



WRESTLING

COMPETITION MANUAL

8TH MICRONESIAN GAMES

July 20-29, 2014

POHNPEI MICRONESIAN GAMES ORGANIZING COMMITTEE

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WRESTLING

Dates: Monday - Wednesday July 21-23, 2014
Venue: 2nd Gym COM-FSM National Campus Gymnasium
Paliker, Pohnpei
Technical Meeting 1:00pm Sunday, July 20, 2013
Tournament Director Details
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1. GENERAL

- 1.1 The FSM Wrestling Federation will host the 8th 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 an Organizing Committee and will be presided over by the Federation. The regulations for the tournament are drawn up in accordance with the FILA statutes and regulations. However, the Federation will determine if modifications are to be made for the 2014 Micronesian Games.

2. THE THREE WRESTLING STYLES

- 2.1 In the sport of wrestling, three wrestling styles that will be executed in the following sequence are:

Greco-Roman Wrestling (Seniors)
Freestyle Wrestling (Seniors)
Beach Wrestling (Seniors)

3. Greco-Roman / Freestyle (Special Prohibitions)

- 3.1 In Greco-Roman Wrestling, it is forbidden to grasp the opponent below the

hips and to squeeze him with the legs. All pushing, pressing or lifting by means of contact with the legs or any part of the body of the opponent is also strictly forbidden.

- 3.2 In Greco-Roman Wrestling, unlike in Freestyle Wrestling, it is necessary to accompany the opponent to the ground.
- 3.3 In Freestyle Wrestling, a scissor-lock with the feet crossed is forbidden on the head, neck or body.

4. DRESS

- 4.1 At the beginning of each day, each competitor must be closely shaven or have a beard of several months' growth.
- 4.2 The competition singlet - Contestants must appear on the edge of the mat wearing a FILA approved one-piece singlet of the color assigned to them (red or blue). It is forbidden to have a mixture of red and blue colors on the singlet. The wrestlers must wear:
 - Their country's emblem on the chest.
 - The abbreviation of the country's name (maximum size 10cm x 10cm) on the back of the singlet and the last name in latin letters (4 to 7 cm) above or in a half circle around the country's abbreviation.
 - The use of light knee pads containing no metal parts is allowed.
 - The wrestler must have a cloth handkerchief with him during the whole of the match.
- 4.3 Advertising on clothing - Apart from during the Olympic Games where the IOC Rules apply, competitors can wear one or several sponsors' names. Contestants may also wear their sponsors' name(s) on the back or sleeves of their robes. Lettering and symbols may not be higher than 6 cm to identify the sponsor(s).
- 4.4 Ear protectors - For those wrestlers who wish to wear ear protectors, they must be approved by FILA and must not contain any metal or have hard shells. The referee can oblige a wrestler whose hair is too long to wear ear protectors.
- 4.5 Shoes - Contestants must wear wrestling shoes providing firm support for the ankles. The use of shoes with heels or nailed soles, shoes with buckles or with any metallic part, is prohibited. Shoes may be without laces. Shoes with laces should be wrapped with sticky tape or a system which hides laces so that they

do not come undone during the match. Each competitor is responsible for providing the tape himself for the shoes which will be controlled before getting on to the mat.

- 4.6 Bans - At the weigh-in, the referee must check that each competitor satisfies the requirements of this article.
- 4.7 The wrestler must be warned at the weigh-in that, if his appearance is not correct, he will not be allowed to enter the competition. If the wrestler enters the mat with a non-compliant appearance, officials will allow maximum one minute in order for him to comply. If, after this time, the wrestler is still at fault, he will lose the match by abandon.
- 4.8 It is prohibited to:
- Wear the emblem or abbreviation of another country.
 - Wear bandages on wrists, arms or ankles except in the case of injury and on doctor's orders.
- 4.9 These bandages must be covered with elastic straps.
- Apply any greasy or sticky substance to the body
 - Arrive at the mat perspiring for the beginning of the match and for the beginning of each period.
 - Wear any object that might cause injury to the opponent, such as rings, bracelets, prosthesis, etc.
 - Wear under-wired bras for female wrestlers

