



**5 – 6 November 2016**  
SUNTEC SINGAPORE HALL 403-404

**MULTI-DISCIPLINARY SPORTS AND FITNESS  
COMPETITION & EXPO**

# COMMONWEALTH SENIOR WRESTLING CHAMPIONSHIPS 2016

## SINGAPORE

### NOVEMBER 3 – 7, 2016

#### I. AIMS

The *Commonwealth Senior Wrestling Championship* aims to promote wrestling among the Commonwealth countries, foster camaraderie among the wrestlers and ensure the continuity of wrestling programs and competitions in the Commonwealth countries.

#### II. VENUE AND DATES

Venue: *Suntec Singapore Convention & Exhibition Centre, Hall 403-404*  
1 Raffles Boulevard  
Suntec City  
Singapore 039593

Date: November 3<sup>rd</sup> – 7<sup>th</sup>, 2016.

#### III. PARTICIPANTS

##### ***Weight categories:***

Men's Freestyle (FS) : 57, 61, 65, 70, 74, 86, 97, 125 Kg  
Men's Greco-Roman (GR) : 59, 66, 71, 75, 80, 85, 98, 130 Kg  
Women's Freestyle (FW) : 48, 53, 55, 58, 60, 63, 69, 75 Kg

***Age:*** 18 years old and above

***UWW License:*** All participants MUST produce a **valid 2016 UWW license** in order to participate.

***Citizenship:*** The participating athlete must possess a passport or proof of residency for the country he/she is representing.

##### ***Maximum participants:***

Each country can enter a maximum of **two wrestlers** to compete in each weight category. The host country may enter a maximum of two wrestlers in each weight category with no limit to the number of wrestlers competing. The deadline for sending in your preliminary entries is the 21<sup>st</sup> of August, 2016.

#### IV. EVENT WEBPAGE: <https://www.facebook.com/events/496798053852138/>

## V. DEADLINE FOR SUBMITTING PARTICIPATION AND TRAVEL SCHEDULE

The deadline for submitting preliminary applications for participation is **12:00 noon GMT, Sunday, 21<sup>st</sup> August 2016.**

The deadline for submitting final entries is **12:00 noon GMT, Friday, 30<sup>th</sup> September 2016.**

Deadline for submitting travel schedules is **12:00 noon GMT, Friday, 30<sup>th</sup> September 2016.**

Please submit applications & schedules to:

**Wrestling Federation of Singapore  
4, Fourth Chin Bee Road  
#01-03  
Singapore 619698**

Email: [info@singaporewrestling.com](mailto:info@singaporewrestling.com)

Website: [www.singaporewrestling.com](http://www.singaporewrestling.com)

Tel: +65 6280-4748

Fax: +65 6285-6384

*Please confirm your submissions via email or telephone call.*

## VI. MATS AND REFEREES

Number of Mats: 2 mats

Referee Categories: Referee Category 3, 2 or 1

**\* Each country is to provide at least one referee for the tournament**

## VII. PARTICIPATION FEES

†Accommodation and Meals:

**130.00 USD per Person per Day** (\*CASH UPON ARRIVAL)

**120.00 USD per Person per Day** (\*\*EARLY BIRD DISCOUNT)

**Competition Entry fee: 50.00 USD per Competitor**

\*CASH UPON ARRIVAL – This fee is due upon the arrival registration of the participant if the participant has not already paid the Participation Fees in full.

\*\* EARLY BIRD DISCOUNT

To enjoy this discounted rate, full Participation Fees MUST be paid by **3<sup>rd</sup> October 2016.**

Mode of payment: Bank transfer (“Tele-transfer”)

Please make payment to:

Bank name: **Standard Chartered Bank, Singapore**

Account name: **Wrestling Federation of Singapore**

Account number: **121-004854-7**

Swift code: **SCBSGSG**

**\*\*Sender must bear all bank transfer charges when initiating the transfer.**

† The Accommodation & Meals fee is for participants using the official accommodation, sharing the room with another participant. If a participant cannot, could not or will not share the room with another participant, that participant will have to pay a higher rate for a single-occupancy room.

