



PACIFIC
MINI GAMES 2025
PALAU
Empowering Unity

WRESTLING

Sports Technical Manual

FINAL

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WELCOME AND INTRODUCTION

Alii! (Hello)

Welcome to our beautiful shores of The Republic of Palau.

We are honoured and excited to be your host for the 12th Pacific Mini Games here in Palau. Together we stand proud to welcome you Athletes, Officials, Media and Families from across Oceania, who will be here to compete, learn, share experiences and create lasting memories at this year's historical Games.

The Palau Pacific Games 2025 will be held from 29th June to 9th July and will see over 2000 athletes from 24 countries compete in 12 sports competitions, learn, share experiences and create lasting memories from this historical event.

ORGANISATION

International Federation (IF) – United World Wrestling (UWW)

President: Nenad Lalovic

General Secretary: Carlos Roy

Regional Association – UWW Oceania

President: Ethan Lake

Secretary: Christopher Kitalong

National Federation – Belau Wrestling Federation

President: Tutii Chilton

Secretary General: John Tarkong, Jr.

Wrestling Technical Committee – Games Time International Federation (IF)

- UWW Technical Delegate (TD):
Ethan Lake (ethan.lake@uww@uww.org)

Organising Committee (OG)

- Sports Committee Chair: Uchel Tmetuchl

COMPETITION MANAGEMENT STRUCTURE

Competition Management

- Sports Competition Manager: John Tarkong Jr.

International Technical Officials (ITO)

UWW Referee Delegate (RD): Stefan Rudevics

Technical Meeting Date FS-GR-WW

The Technical Committee Meeting has been scheduled as follows:

Date: Sunday, June 29, 2025

Time: 14:00 – 15:45

Venue: Ngarachamayong Culture Center

Wrestling Competition Schedule

2025 Pacific Mini Games (FS/GR/WW/BW) U17 and U20 Koror, Palau, June 29– July 02, 2025					
Time	Sunday	Monday	Tuesday	Wednesday	
	June 29, 2025	June 30, 2025	July 01, 2025	July 02, 2025	
07:30 – 8:00		Medical examination & weigh-in FS – All categories	Medical examination & weigh-in GR / WW – All categories	Medical examination & weigh-in BW – All categories	
08:30 – 9:00				Automatic draw BW	Referees Consultations BW
9:00 – 10:00					
10:30 – 13:00		Qualification rounds and repechages FS – All categories	Qualification rounds and repechages GR / WW – All categories	Qualification rounds and repechages BW – All categories	
14:00 – 15:45	Technical Meeting – All teams				
15:45 – 16:00	Draw FS-GR-WW – All Categories				
16:00 – 18:00		Finals FS – All Categories	Finals GR / WW – All Categories	Finals BW All Weight Categories	
18:00 – 19:00				Award Ceremony	

GENERAL INFORMATION

The Belau Wrestling Federation will host the Wrestling event in Freestyle, Greco Roman, Women's Wrestling and Beach Wrestling.

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 United World Wrestling (UWW) statutes and regulations.

TECHNICAL CONDITIONS

- The maximum number of players per country who may compete in the Pacific Games Wrestling competition is one entry per weight division in accordance with the PGC Charter; Regulation 6.25:
 - *Maximum of 10 competitors per discipline (8 per gender for Beach Wrestling), no more than 2 competitors per weight category. Beach Wrestlers to be drawn from Freestyle/Greco Roman competitors*
- The tournament will be conducted under UWW Freestyle (FS), Greco-Roman (GR), Women's Wrestling (WW) and Beach Wrestling (BW) rules.
- The tournament competition will be conducted over three (3) days. FS Wrestling, GR Wrestling, WW and BW.
- The FS Wrestling will compete on Monday, June 30th.
- The GR Wrestling and WW will compete on Tuesday, July 01st.
- BW will compete Wednesday, July 02nd.
- Each weight class and category will be completed in one day of competition.
- Age requirement and conditions established by UWW Rules will be followed.
- All entries must be made to the organizing committee no later than the May 15, 2025 deadline. No entries are to be permitted after this date.
- Medical services will be provided by the Organizing Committee. Any medical expenses are the responsibility of the individual and NOT the organizers. UWW licenses insures the licensee <https://uww.org/governance/licenses-insurance-athletes-all-wrestling-styles>
- ALL ATHLETES MUST HAVE A 2025 UWW ATHLETE LICENSE. We encourage Federations to purchase licenses in Athena well before the registration deadline.

