



## WRESTLING ASSOCIATION OF THE PHILIPPINES

### 2015 PHILIPPINE NATIONAL GAMES TECHNICAL GUIDELINES

#### I. EVENTS & AGE GROUPS

There are 2 respective age groups:

**Cadets Division (16-18 years old)** Events: Freestyle Men's & Women's Wrestling  
**Senior Division (18-21 years old)** Events: Freestyle Men's, Greco-Roman Men's & Women's Wrestling  
The competitor cannot be born after December 31, 1996 to compete in the junior division. Top 3 medals qualify for PNG National Championships February 2016.

#### Respective Weight Class:

##### Cadets Division men's

1. 39-42 kg
2. 46 kg.
3. 50 kg
4. 54 kg
5. 58 kg
6. 63 kg
7. 69 kg
8. 76 kg
9. 85 kg
10. 73-85 kg

##### Cadets women's

1. 36-38 kg
2. 40 kg
3. 43 kg
4. 46 kg
5. 49 kg
6. 52 kg
7. 56 kg
8. 60 kg
9. 65 kg
10. 65-70 kg

##### Senior Division Men's

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

##### Senior Greco-Roman Men's

1. 59kg
2. 66kg
3. 71kg
4. 75kg
5. 80kg
6. 85kg
7. 98kg
8. 130kg

##### Senior Division Women's

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

## II. SCHEDULE

July 7 (9:00 – 17:00)	Wrestling Clinic for Athletes, Coaches and Technical Officials
July 8 (11:00AM)	Final entry
(13:00PM)	Team Managers' meeting
(14:00-16:00)	Medical & Weigh-In
July 9 (08:30 – 09:00)	Opening Ceremony;
(09:00 – 09:30)	Warm-Up
(09:30- onwards)	Competition Proper,
(12:00 - 13:00)	weigh in for succeeding weight classes
July 10 (09:00 – 9:30)	Warm-Up
(09:30- 15:30)	Competition Proper
(16:00)	Closing and Awarding Ceremony

## III. RULES

1. United World Wrestling (UWW) rules shall be enforced – *except for a few exceptions otherwise stipulated.*  
<https://unitedworldwrestling.org>  
[https://unitedworldwrestling.org/sites/default/files/1-wrestling\\_rules\\_july\\_2014\\_eng.pdf](https://unitedworldwrestling.org/sites/default/files/1-wrestling_rules_july_2014_eng.pdf)
2. Each team is allowed to field a maximum of two wrestlers per weight class per event.
3. All teams must submit their final entries on June 15, 2015, via e-mail to [valdamarcus@gmail.com](mailto:valdamarcus@gmail.com) and [gamesecretariat@psc.gov.ph](mailto:gamesecretariat@psc.gov.ph).
4. No gold medal will be given to one entry in a weight class; there must always be at least two entries per weight class for its competition to be officially held, and its winners to be awarded accordingly. In cases of such lone entries, the technical officials, in consultation with the concerned coaches, shall assign the particular athletes to a higher weight class where they will compete with other participants. *The technical officials, as much as possible, shall see to it that a wrestler will compete in another weight class that is only one category higher than his actual weight class – to avoid playing against another who is/are two weight classes heavier for safety reasons.*
5. Each participant is allowed only 30 minutes to make weight after he/she is first called to officially weigh-in on the scale.
6. Each participant is required to wear a red or blue singlet and wrestling shoes upon entering the mat.
7. All participants will bring original birth certificate for verification. No NSO birth certificate no entry.



MARCUS VALDA  
SECRETARY GENERAL  
WRESTLING ASSOCIATION OF THE PHILIPPINES