

# 2010



**WRESTLING  
TECHNICAL PACKAGE**

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**2010 ARCTIC WINTER GAMES**

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## **WRESTLING**

1. **Rules:** This competition will be conducted under the rules and sanction of the appropriate sport governing body except as modified by the Arctic Winter Games International Committee as noted in Section 6. 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 Arctic Winter Games International Committee.

2. **Categories:**

Junior male/female: Born in 1992, 1993, or 1994.

Junior Female

- up to 52 kg (min. 48 kg)
- up to 56 kg
- up to 60 kg
- up to 65 kg
- up to 71 kg

Junior Male

- up to 52 kg (min. 47 kg)
- up to 57 kg
- up to 62 kg
- up to 68 kg
- up to 75 kg
- up to 82 kg
- up to 90 kg

Athletes are allowed to wrestle up, one year. Any athlete born in 1995 must comply with rules on the provision of a medical certificate. Competitors may compete in either the weight class determined by their weight or one weight class above.

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**3. Events and Schedule:**

Events

- a. Team competition
  - o Dual meets on the first day of competition
  - o Team medals are awarded on the basis of the total points accumulated for all dual meets
- b. Individual competition
- c. Inuit Wrestling – Individual competition

Traditional Inuit Wrestling - the weight classes and age groups are the same as above. Participation in the Inuit Traditional Wrestling events is optional. Units must identify if their athletes will be competing in the Inuit Traditional Wrestling events at the time of registration. The Inuit Traditional Wrestling Clinic and competition will be held on the final day of competition.

Schedule

The Host Society shall submit a draft schedule for review by Chefs de Mission and approval by the Arctic Winter Games International Committee.

**4. Team Composition:** Each Games Unit may enter a team comprised of a maximum of twelve (12) wrestlers and two (2) coaches as follows

|                  |   |   |
|------------------|---|---|
| Male Wrestlers   | - | 7 |
| Female Wrestlers | - | 5 |
| Coaches          | - | 2 |

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

If qualified coaches are available one must be female.

**5. Medals:** Individually by event for standard and Inuit wrestling:  
Individually for the team competition:

|        |   |    |
|--------|---|----|
| Gold   | - | 36 |
| Silver | - | 36 |
| Bronze | - | 36 |

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**6. Arctic Winter Games Rule Modifications**

1. Weigh In procedures

As early as possible in the Games there will be a weigh-in of thirty (30) minutes duration. There will be no weigh-in for the subsequent days of the competition.

2. Inuit Wrestling Rules will be explained and clarified at a pre-competition clinic held on the morning of the Inuit Wrestling competition.

3. The competition draw is to be a round robin format. If time permits, a playoff round can be added otherwise the cumulative results of the round robin will be used to determine medal placings.