5. PARTICIPANTS

- 5.1 The athletes compete in the categories specified in the rules, according to their body-weight.
- 5.2 A team comprises of seven wrestlers; one wrestler for each weight category per style with a maximum of twenty-one wrestlers per team. Each team is allowed to weigh-in ten wrestlers. Changing wrestlers between matches is not allowed unless an injury has occurred and only by a wrestler who was previously weighed.
- 5.3 Each country may enter only one athlete per category, division, and weight class

- 5.4 ALL ATHLETES MUST HAVE A CURRENT FILA ATHLETE LICENSE. We encourage Federations to purchase licenses online; otherwise Federations may pay at the tournament.
- 5.5 The number of the official delegation stipulated below is laid down by FILA as follows for each wrestling style:

	1-3	4-5	6+
Wrestlers	1	1	1
Leaders	1	1	1
Coaches	1	2	3
Referees	-	1	1
Doctors	1	1	1
Masseurs	-	-	1
Total	3	5	7

If a country has certified FILA referees, and have 3 or more athletes, they are required to provide 1 referee at the competition. All referees must have a valid FILA license.

6. AGE & WEIGHT CATEGORIES

- 6.1 Seniors - 20 years and older.
- 6.2 Wrestlers in the junior age category are allowed to participate in the Seniors Category. However, wrestlers aged 16 in the year concerned must provide a medical certificate and parental authorization.
- 6.3 Age will be verified at the tournament and competitions during the accreditation.

The wrestler's individual passport or identity card (group passports are not accepted);

Team leader certification for each athlete attesting to the age of the wrestler;

A wrestler may participate in a competition only under the nationality appearing on his passport. If, at any time, it is determined by the organizing committee that the statement was false and the fraud occurred, the disciplinary measures provided for to this end will be immediately applied against the team or state, the wrestler and the person whose signature appears on the fraudulent certificate.

- 6.4 The weight categories are as follows:

Male Seniors (Freestyle)

1. 57kg
2. 61kg
3. 65kg
4. 70kg
5. 74kg
6. 86kg
7. 97kg
8. 125kg

Male Senior (Greco Roman)

- 59kg
- 66kg
- 71kg
- 75kg
- 80kg
- 85kg
- 98kg
- 130kg

Female Seniors (Freestyle)

1. 48kg
2. 53kg
3. 55kg
4. 58kg
5. 60kg
6. 63kg
7. 69kg
8. 75kg

6.5 Weight Categories for Beach Wrestling

Senior: Men 85 kg and + 85 kg

Women 70 kg and + 70 kg

6.6 An absolute category for the two first and the two second of the light and heavy weight categories

6.7 Each contestant deemed to be taking part of his/her own free will, and responsible for himself/herself, shall be allowed to compete in only one weight category: the one corresponding to his weight at the time of the official weigh-in. For categories in the senior age group, competitors may opt for the next higher category than their body weight, except for the heavy weight category, for which contestants must weigh over 96kg.

7. Article 8 – Competition System

7.1 The competitions take place by direct elimination system with an ideal number of wrestlers, i.e. 4, 8, 16, 32, 64, etc. If there is no ideal number of wrestlers in a category, qualification matches will take place.

- 7.2 Pairing is made in the order of the numbers drawn at random. All wrestlers who lost against both finalists will have repechage matches. There are two separated groups of repechage: one group of wrestlers who lost against the first finalist, and another group of wrestlers who lost against the second finalist. The repechage matches begin with wrestlers who lost in the first round including in matches to obtain the ideal number against one of the two finalists up to the losers in the semi-finals by direct elimination. The winners of the two repechage groups will receive each the bronze medal.
- 7.3 Each weight category begins and ends in a day. Each category weigh-in takes place the day before the beginning of the category concerned.
- 7.4 The competition takes place in the following manner:
- Qualification rounds
 - Elimination rounds
 - Repechage rounds
 - Finals
- 7.5 If there are less than 6 wrestlers in a weigh-in category, the Nordic round will take place (each wrestler against each wrestler).
- 7.6 Beach Wrestling
- Men: bathing suit with no other accessory.
 - Women: two-piece bathing suit with no other accessory.
 - At the beginning of the match, the participants receive a red or blue ankle band and give it back to the referee at the end of the match.

