



# WRESTLING

## COMPETITION MANUAL

9<sup>TH</sup> MICRONESIAN GAMES

July 15-27, 2018

YAP STATE MICRO GAMES ORGANIZING COMMITTEE

P.O. Box 1038 • Colonia, Yap, FM 96943

E-mail – [uwelur@yahoo.com](mailto:uwelur@yahoo.com)

# WRESTLING

Dates: Monday - Wednesday July 16, 17 & 18 2018

Venue: SDA Gymnasium  
Tomil, Yap State

Technical Meeting 1:00pm Sunday, July 20, 2013

## *Tournament Director Details*

Director: Uwelur Lawrence Larry

Contact 1: (691) 350-5212 (Work)

Contact 2: (691)350-4875 (Home)

Contact 3: (691)952-9579

E-mail Address: uwelur@yahoo.com

UWW Technical Delegate: Antonio T. Aquino

## 1. GENERAL

- 1.1 The FSM Wrestling Federation will host the 9<sup>th</sup> Micronesian Games in the Senior Men's Greco-Roman, Men's Freestyle Wrestling, Women's Freestyle Wrestling and Beach Wrestling.
- 1.2 The tournament will be prepared and conducted by the FSM Wrestling Federation and will be presided over by the Federation. The regulations for the tournament are drawn up in accordance with the UWW statutes and regulations. However, the FSM Wrestling Federation will determine if modifications are to be made for the 2018 Micronesian Games.

## 2. THE THREE WRESTLING STYLES

- 2.1 During the 9<sup>th</sup> Micronesian Games, the three wrestling styles that will be executed in the following sequence are:

Greco-Roman Wrestling (Seniors)

Freestyle Wrestling (Seniors)

Beach Wrestling (Seniors)

### **3. COMPETITOR'S DRESS**

- 3.1 At the beginning of each day, each competitor must be closely shaven or have a beard of several month's growth.
- 3.2 The competition singlet.
- Contestants must appear on the edge of the mat with singlet on already.
  - Singlet must be red or blue of the color assigned to them and must have the following:
    - ✓ The country's abbreviation on the back.
    - ✓ The wrestler's name (strongly recommended but can do without it).
    - ✓ Plain singlet is not acceptable.
- 3.3 Ear protectors
- Ear protectors must not have any metal or must not have hard shells.
- 3.4 Shoes
- Contestants must wear wrestling shoes.
  - Shoes must be put on before appearing at the edge of the mat.
  - Shoe laces must be taped or must be wrapped.

### **4. COMPETITOR'S LICENCE**

- 4.1 All participants (male and female) must have updated competition licenses. Failure to obtain an updated license will result in not competing at all.
- 4.2 Licenses will be verified during weight check.
- 4.3. Licenses can be obtained online through Athena system. Licenses will not be sold on site.

## 5. AGE

5.1 The age categories for international competition are as follows:

- cadets (16-17 years old)
- juniors (18-20 years old)
- seniors (20 years and older)

5.2 The 2018 9<sup>th</sup> Micronesian Games wrestling is a senior (20 years old and older) category competition.

5.3 Wrestlers in the Juniors Age Category are allowed to participate in the Seniors Category. However, wrestlers aged 18 in the year concerned must provide a medical certificate and parental authorization.

5.4 Wrestlers aged 17 in the year in question will not participate in 2018 Micro Games senior Category.

5.5 Age will be verified by UWW Athena system a month prior to the beginning of competition during team registration. Passport is required to register.

## 6. WEIGHT CATEGORIES

6.1. The new UWW official weight categories will be applied at the 2018 9<sup>th</sup> Micronesia Games. The weight categories are as follows:

	<u>Male (Freestyle)</u>	<u>Male (Greco Roman)</u>	<u>Female (Freestyle)</u>
1.	57 kg	55 kg	50 kg
2.	61 kg	60 kg	53 kg
3.	65 kg	63 kg	55 kg
4.	70 kg	67 kg	57 kg
5.	74 kg	72 kg	59 kg
6.	79 kg	77 kg	62 kg
7.	86 kg	82 kg	65 kg
8.	92 kg	87 kg	68 kg
9.	97 kg	97 kg	72 kg
10.	125 kg	130 kg	76 kg

## 6.2 Weight Categories for Beach Wrestling

Beach wrestling will have two weight categories (lower weight and higher weight) for both male and female. Following is the weight divisions:

- Male:        74 kg and under (lower weigh division)  
               77 kg and above (higher weight division)
- Women:     59 kg and under (lower weight division)  
               62 kg and above (higher weight division)

## 7. COMPETITION SYSTEM

7.1 *If less than 6 wrestlers are registered in one weight category, one group will be established and all wrestlers will compete against each other. In a two days competition format, the last round will be organized the second day.*