E.g., if a team has an odd number of participants, the extra person will have to pay a higher rate for a single room (unless said person is willing to share the room with another participant from another country who is looking to share room).

The Accommodation & Meals fee also includes up to three meals per day excluding the last departing day where only breakfast might be provided depending on the participant's checkout time.

## VIII. ACCOMMODATION

Official hotel: **Hotel Royal**  
36 Newton Road  
Singapore 307964  
Singapore  
Tel: +65 6426 0168  
Fax: +65 6253 8668

The official room assignment is 2 participants to a room. Alternative accommodations can be arranged at additional cost.

The hotel checkout time is **12pm**. Checking out after 12pm is considered another day's accommodation and will be charged accordingly.

## IX. PROGRAM

There are **24 individual categories** (GR – 8, FS – 8, FW – 8) to be contested.

### \*Program Schedule

Date	Time	Descriptions	Remarks
Thursday <b>3 Nov, 2016</b>	--	Arrival of all delegations to Singapore	At hotel
Friday <b>4 Nov, 2016</b>	09:00 – 11:00	Referees meeting and seminar.	At hotel
	<b>Till 12:00</b>	Final entries for <b><u>GR (66, 75, 80, 85, 130kg), FW (all weight categories) and FS (57, 70, 97kg).</u></b>	At hotel
	13:30 – 15:00	Technical conference Presentation – <b><u>All team managers.</u></b>	At hotel
	15:30 – 16:30	Medical examinations for <b><u>GR (66, 75, 80, 85, 130kg), FW (all weight categories) and FS (57, 70, 97kg).</u></b>	At hotel
	16:30 – 17:00	<b><u>Weigh-ins for GR (66, 75, 80, 85, 130kg), FW (all weight categories) and FS (57, 70, 97kg).</u></b>	At hotel
Saturday <b>5 Nov, 2016</b>	<b>Till 12.00</b>	Final entries for <b><u>FS (61kg, 65kg, 74kg, 86kg, 125kg) and GR (59, 71kg, 98kg)</u></b>	At comp venue
	9:30 – 11:00	<b>Opening Ceremony</b>	At comp venue
	11:00 – 14:00	Qualification rounds and repêchage rounds for <b><u>GR (66, 75, 80, 85, 130kg), FW (all weight categories) and FS (57, 70, 97kg).</u></b>	At comp venue
	15:00 – 16:00	Medical examinations for <b><u>FS (61kg, 65kg, 74kg, 86kg, 125kg) and GR (59, 71, 98kg)</u></b>	At comp venue
	16:00 – 16:30	Weigh-ins for <b><u>FS (61kg, 65kg, 74kg, 86kg, 125kg) and GR (59, 71, 98kg)</u></b>	At comp venue
	17:00 – 20:00	Final round for <b><u>GR (66, 75, 80, 85, 98, 130kg), FW (all weight categories) and FS (57, 70, 97kg).</u></b> Award ceremony after each category.	At comp venue
Sunday <b>6 Nov, 2016</b>	11:00 – 14:00	Qualification rounds and repêchage rounds for <b><u>FS (61, 65, 74, 86, 125kg) and GR (59, 71, 98kg).</u></b>	At comp venue
	15:30 – 18:00	Final round for <b><u>FS (61, 65, 74, 86, 125kg) and GR (59, 71, 98kg).</u></b> Award ceremony after each category.	At comp venue
	20:00	Farewell Dinner for <b><u>Team officials and VIP.</u></b>	At hotel
Monday <b>7 Nov, 2016</b>	06:00 – 12:00	Departure of all delegations. Check out time: <b>12pm</b>	At hotel

\* This competition schedule is final as of 23/10/2016.

### I. RULES OF THE COMPETITION

This tournament will be held according to the latest UWW Rules ([www.unitedworldwrestling.org](http://www.unitedworldwrestling.org)) using UWW's official computer scoring system. Competition will be contested using Commonwealth Wrestling regulations (2 groups per category) to ensure more matches for all participants. In the event of less than 3 participants in a category, Best of 3 format will be used to decide the Champion of the category.