8. WEIGH-IN

- 8.1 The final list of contestants must be submitted to the organizing committee by the team leader, without fail, 6 hours before the start of the weigh-in. No changes will be accepted after this time.
- 8.2 The weigh-in for each category always takes place on the day before the beginning of the competition concerned and lasts 30 minutes. For all competitions, a single weigh-in by weight category shall take place.
- 8.3 No wrestler may be accepted at the weigh-in if he has not undergone a medical examination within the time period stipulated in the Regulations governing the competition in question. Medical examinations are always

performed one (1) hour before the weigh-in. Wrestlers must turn up at the medical examination and the weigh-in with their license and passport, or with their accreditation card alone if the identity control took place at accreditation.

- 8.4 The contestants will be weighed with only their singlet, after having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease. No weight tolerance will be allowed for the singlet.
- 8.5 Contestants must be in perfect physical condition, with their fingernails cut very short.
- 8.6 Throughout the entire weigh-in period, wrestlers have the right, each in turn, to get on the scale as many times as they wish.
- 8.7 Referees responsible for the weigh-in must check that all the wrestlers fulfill all the requirements of Article 5 – Competitor’s Dress and to inform any wrestler of the risk he runs if he presents himself on the mat in incorrect dress. Referees will refuse to weigh a wrestler who is not dressed correctly.
- 8.8 Beach Wrestling Weigh In
 - No weigh-in is required for promotional competition. The participants are divided according to their corpulence in order to quickly obtain an ideal divisible number.
 - For official tournaments and Championships, the weigh-in must take place one hour before the competition and last 30 minutes.

9. DRAWING OF LOTS

- 9.1 Participants shall be paired off for each round according to the numerical order determined by the drawing of the lots during the weigh-in, before the competition begins. The drawing of lots will be conducted in public. Numbered tokens corresponding to the number of wrestlers who underwent a medical examination must be enclosed in a bag or any other similar object, so as to prevent any differentiation.
- 9.2 The wrestler shall be weighed, and as he leaves the scale, he shall draw his number himself, on the basis of which he shall be paired off. This number must be immediately entered on a notice board visible to the public, as well as on the starting and weigh-in list.

10. PAIRING

- 10.1 Wrestlers shall be paired off in the order of the numbers they drew. A document establishing the correct procedure and time schedule of the bouts must be drawn up, and it must provide all the relevant information concerning the manner in which the competition is to be conducted.
- 10.2 The pairing for each round, as well as the results, are recorded on a board for use by the competitors, who must be able to consult it at all times.

11. ENTRIES:

- 11.1 Preliminary entries for all wrestlers and accompanying officials must be submitted to the organizing committee no later than May 20, 2014.
- 11.2 Final Entries by Name are due for Greco Roman at **12:00 noon on Sunday, July 20, 2014**. Final Entries by name are due for Freestyle at **12:00 noon on Monday July 21, 2014**. No subsequent modification or additions will be taken into consideration.

12. TRAINING AND COMPETITION CONDITIONS

- 12.1 There will be one warm-up mat and one competition mat. The competition mat is a FILA approved mat.
- 12.2 Beach Wrestling Competition Area
- The competition area for Beach Wrestling is composed of a 6-meter circle made with a 10-centimeter red ribbon that must contain no metal parts. It must be filled with a 30-centimeter layer of fine sand containing no stones, shells or other objects.

13. DURATION OF THE MATCHES

- 13.1 For all the competitions, the timing displayed on the scoreboards will start from 0 to 3 minutes.
- 13.2 The winner is declared by the addition of the points in both periods at the end of the regular time. Evident technical superiority of 8 points for Greco roman and 10 points for Men's and Women's Freestyle wrestling automatically leads to victory and to the end of the bout. The fall stops automatically the match whatever the period.