7.2 *If there are 6 or 7 athletes in one weight category, the competition starts with a pool phase with two groups.*

- ✓ *Wrestlers who draw an even number are placed in group B and wrestlers who draw an odd number are placed in group A. A round-robin format is used within each group (the Nordic tournament system is used as the ranking criterion within each group). Ranking within the groups is used to determine the pairings for the semi-finals.*

7.3 *The semi-final matches will consist with:*

- ✓ *the first ranked in the group A against the second ranked in the group B*
- ✓ *the second ranked in the group A against the first ranked in the group B*

7.4 *The gold medal match will be between the winners of the semi-finals and the bronze medal match will be between the losers of the semi-finals.*

- ✓ *Only one bronze medal will be awarded for this scenario.*

## **8. AWARD CEREMONY**

8.1 The top three wrestlers in each weight category shall take part in the award ceremony and shall receive a medal according to their ranking. There will be only one bronze medal winner in each weight category.

1<sup>st</sup> GOLD

2<sup>nd</sup> SILVER

3<sup>rd</sup> BRONZE

8.2 Beach Wrestling

Top three finishers from each weight division (both male and female) shall take part in the award ceremony and shall receive a medal according to their rankings. There will be only one bronze medal in each weight category.

## **9. WEIGH-IN**

9.1 Final list (last minute change) of contestants must be submitted to the organizers by the team coaches/team leaders by noon time on the day before the weigh-in. No changes will be accepted after this time.

9.2 Medical check and weigh in for all categories will take place on the morning of the competition day at 7:30 am. Weigh in and medical check will last for 30 minutes.

9.4 Wrestlers must bring their accreditation card with them for medical check and weigh-in.

9.5 Contestants will be weighing-in in their singlet. Fingernails must be cut very short. Referees will refuse to weigh wrestlers who are not dressed correctly or with long fingernail.

## 10. DRAWING OF LOTS

Participants shall be paired off for each round according to the numerical order determined by the drawing of lots made the day before the competition day. The team leader (or his substitute) shall draw a number for his athlete on the basis of which he shall be paired off. If the team leader (or his substitute) can't attend the draw because of exceptional reason, he must inform the organizer.

10.1 The drawing of lots must be conducted in public.

10.2 Number must be immediately entered on a notice board visible to the public.

## 11. Par Terre (Ordering of parterre position)

The initial position of wrestlers in parterre position before the referee blows the whistle is as follows:

The bottom wrestler must lie on his stomach in the center of the mat. Arms shall be stretched out to the front and legs shall be stretched out to the back. Arms and/or legs can't be crossed. Hands and feet of the bottom wrestler must touch the mat. Bottom wrestler is not allowed to block the top wrestler. The top wrestler is placed sideways of his opponent, placing both of his hands on the back of his opponent **without any hesitation** after the parterre position is ordered. He must have two knees on the mat.

After the referee blows the whistle, the wrestler underneath is allowed to defend himself according to the Rulebook. It's especially forbidden to jump or flee from the attacker, to defend with closed arms or blocking off whit elbows and knees as well as to use actively any leg while defending. Nevertheless, the wrestler underneath is allowed to stand up after the referee has blown the whistle.

## **12. DURATION OF THE BOUT**

12.1 The duration of all matches (including Greco Roman Style, Freestyle, and Women wrestling) will be 6 minutes. (2 periods of 3 minutes with a 30 seconds break).

12.2 Scores from the first period carry on to the second period if no winner was declared after the first period is finished. After the second period, a winner must be declared.

12.3 A winner is declared by the following:

- Fall/Pin
- Injury, withdrawal, default, disqualification of the opponent
- Technical superiority
- By points (having higher score at the end of the bout).

## **13. OVERTIME**

13.1 There is no overtime. A winner must be declared after the end of the bout regardless of a tie score. UWW regulation on overtime is strictly observed.

## **14. GENERAL PROHIBITIONS**

14.1 Wrestlers are forbidden to:

- Perform any foul play to hurt or disadvantage the opponent.
- Cling to or grasp the mat.
- Hold opponents singlet.
- Talk during the bout.
- Agree the match result between themselves.

## **15. ILLEGAL HOLDS**

15.1 All illegal holds in the updated UWW rule book applies.

## **16. THE CHALLENGE**

16.1 The challenge is the action through which the coach is allowed to stop the action and request the refereeing body to watch the video in case of disagreement with the call. The coach must throw in a towel on the mat immediately after the refereeing body has awarded or refused the points to the contested situation.

16.2 If after the refereeing body reviews the challenge and agrees that the challenge was valid, the decision will be reversed. But if after the review, the challenge was not valid, the challenging wrestler loses the challenge but the opponents will be awarded one technical point.