THE WRESTLING STYLES

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

- Freestyle Wrestling (FS)
- Greco-Roman Wrestling (GR)

- Women's Wrestling (WW)
- Beach Wrestling (BW)

For more information on International Wrestling Rules for FS, GR and WW, please visit: https://cdn.uww.org/2023-01/wrestling_rules.pdf and for BW please visit: https://cdn.uww.org/2025-02/beach_wrestling_rules.pdf

THE UNIFORM

Wrestling Singlets (FS, GR and WW)

All athletes of all age categories must comply with the UWW Uniform Guidelines. These Guidelines are intended to allow innovative design features in conformity with the rules and regulations for wrestling.

General Considerations

The singlet is the standard uniform which is used across all Olympic styles.

For more info please go to UWW website:

https://cdn.uww.org/2023-12/uniform_guidelines_2017.pdf

For Beach Wrestling Guidelines, please visit site:

https://cdn.uww.org/2025-02/beach_wrestling_rules.pdf

AGE, WEIGHT AND COMPETITION CATEGORIES

- Age categories:
 - U17-Cadets: 16-17 years (from 15 with medical and parental authorization)
 - U20-Juniors: 18-20 years (from 17 with medical and parental authorization)
- The medical and parental authorization is submitted to UWW via the Annual Medical Certificate & Wrestler's Declaration when purchasing the UWW License
- Medical certificate and parental authorization are not requested at the competitions for these age categories
- Age and eligibility will be verified at the competition during the accreditation.
- Weight categories for FS, GR, WW and BW are according to UWW regulations. These weights are also listed in the UWW website

U17-Cadets

- Men / FS: 51kg, 60kg, 71kg, 92kg
- Men / GR: 55kg, 65, 80, 110.
- Women / WW: 43kg, 53kg, 61kg, 69kg

U20-Juniors

- Men / FS: 57kg, 65kg, 74kg, 86kg, 97kg, 125kg
- Men / GR: 60kg, 67kg, 77kg, 87kg, 97kg, 130kg
- Women / WW: 50kg, 53kg, 57kg, 62kg, 68kg, 76kg

Beach Wrestling

For Beach Wrestling, the categories would be as follows:

U20-Juniors

- Men: 70kg, 80kg, 90kg, +90kg
- Women: 50kg, 60kg, 70kg, +70 kg

OFFICIATING

- Referees belonging to UWW international categories I-III shall officiate this competition.
- Each referee shall present a referee's license.
- Any country entering more than three contestants must necessarily provide a qualified international judge/referee - if it has one - in accordance with the conditions set out in the Regulations of the International Officiating Body, and Article 28 of these UWW Regulations. (https://cdn.uww.org/2024-06/gen_reg_for_int_champs_compets_a_0.pdf)

WEIGH IN AND MEDICAL CHECK (FS, GR AND WW)

For all competitions, the weigh-in is organized each morning of the concerned weight-category. The weigh-in and the medical control lasts 30 minutes.

No wrestler may be accepted at the weigh-in if he has not undergone a medical examination the first morning. Wrestlers must appear at the medical examination and the weigh-in with their license and accreditation.

Wrestlers must appear at the medical examination and the weigh-in with their accreditation. For FS, GR and WW, the only uniform allowed for the weigh-in is singlets only. After having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease, the wrestler can be weighed in.

There will not be any weight tolerance.

Contestants must be in perfect physical condition, with their fingernails cut very short.

For FS, GR and WW, the entire weigh-in period, wrestlers have the right, each in turn, to get on the scale as many times as they wish.

