



Irish Amateur Wrestling Association.

www.irishwrestling.ie

Tallinn Open 2024

The IAWA are now taking expressions of interest from participants, Male and Female, to represent Irish Wrestling in the Tallinn Open Freestyle Championships 2024. (for Juniors only) There is limited financial assistance for wrestlers selected this tournament.

Competition Name – Tallinn Open 2024, 22nd to 24th March .

full info at <https://tallinnopen.ee/2024-TALLINN-OPEN.pdf>

Competition Date – Arrive and weigh-in 22nd March, Freestyle Competition 23rd and Greco Roman on 24th March 2024, Closing date for registration is 15th March 2024 (T&Cs) There is options to stay on for a training camp after the tournament is over. This is an individual choice and any extra costs will be covered by the participant.

Deadline for Entries to reach irishwrestling@outlook.ie is March 10th, 2024

Wrestlers must have an IAWA Coach travelling with them.

Send your IAWA Member Number, Name, Sex (as stated on your Passport), Date of Birth, Weight Division

All competitors must hold a valid IAWA membership on the day of the event.

Participants must send their flight details when sending in their registration information.

Cost- The IAWA will cover the cost of the competition registration fee for freestyle wrestling and the cost of the flight up to €120 for wrestlers and 1 coach. This is limited to the first 10 persons (T&C's apply)

Coaches

Coaches travelling are required to hold a valid IAWA coaching license, a current safeguarding and Garda Vetting cert.

Coaches will be representing Irish Wrestling are required to dress appropriately and wear their Coach ID during the tournament. Any other unqualified person found “cornering” may be removed from the venue.



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2024 TALLINN OPEN –

KR. PALUSALU YOUTH WRESTLING TOURNAMENT

POSSIBLY THE LARGEST OPEN WRESTLING TOURNAMENT IN THE WORLD



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Visit Tallinn

www.visittallinn.ee

OVERVIEW OF 2024 TALLINN OPEN:

- Largest tournament in Europe
- March 22, 2024: Start of weigh-in
- March 23, 2024: Freestyle and Women's wrestling
- March 24, 2024: Greco-Roman wrestling
- Registration is closed at 2200 wrestlers
14 wrestling mats
- Nordic A/B system guarantees two match minimum
- Opportunity to wrestle in both Greco-Roman and Freestyle (separate days)
- International Training Camp March 25-27, 2024

AT 2023 TALLINN OPEN:

- 2193 wrestlers (incl 387 women)
- 30-countries
- 277 teams (including 40 national teams)
- Training Camp +500 GR, FS and WW wrestlers from 21-countries
- 2023 protocol: www.liga-db.de/TallinnOpen2023/

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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CATEGORY	FEMALE				MALE (Greco-Roman and Freestyle)				
	U13	U15	Cadet	Junior	U13 "Kotkas"	U15 "Englas"	Cadet	Junior	
Birthyear	2011 & younger	2010-2009	2008-2007	2006-2004	2011 & younger	2010-2009	2008-2007	2006-2004	
Tolerance	—		+1kg	+2kg	—	—	+1kg	+2kg	
Weight in kg	20 (+18kg)	33 (+29kg)	36 (+34kg)	50	26 (+23kg)	38 (+34kg)	45 (+41kg)	55	57
	23	36	43	53	29	41	48	60	61
	26	39	46	55	32	44	51	63	65
	29	42	49	57	35	48	55	67	70
	32	46	53	59	38	52	60	72	74
	35	50	57	62	42	57	65	77	79
	40	54	61	65	47	62	71	82	86
	45	58	65	68	53	68	80	87	92
	50	62	69	72	59	75	92	97	97
	+50	66	73	76	66	85	110	130	125
Time	2 x 2min	2 x 2min	2 x 2min	2 x 3min	2 x 2min	2 x 2min	2 x 2min	2 x 3min	
Points	10pts	10pts	10pts	10pts	8-GR & 10-FS	8-GR & 10-FS	8-GR & 10-FS	8-GR	10-FS
Regulation	Nordic A/B pool system. Current UWW scoring rules								
Note	Competition organisers reserve the right to make changes to the tournament program								

2024 TALLINN OPEN -32. Kr. PALUSALU YOUTH WRESTLING FESTIVAL			
Dates	Times	Event	Location
22 March, 2024 FRIDAY	10:00–14:00	Medical Control & Weigh-In (WW, FS, FS/GR combined)	Unibet Arena - TALLINN
	16:00–22:00	Medical Control & Weigh-In (WW, FS, FS/GR combined)	Unibet Arena - TALLINN
23 March, 2024 SATURDAY	09:00–09:30	Opening Ceremony	Unibet Arena - TALLINN
	09:30–20:00	WW & FS: Elimination Rounds, Finals & Award Ceremonies	Unibet Arena - TALLINN
	11:00–14:00 16:00–20:00	Medical Control & Weigh-In of GR wrestlers	Unibet Arena - TALLINN
24 March, 2024 SUNDAY	09:00–18:00	Greco-Roman: Elimination Rounds, Finals & Award Ceremonie	Unibet Arena - TALLINN
25 - 27 March, 2024	TBA	TALLINN OPEN International Wrestling Training Camp	Unibet Arena - TALLINN
29 - 31 March, 2024	TBA	Kristjan Palusalu Memorial for Seniors (Juniors allowed)	TBA

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.

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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 _____

Sex (As on your passport) _____

IAWA Membership Number _____

Contact Phone Number _____

Weight Class _____ **Coaches Name** _____

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