



Irish Amateur Wrestling Association.

www.irishwrestling.ie

Tallinn Open 2023

The IAWA are now taking expressions of interest from participants, Male and Female, to represent Irish Wrestling in the Tallinn Open Freestyle Championships 2023. (for Juniors only)

Competition Name – Tallinn Open 2023, full info <https://tallinnopen.ee/>

Competition Date – 24th 25th 26th March 2023, Closing date for registration is 15th March 2023 (T&Cs)

Style – Freestyle Wrestling



2023 TALLINN OPEN – KR. PALUSALU YOUTH WRESTLING TOURNAMENT

After two years of cancellations, the 2022 edition of TALLINN OPEN was again the largest European wrestling event. With RUS and BLR not being able to participate, the 2022 event was attended by 1496 GR, FS and WW wrestlers (including 272 women) from 29-countries.
The 2022 protocol is here: www.liga-db.de/TallinnOpen2022/
The post-tournament training camp was attended by 330 GR, FS and WW wrestlers from 18-countries.

The 2020 Tallinn Open registration list prior to cancellation (2722 wrestlers from 35-countries) is here: www.liga-db.de/TallinnOpen2020/
The 2019 Tallinn Open protocol (2246 wrestlers from 29-countries) is here: www.liga-db.de/TallinnOpen2019/
The 2018 Tallinn Open protocol (1911 wrestlers from 28-countries) is here: www.liga-db.de/TallinnOpen2018/

OVERVIEW of 2023 TALLINN OPEN:

Largest tournament in Europe

- March 24, 2023: GR and GR/FS-combined weigh-In
- March 25, 2023: Greco-Roman wrestling day
- March 26, 2023: Freestyle and Women's Freestyle wrestling day
- Registration closes at 2200 wrestlers
- 14 wrestling mats
- Nordic A/B Pool system guarantees two-match minimum
- Opportunity to wrestle in both Greco-Roman and Freestyle (separate days)
- International Training Camp Match 27-29, 2023.

The 2023 TALLINN OPEN tournament and training camp is followed by the

By signing up to take part in this competition you are also signing up to the IAWA Code of Conduct for wrestlers and Sport Ireland's Rules on Anti-Doping. The anti-doping rules of the Irish Amateur Wrestling Association are the Irish Anti-Doping Rules as agreed with WADA and as amended from time to time and the Doping Regulations promulgated by United World Wrestling.



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2023 TALLINN OPEN Training Camp „Adding something new to your style”

TALLINN OPEN INTERNATIONAL WRESTLING TRAINING CAMP: The TALLINN OPEN training camp is a unique high-level training opportunity which takes place immediately after the tournament (March 27 – 29, 2023) at the competition site. The motto for the 2023 camp is „adding something new to your own style”.

The 2022 Camp was attended by 330 GR, FS and FW wrestlers of Schoolboy/girl, Cadet and Junior age from 19-countries. With such a wide diversity of wrestlers, the camp emphasises sparring, to maximise experience from different schools of wrestling, to help you add to your „own wrestling style”. This is a vetted camp (not for beginners) and the number of participants is limited.

Training and Coaching is led by various participating coaches, over 20 Trainers and Coaches from various countries participated.

Overview:

- Camp is March 27 – 29, 2023 on 14-mats at the Competition Site.
- Two sessions per day
- Saunas, showers, facilities available
- Cost of camp is 20 eur/day. This includes 2-training sessions, facilities and two meals.
- Free transportation is provided by the City of Tallinn during the competition and training camp.

For Training Camp information in English and Russian, please contact Mr. Kristjan PRESS at kristjan6786@hotmail.com (372) 5176978 Camp information at <http://tallinnopen.ee/2023-international-wrestling-camp/>



SEE YOU IN TALLINN

“When you start learning and coaching yourselves, that is when you start to create your own suitable style. If you are waiting for your coach to say, put your hand here, put your foot there, put your head here, you are never going to get into the high level”.

Matt Lindland (USA National Greco Roman coach from 2014 to 2022)



www.liga-db.de/TallinnOpen2019/

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Cost – The IAWA will cover a percentage of the travel cost for suitable wrestlers and IAWA coaches only. This will be reimbursed after the competition and is subject to terms and conditions. Wrestlers and coaches are responsible for making their own way to and from the competition venue. Wrestlers must have an IAWA Certified Coach traveling with them.

Criteria for entry – All Participants must be a current IAWA member and must hold a current passport to travel to the country of the competition with at least 6 months validity after the date of the competition. Non Irish Passport holders must also have an appropriate visa if required to travel. Entries for this competition must go through the IAWA. Wrestlers must have a reasonable standard of wrestling. Wrestling ability must be verified by an IAWA Coach. Participants must be medically fit to wrestle. Completion of Sport Irelands Online E- Learning Anti-Doping Course must be completed by all participants before travelling to this competition. Click this link to be taken to the Anti-doping education page <https://www.sportireland.ie/anti-doping-e-learning> . A screenshot of your completion certificate must be sent to competitionsiawa@gmail.com before the closing date. This forms part of the terms and conditions for entry.

Wrestlers and Coaches are reminded that when travelling abroad they are representing Ireland and Irish Wrestling. The only thing that is asked for in return for sponsoring wrestlers travelling to compete in these events, is that they do their best and if they are lucky enough to make it onto the podium for a medal that they wear Irish Wrestling apparel such as an IAWA branded T-shirt, hoodie or singlet. When the IAWA invest in wrestlers travelling to represent Irish wrestling, it is only fair that it gets recognised publicly.

*The IAWA are constantly building their brand, it is important that as a sponsor, they get recognition for the support they give to athletes. This can be done at no cost to the wrestler or club in social media posts & photos or by tagging the **#irishwrestling** name where possible. If Irish Wrestling Branded T-shirts, Hoodies or singlets are required, please email irishwrestlingsecretary@gmail.com with the sizes, quantities and contact details. Payment details will be sent back to you.*

To Register Please Email competitionsiawa@gmail.com with your

Full Name _____

IAWA Membership Number _____

Contact Phone Number _____

Weight Class _____ **Coaches Name** _____

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