The referees responsible for the weigh-in must check that all wrestlers are of the weight corresponding to the category in which they are entered for the competition, that they fulfill all the requirements.

The referees responsible for the weigh-in will receive the results of the draw and will be allowed to control only the athletes who are on this list.

If an athlete does not attend or fail the weigh-in, he /she will be eliminated of the competition and ranked last, without rank.

Draw of Lots and Pairing (FS, GR and WW)

Participants shall be paired off according to the numerical order determined by the drawing of lots made the day before the competition day of the concerned weight category, at the latest.

The drawing of lots must be open to the media. The team leader (or his/her substitute) shall draw a number for his/her athlete on the basis of which he/she shall be paired off. If the team leader (or his/her substitute) can't attend the draw because of exceptional reason, he/she must inform the organizer. The organizer will have the responsibility to communicate it to the Officials and the number of his wrestler will be drawn by the Technical Delegate or the responsible person of the draw.

If the team leader (or his substitute) can't attend the draw because of exceptional reason, he must inform the organizer and UWW otherwise his athlete(s) won't be part of the draw. The organizer will have the responsibility to communicate it to the UWW results' team.

Important: When the person responsible for the weigh-in and drawing of lots observes an error in the regulation procedure as outlined above, the drawing of lots for the category in question is to be cancelled.

Drawing of lots for this category will then be repeated with the agreement of the technical delegate.

BW Weigh-In:

The weigh-in and the medical control last 30 minutes.

The participants are need to compete in the official weight categories and one athlete may opt for the next higher category.

Beach Wrestling Drawing of Lots

In principle, there will be no drawing of lots. The athletes will be paired according to a seeded system pulled from the FS, GR and WW ranking. At the time of the event, the ranking will be used to determine the seeded athletes.

In case of the participation of unseeded wrestlers, an automatic and random draw will be organized (for these athletes) by the competition management team right after the weigh-in. The officials shall also enter the lot number onto the weigh-in list.

Beach Wrestling Duration and Basic Rule

The match consists in 1 period of 3 minutes for all age categories. Beach wrestling is only practiced in standing position. The use of the legs is allowed in all actions.

Beach Wrestling Ranking Criteria

Each athlete will be ranked in their group based on the number of victories. In case of a tie in the group (same number of victories), if it concerns only two wrestlers, their direct match will determine the ranking.

If it concerns more than two athletes, the ranking will be determined following these criteria, across the all competition:

- The highest classification points
- The highest technical points scored
- The fewest technical points given
- The weight of the athletes*
- The lowest draw/rank number

* Their weights (at the official weigh-in of the concerned day) will be checked and the lighter (lightweight) one will be declared as the winner.

TRAINING AND COMPETITION

General Information

Competition Dates	June 30, 2025– July 02, 2025
Competition Venue (FS, GR and WW)	Ngarachamayong Cultural Center
Training Venue	Palau National Gym
Competition Venue (BW)	Airai Side of the Palau Japan Friendship Bridge

SPORT INFORMATION DESK

Each competition venue will have a Sport Information Desk (SID). This will be your main point of contact during your stay to provide you with additional information you may require, as well as being the main collection point of relevant competition information.

The main Sport Information Centre (SIC) will be located at a Main Village Zone.

MEDICAL

The Games Polyclinic

The Games Polyclinic is equipped for emergencies as well as general medicine consultations with sports medicine medical needs.

Location

Main Games Village Zone and Sports Venues for Emergencies only. For more immediate care will be referred to Belau National Hospital located in Meyuns. Approximately 10-15 minute away from games village and venues

Doping Control

ORADO will conduct tests at the Games. ORADO does not divulge which Athletes, or medal positions it will test. Remember Athletes can be tested anytime and anywhere during the Games, including at the Village.

Safeguarding Information

As a Games participant you will behave respectfully and courteously towards other Games participants including children, person with disability and young people and maintain appropriate professional and personal boundaries.

