



# Wrestling Competition Manual

**10<sup>th</sup> Micronesian Games**  
**15-24 June 2024**

Marshall Islands Micronesian Games Organizing Committee  
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## 1 WRESTLING

### 1.1 General Information

Dates	23-24 June 2024 (Pending submission of numerical entry forms)
Venue	International Convention Center (ICC)
Technical Meeting	TBD
Competition Manager	Damien Jacklick +692 4551464 damienwj@apssrmi.com
Technical Delegate	Tony Aquino tonyaquino@guam.net

## 2 COMPETITION DETAILS

### 2.1 Technical Committee

Technical Delegate                      Tony Aquino

Competition Manager                      Damien Jacklick

One representative from each participating member association.

### 2.1 Officials

2.1.1 Officials for the tournaments will be drawn from accredited referees nominated by the participating MGAs. All MGAs entering teams are expected to send one suitable referee per team. Referees will be assigned to games and evaluated under the supervision of United World Wrestling Oceania(U-WW-Oceania). Table officials will be supplied and assigned by the host country, in consultation with UWW-Oceania.

## 3 CONDUCT OF THE TOURNAMENT

### 3.1 Dates & Venues

3.1.1 The MAJOL2024 Wrestling competition for men and women will be held at the ECC, Majuro RMI from 23-24 June 2024 (Pending submission of numerical entry forms).

### **3.2 Practice Schedule**

3.2.1 The Practice Schedule will be available at the Technical Meeting. The schedule will be set upon availability of the facilities.

### **3.3 Events**

3.3.1 The competition will be comprised of two tournaments: A Men's Division and a Women's Division.

### **3.4 Technical Committee**

3.4.1 The tournaments will be overseen by the Technical Committee for Wrestling.

3.4.2 The Technical Committee shall be chaired by the Technical Delegate or the chair will be appointed by the Technical Delegate.

3.4.3 The Wrestling Technical Committee will select the Jury of Appeal.

### **3.5 Technical Meeting**

3.5.1 The Technical Meeting will be held no more than 48 hours prior to the commencement of the competition. Schedule will be communicated prior to your arrival. Visit Sport Information Center (SIC), located in the Athletes' Village, for technical meeting schedules.

3.5.2 Two (2) Representatives from each team may attend the Technical Meeting. The Technical Delegate will welcome and preside over the meeting. All matters pertaining to the competition will be covered at this Meeting.

### **3.6 Agenda**

<b>1</b>	Welcome remarks by the Competition Manager
<b>2</b>	Introduction of Relevant Key Competition Technical Officials
<b>3</b>	Final Timetable
<b>4</b>	Confirmation of the Jury of Appeal
<b>5</b>	Protests and Appeals to the Jury
<b>6</b>	Confirmation of Entries
<b>7</b>	Failure to Participate
<b>8</b>	Medal Ceremonies and Procedures
<b>9</b>	Venue visit

### 3.7 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, CNMI, Yap, Chuuk, Pohnpei, Kosrae, Marshall Islands, Nauru, or Kiribati — and must have lived in any of those states, countries, or territories for a period of (5) five 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 (5) five 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 MAJOL2024 OC will communicate a list of all named competitors to each competing state, country, or territory. Each competing state, country, or territory will have 10 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 MAJOL2024 OC, 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.

### **3.8 Protests and Appeals**

3.8.1 The Technical Committee will deal with all technical matters and protests as laid out in the Charter of the Micronesian Games, and to the extent not provided for therein, as per the Rules of UWW.

3.8.2 Any protest must be lodged with the Competition Manager in writing in



English and signed by the leader of the delegation. A check or cash in the amount of \$100.00 must be included with each protest.

- 3.8.3 A Jury of Appeal will be appointed by the Technical Committee, as provided for in the Micronesian Games Charter. All decisions of the Jury of Appeal are final as to matters within its jurisdiction.

## **4 RULES & REGULATIONS**

### **4.1 Clothing, Shoes and Competition Numbers**

- 4.1.1 At the beginning of each day, each competitor must be closely shaven or have a beard of several month's growth.

#### **4.1.2 Singlet**

- Contestants must appear on the edge of the mat with singlet on already.
- Competition singlets must comply with current UWW International Wrestling Rules.

#### **4.1.3 Ear Protectors**

- Ear protectors must not have any metal or must not have hard shells.

#### **4.1.4 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.

### **4.2 COMPETITOR'S LICENCE**

- 4.2.1 All participants (male and female) must have valid UWW competition licenses. Failure to obtain a license will result in disqualification.

- 4.2.2 Licenses will be verified during weight check.

- 4.2.3 Licenses can be obtained online through Athena system. Licenses will not be sold on site.

### 4.3 Age Categories

4.3.1 The age categories for international competition are as follows:

- cadets (16-17 years old) - cannot participate in Micronesian Games
- juniors (18-20 years old)
- seniors (20 years and older)

4.3.2 The MAJOL2024 Wrestling is a senior (20 years old and older) category competition.

4.3.3 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.

