the Gushtingir) such as Khorij (Exclusion).

\* The referee on the gilem in front of the sign of punishment simply indicates the reason for the punishment.

\* The result of the fight must be announced at the appointed time and is not subject to change and, if necessary, will be changed by the conclusion of the Head Referee after review and analysis.

### Signs of punishment «Ogohi» («Warnings») and Khorij (Exclusion).

#### 1) Ogohi's («Warnings») punishment

- a) Obstruction of a hold.
- b) Unsuccessful capture for more than 20 seconds in defense.
- c) False attack.
- d) Disrespect for the opponent.
- e) Talking during the fight.
- g) Enemy control by intercepting and preventing performing an active action.
- g) A hold by the legs.
- h) A hold the inside of the sleeve.
- j) Unauthorized ejection of the opponent from the mat and free exit from the gilem.
- k) Bringing wrist to wrist and pressing on the fingers of the opponent.
- l) Tidying up the athlete's hair at least twice.
- o) releasing the hold of the opponent with the help of the leg.
- p) Makes the support.
- r) Makes the support on the knee of the opponent.

#### 2) Tanbeh (Punishment)

If Gushtingir has Ogohi (Warning) and then performs a prohibited action, he/she will be penalized with Punishment.

### **3) Khorij (Exclusion).**

Punishment Exclusion are imposed in agreement with the Referees and on the conclusion of the Head Referee.

- a) If Gushtingir is penalized and then uses illegal techniques, he will be penalized Exclusion with the conclusion of the Head Referee.
- b) For the use of hard metal objects (rings, bracelets, etc.)
- c) Perform prohibited techniques that can lead to injury (neck and middle Spine).
- d) For disrespect to Referees, opponents and audience.

## **CHAPTER 21**

### **INJURY, DESEASES AND UNFORESEEN CIRCUMSTANCES**

#### **1. Injury.**

1.1 In case of an athlete's injury during the fight and the impossibility of continuing, the winner is determined by the Referees after analyzing the prohibited hold and the conclusion of the Head Referee.

1.2 When determining an injury, Gushtingir is considered a loser if the cause of the injury is himself.

1.3 When determining an injury, if the cause of the injury is an opponent, then the injured Gushtingir is considered the winner.

1.4 In the event of an injury, if one of the Gushtingir is unable to continue the competition, his opponent is declared the winner.

#### **2. Diseases**

2.1 An athlete who encounters the following situations is considered a loser.

- b) Vomiting
- b) Weakness
- c) Loss of consciousness



### **3. Unforeseen circumstances.**

In the event of an unforeseen circumstance caused by external factors, the Referees, in agreement with each other and the conclusion of the Head Referee, stop or continue the fight.

#### **1. Medical examination.**

Each Gushtingir has the right to use medical time up to 3 minutes at the request of the Referee on the gilem, and in case of more than 3 minutes, the Gushtingir is removed from the fight, and his opponent is declared the winner.

a) In case of serious injuries of the spine, neck or head, the gilem Referee invites a doctor to examine and decide as soon as possible on the continuation of the fight.

b) In the case of the conclusion of the doctor about the impossibility to continue the fight, by the conclusion of the Head Referee, the victory is awarded according to the assessment of Halol (Neat win).

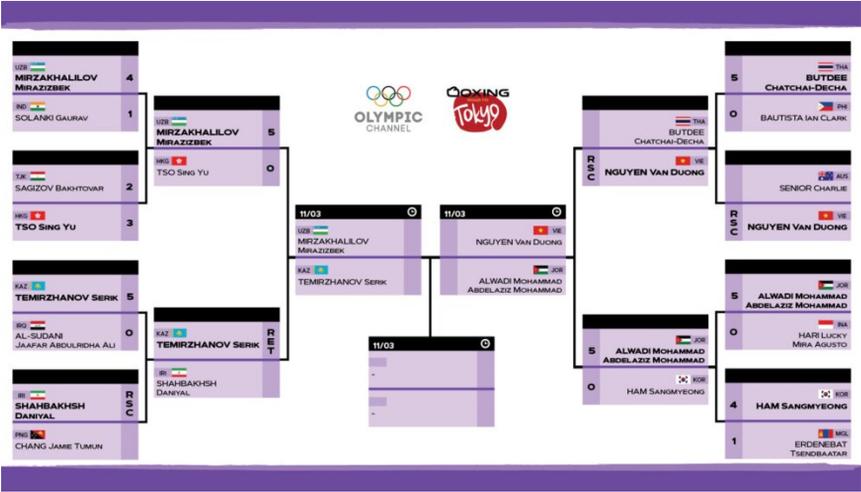
- c) If it is impossible to continue the competition at the request of the athlete and the conclusion of the doctor, the victory is awarded to the opponent with the Halol (Neat) score.
- d) All medical care and first aid is carried out by the doctor on the gilem, only in case of blood and serious injury, the doctor can continue outside the gilem.

## CHAPTER 22 PROTOCOLS

Official Gushtingiri competitions are held according to the Olympic system after one defeat is knocked out.

Participants of the fight with one defeat will not be able to continue the fight.

- \* In competitions with up to 5 participants in one weight category, competitions are held in a round system.
- \* Athletes who lose in the semi-finals take third place.



## **CHAPTER 23**

### **CONDITIONS NOT PROVIDED BY THE RULES.**

Unforeseen circumstances will be decided in agreement with the Referees and the conclusion of the Head Referee.

**INTERNATIONAL RULES  
OF «GUSHTINGIRI»**

Under the leadership of the President of the  
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