2023

TECHNICAL PACKAGE

WRESTLING

Sport: Wrestling

Table of Contents

1. Introduction 3
2. Rules 3
3. Sanction 3
4. Participants 3
5. Categories 4
6. Eligibility 5
7. Competition 5
8. Medals 7
9. Equipment 8
10. Competition Uniform 8
11. Registration 9
12. Protests & Appeals 9
13. Appendix A: Pre-Competition Medical Screening 11
14. Appendix B 12

1. Introduction

Technical Packages are critical guiding documents that assist Host Societies as they coordinate all sport competition (including competition formats, rules and procedures) and Mission Teams as they coordinate their teams' participation (including athlete eligibility, categories and team composition). Every Games' Host Society and Participating Unit's Mission Team, Coaches and Managers have an obligation to read and understand every aspect of the Technical Package. Should a need for clarification arise, questions should be directed through the Participating Unit's Chef de Mission for review and response by the Arctic Winter Games International Committee (AWGIC) Technical Director and Technical Coordinator.

2. Rules

This competition will be conducted under the rules and sanction of United World Wrestling (UWW) as published on January 1 of the year of the Games, except as modified by the AWGIC. The Host Society must advise Chefs on sanctioning and any related matters that might affect their teams.

The Traditional Inuit Wrestling competition rules are those designated by the AWGIC.

3. Sanction

The competition will be conducted under the rules and sanction of UWW as published on January 1 of the year of the Games, unless otherwise approved by the AWGIC. Where possible, the Host Society should explore sanctioning under their jurisdiction's sport governing body (e.g., Wrestling Canada Lutte). Should a competition be granted sanction, the Host Society will communicate said sanction to all Participating Units, including the conditions of the sanction that may or may not differ from the International Federation's (IFs) rules and sanction.

4. Participants

Each Participating Unit may enter a team comprised of a maximum of twelve (12) wrestlers and three (3) coaches as follows:

Athletes

Males born in 2005/2006/2007/2008/2009	-	7

Females born in 2005/2006/2007/2008/2009 - 5

Each Games Unit may enter a maximum of one (1) wrestler in each weight category.

Note: Units can register Participants within any of the eligible birth years, at the discretion of their Chef de Mission. Units are not obligated to register Participants within the youngest or oldest age category. Where no minimum age category is listed, Chefs de Mission are responsible for determining an appropriate minimum age for their Unit's Participants, with consideration for Eligibility and Competition structure (as outlined in the Technical Package) and the AWGIC's value of meaningful competition.

Staff

Coaches	-	3
Support Staff	-	0

If qualified coaches are available - or otherwise approved by the AWGIC Technical Director and Technical Coordinator - a minimum of one coach must be female. Units must ensure that coaches are screened and trained in accordance with their jurisdiction's coaching standards.

5. Categories

Female
- Up to 50 kg (min 45 kg)
- Up to 55 kg
- Up to 60 kg
- Up to 65 kg
- Up to 71 kg

Male
- Up to 55 kg (min. 50 kg)
- Up to 60 kg
- Up to 65 kg
- Up to 70 kg
- Up to 78 kg
- Up to 85 kg
- Up to 96 kg

6. Eligibility

To be eligible to compete in the Arctic Winter Games, an athlete shall:

1. Be a "Developing Athlete"
    1. A Developing Athlete is one who has not represented one's nation in international competition (outside of an Arctic Winter Games) in the sport they are competing in.
        1. An athlete who has competed for one's club in international competition (not representing one's nation) is considered a developing athlete;
        2. An athlete who is a member of one's national team, but has not represented one's nation in international competition is considered a developing athlete.

Athletes born in 2009 may be considered or provided special approval to compete by submitting a request via Chef de Mission accompanied by the medical form (Appendix A). Any athlete born in 2009 must comply with rules on the provision of a completed medical form (Appendix A). Competitors may compete in either the weight category determined by their weight or one weight category above. Requests to have an athlete compete in an older age category must be submitted to the AWGIC Technical Director and Technical Coordinator a minimum of 14 days prior to the start of the Games.

See Appendix B for additional eligibility requirements.

7. Competition

Format

The competition shall take place abiding by Chapter 2 - Competitions and Programmes; Article 8 - Competition Systems of the UWW International Wrestling Rules, as published on January 1 of the year of the Games.

Events

a. Team competition
    - Dual meets shall fall on the first day of competition
    - Teams will receive points in the team competition according to their final ranking in the team competitions

b. Individual competition

c. Traditional Inuit Wrestling – Individual competition
   - Weight categories and age groups for Inuit Wrestling are aligned with those outlined throughout this Technical Package. Participation in the Inuit Wrestling events is optional; competition is considered to be exhibition.