TRANSPORT

There will be a shuttle system operating between Villages and Venues, linking the locations to the Main Dining Hall. This will consist of an Internal Shuttle System that runs within some of the Villages and connecting to an External Shuttle System that operates between Venues. Transport Services will be available from 29th June to 9th July.

Shuttle System

Bus shuttles will operate between Games venues connecting all the venues and villages to the Main Dining Hall at PCC Cafeteria.

TRAINING VENUE

Availability: Schedule will be based on reservations and booking of venue from teams.

Training Venue: Palau National Gym

Travel Time: 5 to 10 minutes from the Athletes Village

GENERAL INFORMATION:

International Rules

The events will be organized in accordance with the regulations of UWW.

Medals

Gold, Silver and Bronze medals will be awarded in the Games Competition in accordance with the PGC Charter; Protocol 26.

- Four (4) or more contestants: gold, silver and bronze
- Three (3) contestants: gold and silver only
- Two (2) contestants: gold only
- One (1) contestant, no event, no medal

Medal Ceremonies

In conformity with Protocol 23 of the PGC Charter, the medal ceremonies will be held after the finals.

Athletes should attend all medal ceremonies in their official PGA team tracksuit and appropriate footwear, even where the medal ceremony is scheduled for a different day to the day of competition.

Personal Clothing and Personal Equipment (PGC Charter Regulation 18 part II) Clothing or equipment used officially at the Pacific Games and Pacific Mini Games shall not be marked conspicuously for advertising purposes unless otherwise approved by the Executive Board. Clothing regulations should follow the IF regulations. There shall be no advertising or publicity on personal equipment and competition clothing used or worn at the Games. Subject to the International Federations rules identification of the manufacturer (name and/or logo) of the equipment and or clothing may appear, if not marked conspicuously for advertising purposes as follows:

- **Manufacturer's Identification:** The identification of the manufacturer shall not appear more than once per item of clothing and equipment.
- **Equipment:** Manufacturers identification shall not exceed 10 per cent of the surface area of the equipment that is exposed during competition and shall not be more than 60 square centimetres.
- **Headgear (hats, helmets, sunglasses, goggles etc) and gloves:** Any identification of the manufacturer shall not exceed 6 square centimetres.
- **Clothing:** One identification of the manufacturer (logo, name or combination) may appear on each article of clothing worn by athletes, officials or judges (vest, shorts, track-suits etc), the maximum area of which shall be 15 square centimetres with a maximum height of 4 centimetres. No other form of advertising or sponsorship on clothing shall be permitted.
- **Shoes:** The normal distinctive design pattern of the manufacturer is permitted. The manufacturer's name and/or logo may also appear, up to a maximum of 6 square centimetres, either as part of the normal distinctive design pattern or independent of the normal distinctive design pattern.
- **Variation of the above rules shall be subject to approval of the Executive Board.**

Eligibility

All athletes wishing to compete in the Pacific Games must comply with current requirements for representing a Country and participating in the Games according to the UWW Regulations and PGC charter; Article 25.

In the event of a challenge to a competitor's eligibility, the Executive Board shall immediately refer the challenge to the Disputes Tribunal in accordance with PGC Charter; Article 25.8.

The Tribunal's decision shall be final. No further challenges shall be considered thereafter.

Pacific Games Association delegation entries are required to be finalised, confirmed and posted on the Pacific Games Council and Organising Committee websites 20 days prior to the commencement of the Games. PGC Charter: Article 25.10.

Mixed Zones

Each of the competition sites will have a dedicated zone/area for exchanges between the athletes and accredited journalists. Athletes and team supervisors are requested to cooperate with the media.

Charter of the Games

The events will be organized in accordance with the Pacific Games Council Charter. Any technical information that does not appear in the international regulations can be obtained in the Charter.

Map and Plans:

Detailed venue map will be provided in the next edition of this Technical Manual.

Contact:

For more information, please contact John Tarkong Jr., Wrestling Tournament Director at (680) 775-5646 or email plw@uww.org or belauwrestling@gmail.com