4.3.4 Wrestlers aged 17 in the year in question will not participate in MAJOL2024 Senior Category.

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

### 4.4 Weight Class

MALE (FREESTYLE)	MALE (GRECO ROMAN)	FEMALE (FREESTYLE)
57 kg	55 kg	50 kg
61 kg	60 kg	53 kg
65 kg	63 kg	55 kg
70 kg	67 kg	57 kg
74 kg	72 kg	59 kg
79 kg	77 kg	62 kg
86 kg	82 kg	65 kg
92 kg	87 kg	68 kg
97 kg	97 kg	72 kg
125 kg	130 kg	76 kg

### 4.5 Weight Classes for Beach Wrestling

4.5.1 Following are the weight divisions for beach wrestling:

MALE	FEMALE
70 kg	50 kg
80 kg	60 kg
90 kg	70 kg
+90 kg	+70

## 4.6 Competition System

4.6.1 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.

4.6.2 If there are 6 – 10 athletes in one weight category, the competition starts with a pool phase with two groups.

- Wrestlers who pick the lowest draw number will be in group A then the second lowest draw number will be in group B and so on. 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.

4.6.3 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

4.6.4 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.

## 4.7 Weigh-In

4.7.1 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. Substitute athletes must be registered in the accreditation and sport entry system.

4.7.2 Medical check and weigh in for all categories will take place on the morning of the competition day. Weigh in and medical check will last for 30 minutes.

4.7.3 Wrestlers must bring their passport, UWW license and accreditation card

with them for medical check and weigh-in.

- 4.7.4 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.

#### **4.8 DRAWING OF LOTS**

- 4.8.1 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.

- 4.8.2 The drawing of lots must be conducted in public.

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

#### **4.9 Par Terre (Ordering of par terre position)**

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

- 4.9.2 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.

- 4.9.3 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 white 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.

#### **4.10 Duration of Bout**

- 4.10.1 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).

4.10.2 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.

4.10.3 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).

#### **4.11 Overtime**

4.11.1 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.

#### **4.12 General Prohibitions**

4.12.1 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.

#### **4.13 Illegal Holds**

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

#### **4.14 The Challenge**

4.14.1 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.

4.14.2 If after the refereeing body reviews the challenge and agrees that the chal-

allenge 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.

#### **4.15 Medal Ceremonies**

4.15.1 Medal Ceremonies will take place after the Final of each event as scheduled.

4.15.2 Athletes involved in a Medal Ceremony will be gathered together by an official and taken to the Ceremony Area where they will be briefed and wait for the Ceremony to be announced.

4.15.3 Athletes will be led to the Presentation Area by Ceremonies staff.

## **5 ATHLETES' VILLAGE**

### **5.1 Accommodations**

5.1.1 Athletes and coaches will be housed at the Marshall Islands High School campus.

### **5.2 Meals**

5.2.1 Meals will be provided at each Athlete's Village cafeteria upon presentation of an accreditation card and meal voucher. Only accredited persons will be provided meals.

5.2.2 If the sports competition schedule conflicts with the dining hall hours, teams may request takeout meals. It's the responsibility of the Chef de Mission to request takeout meals during the CdM meeting at least 24 hours in advance and to pick up the takeout meals in the dining hall; takeout meals will not be delivered.

### **5.3 Medical**

5.3.1 Primary care medical facilities (first aid) will be available, without charge, at the sports venue. More advanced care will be on call. Care other than primary care is the sole responsibility of the individual, and will be made available on the same basis (including cost) as it is to the general public.

#### **5.4 Sport Information Center (SIC)**

- 5.4.1 The SIC located at the Athletes' Village, will be open and manned during regular business hours.
- 5.4.2 The SIC is the formal communication center for the receipt and distribution of all sports information and results.
- 5.4.3 A set of daily results will be prepared, and will be distributed to each Chef de Mission at a daily morning meeting.

#### **5.5 Security**

- 5.5.1 Security will be provided at all MAJOL2024 venues.

### **6 DOPING CONTROL**

#### **6.1 Random Testing**

- 6.1.1 Athletes are advised that random drug testing will be conducted for the duration of the 2024 Micronesian Games.

#### **6.2 Prohibited Substances**

- 6.2.1 It is the responsibility of the athlete to check the status of all medications and refrain from using prohibited substances. Athletes who test positive for a prohibited substance will be disqualified from, including but not limited to, the 2024 Micronesian Games.
- 6.2.2 Complete listing of prohibited substances can be found on WADA website.

### **7 CODE OF CONDUCT**

#### **7.1 Conduct**

- 7.1.1 The conduct of athletes, coaches, managers, and team officials are expected to adhere to the highest standards reflective of national pride and the spirit of the 2024 Micronesian Games. All participants shall appreciate the goodwill and regional unity that are the objectives of these Games.

**7.2 Tobacco, Betel-nut, Vape, Alcohol and Drugs**

- 7.2.1 The use and consumption of Tobacco, Betel-nut, Vape, Alcohol and Drugs in or around any Games facility is prohibited.

Good Luck to all the Teams!!!!