Schedule

The Host Society shall distribute a first draft of the Master Sport Schedule - a detailed multi-sport schedule, including: competitions, practices/training, pre-Games Coach/Manager meetings and all technical meetings - to the AWGIC and each Participating Unit's Chef de Mission for review no later than 1 year (12 months) prior to the commencement of the Games (Opening Ceremony). The Master Sport Schedule becomes "final" three (3) months prior to the commencement of the Games, unless otherwise approved by the AWGIC. A final review and approval of the Master Sport Schedule must be conducted by the AWGIC Technical Director prior to being considered "final".

The Master Sport Schedule is developed by the Host Society in consultation with the Sport Vice President, Sport Chairs and the AWGIC as required. The sport schedule is developed using the Sport Technical Packages and by reviewing the sport schedules from previous Games.

The Host Society shall:
- Create a process for stakeholders to provide input and request changes to the schedule;
- Revise and update the Master Sport Schedule, redistributing updated versions as required on an ongoing basis between 12 months pre-Games and the end of the Games.

The Host Society, to the best of their ability shall:
- Refrain from scheduling any competition or practice/training within three (3) hours of the beginning of the Opening Ceremony;
- Respect the timing required for participant feeding, transportation and marshalling for opening and closing ceremonies;
- Ensure that practice/training during the first day of the Games reflects the travel realities of Participating Units (e.g., Units with the least amount of travel should be scheduled to practice/train and/or compete first upon arrival in the Host

jurisdiction, where Units with the most travel should practice/train and/or compete last).

Weigh-In Procedures

Two scales calibrated to the official scale must be accessible to the wrestlers from the opening day of the athletes' village until the official weigh-in is completed for each competition. These scales should be set up in private locations.

A medical examination is to be scheduled during the weigh-ins. Physicians present at the medical control will eliminate from competition any wrestler with a contagious skin disorder or other ailment that would prevent them from competing at a minimum safe level.

The weigh-in shall be the day before the competition starting between 4:00 p.m. and 8 p.m. The duration of the weigh-in is one [1] hour in length and shall be integrated with the medical examination (i.e. a wrestler has one hour in total to have their medical completed and weigh-in for the competition). There shall be one weigh-in for females and one weigh-in for males.
Any wrestler who weighs in heavy (and cannot move up a weight class) will be eliminated from the competition and cannot score points for their Unit. 2kg weight tolerance is allowed (excluding minimum weight).

A sauna will not be available at the weigh-in, practice or competition sites.

For the competitions where less than 16 athletes are registered, the weight category can be organized in one day. If it is the case, the medical control and the weigh-in remain the morning of the competition and the draw could be organized during the weigh-in.

8. Medals

The first four wrestlers in each weight category shall receive medals according to their ranking:

- 1st Gold
- 2nd Silver
- 3rd Bronze

It is advised that Medal Ceremonies run according to the following example format:

Category 1 Bronze medal match
Category 1 Gold medal match

Category 2 Bronze medal match
Category 2 Gold medal match

Category 1 Award Ceremony

Category 3 Bronze medal match
Category 3 Gold medal match
Category 2 Award Ceremony
Category 3 Award Ceremony

9. Equipment

Head gear is permissible for this competition.

Wrestlers are advised to tape their shoe laces or have shoes that do not contain laces that may come undone during a match.

10. Competition Uniform

Competition uniform includes: singlet, socks and wrestling shoes.

Traditional Singlet

Singlet must be 60% majority red or blue. The singlet must NOT be a combination of both colours. If athletes are wearing traditional singlets, they will be required to have a set of both red and blue singlets.

Jurisdiction Singlet

Jurisdiction team coloured singlets will be allowed and are encouraged at the Arctic Winter Games. Jurisdictions are required to have the crest of the jurisdiction on the front of the singlet and a two-letter acronym on the back. Athletes wearing provincial / territorial singlets will not be required to have two singlets.

11. Registration

All Participants (athletes, coaches, managers and support staff) must be registered in the Arctic Winter Games electronic registration system (GEMS.pro) no later than 14 days prior to the Opening Ceremony.

12. Protests & Appeals

Field of Play disputes should be managed in accordance with the AWGIC Field of Play conduct Policy and Protest Procedure and each International Federation's (IFs) rules.