13.3 Men's and Women's Freestyle wrestling:

- The duration of a period is 3 minutes. If after 2 minutes in the first period, no wrestler has scored then the referee must obligatorily designate the passive wrestler.

13.4 Greco-Roman wrestling:

- The duration of a period is 3 minutes. In the case where a bout ends by 0-0, the victory goes to the wrestler who was deemed the most active last.

13.5 Beach Wrestling

- The duration of the matches is set to one period of 3 minutes for all age and weight categories

14. START

- 14.1 Before the bout, each opponent answers when his name is called and takes his place at the corner of the mat assigned to him. The corner as the singlet he has been assigned to wear. The referee calls the two wrestlers to his side at the central circle and examines their dress and checks that they are not covered with any greasy or sticky substance, verifies they are not perspiring, verifies that their hands are bare with trimmed nails, and that they have a handkerchief. The wrestlers greet each other, shake hands and, when the referee blows his whistle, they start the bout.

15. END OF THE BOUT

- 15.1 The bout ends either when a fall, a disqualification by injury of one of the opponents are declared, or at the end of the regular time. A match ends by technical superiority (8 points difference in Greco Roman wrestling and 10 points difference in Freestyle wrestling).

16. TYPES OF VICTORIES

- 16.1 A bout may be won by:
- by "fall"
 - by injury, withdrawal, default, disqualification of the opponent
 - by technical superiority
 - by points (winning two periods by 1 point more at minimum after addition of the two periods)

- 16.2 In case of tie points, the winner will be declared successively considering the highest value of the holds, the least amount of cautions and the last technical point(s) scored.
- 16.3 However, in order not to penalize the attacking wrestler, if the last point causing an even score is obtained by a hold which gives 1 point to each of the opponent because the attacking wrestler rolls across his shoulder in the execution of the hold without action from his opponent, the victory will be attributed to the attacking wrestler.
- 16.4 A wrestler receiving 3 cautions during a match is disqualified.
- 16.5 The warnings must be given unanimously by the refereeing body.

16. THE CHALLENGE

- 16.1 The challenge is the action through which the coach is allowed, on behalf of the wrestler, to stop the action and request the jury of appeal and the refereeing body to watch the video evidence in case of a disagreement with the call. This possibility only exists during competitions in which the video control is formally established by FILA and the Organizing Committee.
- 16.2 The coach must request the challenge by throwing a soft object on the mat, immediately after the refereeing body has awarded or failed to award points to the contested situation. If the wrestler disagrees with the coach's decision, the sponge is returned and the match continues.
- 16.3 Each wrestler is entitled to one (1) challenge per match. If after reviewing the challenge the jury of appeal modifies the decision, then the challenge can be used again during the match.
- 16.4 If the jury of appeal confirms the decision by the refereeing body, the wrestler loses the challenge and his opponent will receive one (1) technical point.
- 16.5 The mat chairman shall demand to stop the match to review the challenge as soon as the situation on the mat becomes neutral. No challenge can be requested for penalties given as a result of passive wrestling or in the event of a fall, being understood that the fall must be confirmed by the mat chairman further to the decision of either the referee or the judge.
- 16.6 No challenge may be requested after the end of the regular time of a period, except when the points are added to the scoreboard after the whistle. The

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coach has 5 seconds from the time the questioned score is posted on the official scoreboard to request a challenge.

- 16.7 During the review of the challenge, no consultation among the refereeing body is permitted. After having reviewed the action once, the Jury of Appeal renders its decision first. The Jury of Appeal intervenes and renders its decision in all cases. A unanimous decision by the Jury of Appeal will be final and may not be discussed. If the members of the Jury of Appeal disagree, a second review of the action will be requested. Then the majority of the Jury of Appeal and the refereeing body will prevail. It is not possible to request a “counter challenge” once a final decision has been made by the jury of appeal.

17. POINTS FOR ACTIONS AND HOLDS

- 17.1 The wrestler on whom a hold was initiated may only be awarded points if, by his own action, he has

- Brought the offensive wrestler to the ground.
- Conducted the action on a continuous basis.
- Succeeded in controlling the offensive wrestler by blocking him in a bridge position, that is, in a position considered completed.
- The referee must wait for the end of each situation prior to awarding the point values earned by each wrestler
- In cases where the wrestlers’ actions lead them to change from one position to another, the points for all the actions are awarded according to their value.
- The instantaneous fall, “both shoulders of the wrestler touching simultaneously and instantaneously the mat”, is not considered as a fall (totally controlled by the opponent). If the wrestler falls instantly from a standing position following a move by his opponent, the attacker receives 4 points provided he demonstrates control.
- If the wrestler falls instantly during his own move, his opponent receives 1 point. When wrestling in the “part terre” position when the wrestler is in the situation of instant fall, his opponent receives 1 point.
- Rolling from one shoulder to the other using the elbows in the bridge position, and vice-versa, is considered to be one action.
- A hold must not be considered to be a new action until the competitors return to the initial position.
- The referee indicates the points. If the judge agrees, he will raise the bat bearing the color and value in question (1, 2, 4 or 5 points). In the event of any disagreement between the referee and the judge, the mat chairman must make a decision in favor of one or the other of the wrestlers; he is not allowed to give a different opinion, except if he calls for a consultation and obtains a majority.

- In the event of a fall that occurs at the end of a regulation time, only the sound of the gong (and not the referee's whistle) is valid.
- At the end of a period, any hold is valid if it was completed before the gong sounded. In no event may a hold finished after the sound of the gong be counted.

18. GRAND AMPLITUDE THROW

- 18.1 Any action or hold by a wrestler in a standing position that causes his opponent to lose all contact with the ground, controls him, makes him describe a broadly sweeping curve in the air, and brings him to the ground in a direct and immediate danger position shall be considered a "Grand Amplitude" throw.
- 18.2 In the "par terre" position, any complete lift from the ground executed by the attacking wrestler, whether the attacked wrestler lands in neutral position (4 points in Greco Roman, 2 points in Freestyle) or in a danger position (5 points in Greco Roman and 4 points in Freestyle), is also considered a grand amplitude throw.
- 18.3 If the wrestler executing a grand amplitude hold himself touches the mat with both shoulders, he receives 4 or 5 points and his opponent receives 1 point, due to the instantaneous fall in the execution of the throw.

19. VALUES ASSIGNED TO THE ACTIONS AND HOLDS

- 19.1 Only 1 point, 2 points, 4 points and 5 points (Greco Roman Style) are awarded points to the wrestler who applies the correct hold. (See article 40 – FILA International Wrestling Rules)

20. MEDICAL AND DOPING CONTROL

- 20.1 Each wrestler shall submit himself or herself to a medical examination in his country. The results of this examination shall be submitted to the organizing committee.
- 20.2 Each wrestler shall undergo a medical examination one hour before the first weigh-in on the day before the competitions.
- 20.3 The Organizing Committee will undertake the expenses for rendering initial medical aid to all participants in the wrestling tournament.
- 20.4 Participants will undertake their expenses for their stay and treatment in the

hospital.

20.5 Doping control will be done in accordance with FILA regulations.

21. OFFICIAL CEREMONIES

21.1 All participating teams shall attend the opening and closing ceremonies.

21.2 The respective state flags shall be raised following the awarding of the medals to the winners in all weight categories, and the winning teams.

22. COMPETITORS OBLIGATIONS

22.1 Each wrestler shall prove their identity by presenting their passport or identity card to the official.

22.2 During the competition, each wrestler shall have one red and one blue singlet.

23. AWARDS

23.1 The following prizes shall be awarded for each weight category in both the Greco-Roman and Freestyle Wrestling Competition:

- The first four wrestlers in each weight category shall take part in the awards ceremony, and shall receive a medal and a diploma, according to their ranking.