13. Appendix A: Pre-Competition Medical Screening

PRE-COMPETITION MEDICAL SCREENING - ATHLETE INFORMATION

Name: _____ Date of Birth (dd/mm/yyyy): (____/____/_____20)

Address: _____

City/Town: _____ Province/State: _____ Postal/ZIP Code: _____

Home Phone: (____)____-_____

Emergency Contact: _____

Relation: _____ Phone: _____

MEDICAL INFORMATION

This information will be kept in confidence and will ONLY be released if required to deal with a medical situation concerning the health and wellbeing of the athlete

Medical Card Number: _____

Taking Any Medication? YES: ☐ NO: ☐

If YES, please specify: _____

Allergies (e.g., bee stings, prescription or non-prescription medications, food allergies, etc.) YES: ☐ NO: ☐

If YES, please specify: _____

History of any previous head or neck injuries and/or concussions? YES: ☐ NO: ☐

If YES, please specify: _____

Medical conditions (e.g., heart condition, epilepsy): YES: ☐ NO: ☐

If YES, please specify: _____

Recent surgeries within the last 6 months: YES: ☐ NO: ☐

If YES, please specify: _____

Do you have a known injury or medical condition that will need medical support (athletic/physiotherapy, massage therapy, chiropractic treatment, or physician) during the competition? YES: ☐ NO: ☐

If YES, please specify: _____

_____ _____

Signature of Athlete **(REQUIRED)** Date

_____ _____

Signature of Parent/Guardian (**REQUIRED** if athlete is under 18 years of age) Date

14. Appendix B

AWGP1 ATHLETE AND CULTURAL PERFORMER ELIGIBILITY POLICY

Preamble:
The Arctic Winter Games combine athletic competition, cultural exchange and social interaction among northern contingents. Arctic Winter Games athletic competitions feature sports that enjoy worldwide popularity and sports unique to the north. The AWG Cultural Program offers opportunities for northern artists to perform on a larger stage to diverse audiences. The Arctic Winter Games International Committee is responsible for providing direction and guidance to contingents to ensure meaningful competition and a diverse cultural program in the Arctic Winter Games Program.

Purpose: This policy provides direction and guidance to the participating contingents when selecting athletes and cultural participants for their teams.

1. To be eligible to compete in the Arctic Winter Games, an athlete shall:
    a. be a "Developing Athlete" as described in the Glossary of Terms and not have been a member of a national team in the sport in which they are competing, nor competed in, nor have been selected for an international competition as a representative of their country in the sport within one (1) year of the opening date of the Games (sports without national sport governing bodies are exempt from this rule)
    b. compete in one sport only c) meet individual sport requirements as per the current technical package.

2. To be eligible to participate in the Arctic Winter Games, a Contingent Cultural performer shall comply with the eligibility requirements included in the current Cultural Technical Package.

3. To be eligible to participate in the Arctic Winter Games, all Contingent Athletes and Cultural performers shall:
    a. be a resident of Yukon, Northwest Territories, Alberta North (north of 55 degrees), Greenland, Alaska, Nunavut or any other participating Contingent/Guest Contingent approved by the Arctic Winter Games International Committee (AWGIC). Current approved Guest Contingents

are Nunavik (Quebec, Canada), Yamal-Nenets (Russia)*, Sapmi (Finland/Norway/Sweden);

b. have been a continuous resident of the participating Contingent for six (6) months prior to the opening day of the Games;
c. comply with all other Arctic Winter Games rules and regulations as outlined in the Arctic Winter Games Staging Manual, Arctic Winter Games Technical Packages or other publications issued by the Arctic Winter Games International Committee;
d. comply with all rules and regulations of their Contingent.

NOTE #1.1: 'Resident' means a person who makes their permanent home in a jurisdiction and includes someone who may be temporarily absent from the jurisdiction but who maintains a close connection with the jurisdiction and has the intention of returning to the jurisdiction after a temporary absence. An individual leaving a jurisdiction with no intention of returning continues to be considered a resident of that jurisdiction up to 90 days after leaving and may participate if the first day of the Games falls within that 90-day period.

NOTE #1.2: A resident of a participating Contingent who is attending school outside the Contingent is deemed to be a continuous resident of their Contingent and is eligible to compete for their residence Contingent or the Contingent in which they are attending school (if a participating Contingent) but not both.

NOTE #1.3: An individual who is a resident of a jurisdiction not eligible to compete at the Games; but who lives in a participating jurisdiction as a student, or who is there on a temporary work visa, or who is otherwise temporarily living in a participating jurisdiction; is not considered a resident of the participating jurisdiction and is therefore ineligible to compete in the Arctic Winter Games.

NOTE #1.4: Individual Contingents may impose additional requirements for eligibility for their team provided they do not contravene the intent of the AWG International Committee policies.

* The Arctic Winter Games International Committee has suspended Yamal, Russia, with immediate effect, following the attacks unfolding in Ukraine in a March 1, 2022 decision.