1st GOLD

2nd SILVER

The two 3rd BRONZE

5th-10th DIPLOMA

23.2 Awards ceremonies take place immediately after the final match of the category concerned.

23.3 Beach Wrestling - The following prizes shall be awarded for each weight category in Beach Wrestling.

Light Category

1st GOLD

2nd SILVER

3rd BRONZE

Heavy Category

1st GOLD

2nd SILVER

3rd BRONZE

Overall Winner (The two first of each category must wrestle to determine the winner of the absolute category of the tournament.)

- 1st Gold – 1st place of the light category against the 1st of the heavy category only.

(Note: Only Gold Medal Awarded).

23.4 Awards ceremonies take place immediately after the final match of the category concerned.

24. PROTEST

24.1 No protest may be lodged at the end of the match. Under no circumstances may the result of a match be modified after the victory has been declared on the mat. (Article 55 – FILA Regulations)

25. ELIGIBILITY

In order to be eligible to compete at the Micronesian Games, an athlete must comply with one of the following criteria:

(1) The athlete must have been born in any state, country, or territory which is a member of the Micronesian Games Council -- that is, Palau, Guam, the CNMI, Yap, Chuuk, Pohnpei, Kosrae, the Marshall Islands, Nauru, or Kiribati -- and must have lived in any of those states, countries, or territories for a period of three years up to and including the start of the Games; OR

(2) The athlete must be the child of at least one parent, or two grandparents, who were born in any state, country, or territory which is a member of the Micronesian Games Council (see above), without regard to residence; OR

(3) The athlete must have resided in any state, country, or territory which is a member of the Micronesian Games Council (see above) for a period of seven years up to and including the start of the Games, AND, resides in the state, country, or territory for which the athlete will compete, as of the start of the Games, without regard to ancestry.

The temporary absence of an athlete from the territory of a member of the Micronesian Games Council for purposes such as education, sports, training, military service, and health care, or other legitimate absences of a similar kind, are not considered as interrupting a previously-established residency.

In addition, athletes must:

- (a) Complete all necessary entry and participation forms;
- (b) Not be currently under disqualification or suspension by any relevant authority;
- (c) Comply with all relevant rules and regulations of the Micronesian Games Council, the MGC Constitution, and the World Anti-Doping Code.

It is the responsibility of each participating state, country, or territory to ensure that all competitors comply with these requirements.

These requirements apply only to athletes. There are no eligibility requirements for coaches or technical officials.

Entries by name must be submitted at least 30 days prior to the start of the Games. Late entries will not be accepted. At the close of entries, the Pohnpei Organizing Committee will communicate a list of all named competitors to each competing state, country, or territory. Each competing state, country, or territory will have ten days to challenge the eligibility of a competitor. A \$50 bond is required for each challenge. The bond is refundable if the challenge is successful, but is forfeited if the challenge is unsuccessful.

The burden of proof of eligibility is on the sponsoring state, country, or territory, rather than the challenging state, country, or territory. In the event of a challenge, the sponsoring state, country, or territory must submit documents proving eligibility.

Challenges to athlete eligibility are made to the Micronesia Games Council Executive Board, not to the Pohnpei Organizing Committee, which will refer them for decision by a Disputes Tribunal, consisting of three persons appointed by the Micronesia Games Council Executive Board. All challenges to eligibility shall be decided at least 10 days prior to the start of the Games. The decisions of the Disputes Tribunal are final and may not be appealed.

A state, country, or territory whose athlete is successfully challenged and is deemed ineligible to compete will be liable for a penalty in the amount of \$100. Failure to pay

the penalty means that the state, country, or territory will not be allowed to compete in the sport in which the ineligible athlete was registered.

The contents of this section are a summary of the relevant provisions of the Micronesia Games Council Constitution. While every attempt has been made to assure the accuracy of this summary, in the event of any inconsistencies between this summary and the provisions of the Micronesia Games Council Constitution, the provisions of the Constitution shall be controlling.