



Ashgabat 2017

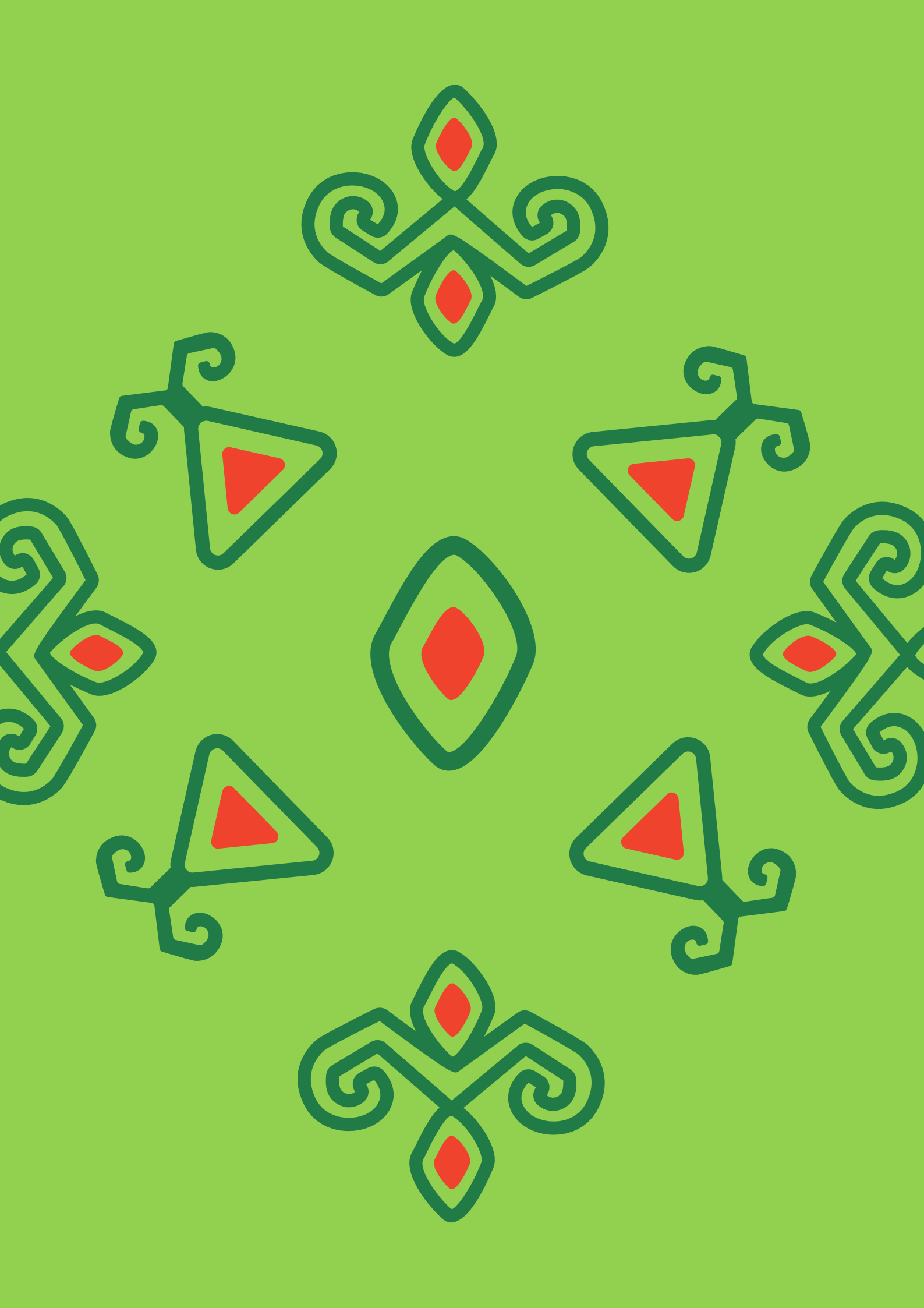
5<sup>th</sup> Asian Indoor & Martial Arts Games

# Sport Handbook

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Wrestling

September 2017



# 5<sup>th</sup> Asian Indoor And Martial Arts Games – in honor of peace and friendship

On behalf of the Country of Turkmenistan, I would like to welcome all of our guests who are coming to participate at Ashgabat 2017 5<sup>th</sup> Asian Indoor and Martial Arts Games, taking place for the first time in our country.

We are working hard across all levels of the government to develop sport in Turkmenistan, and are working together with International Federations and sporting organisations throughout the world to share knowledge and experience.

I hope that Ashgabat 2017 will establish Turkmenistan's position on an international level, spread our Country's love of sport throughout the world and strengthen our friendly relations between nations.

During the Games, Asian and Oceanic athletes will have the opportunity to share their experiences, demonstrate their sporting skills and build lasting friendships.

We have been working hard to deliver the Games to a high level. The Ashgabat Olympic Complex covers total area of 1.47km<sup>2</sup>, we have over 30 different sites within the complex, including 13 of 15 sport competition venues.

The Athletes village and accommodation for our guests offers international world class catering, relaxation, cultural and entertainment facilities. All of this contributes to the great experience we want our guests to have along with a greater cooperation with Asian, Oceanic and international sport federations.

“Health, Inspiration and Friendship” was chosen as the motto of the Games. This motto is reflective of our healthy society, our nation's inspiration and the importance of developing friendly relations with all nations of the world.

National values, ancient traditions and the rich culture of our nation are depicted in the logo, mascot and brand of Ashgabat 2017. The logo, mascot and brand of the Games, which represent past and present history, and the great future of our nation, will form a starting point for a unique opportunity for our guests to experience our ancient heritage, national legacy, spiritual and cultural values through to modern day times of our country.

Our nation's healthy life style is embedded in each and every one of our citizens. One of the leading principles of the state is to protect our nation's health, to ensure that our citizens enjoy a peaceful and prosperous life, to assure our young generations enjoy sport and to major sporting events in our country.



I would like to express my gratitude to the heads of the Olympic Council of Asia for the support and opportunity to host the 5<sup>th</sup> Asian Indoor and Martial Arts Games and I would also like to thank the heads of the Asian and Oceania National Olympic Committees for their support in the participation of their athletes in the 5<sup>th</sup> AIMAG.

I wish success, prosperity and sound health to all the athletes who will participate in the 5<sup>th</sup> Asian Indoor and Martial Arts Games.

**President of Turkmenistan  
Gurbanguly Berdimuhamedov**



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# 1. Introduction

In September 2017 Ashgabat will host the 5th Asian Indoor and Martial Arts Games; attracting athletes from 64 delegations from Asia and Oceania to participate across 21 sports.

This is a historic moment for the country, as Ashgabat 2017 will be the first major multi-sport event to be hosted in Turkmenistan. The vision after these games will be for the city of Ashgabat and the wider country to host future major sporting events at an international level.

## **5th Asian Indoor and Martial Arts Overview**

The Games are owned, co-organized, and regulated by the Olympic Council of Asia (OCA).

The first Asian Indoor Games were held in 2005 in Bangkok. After three editions of the Asian Indoor Games, the Olympic Council of Asia merged the event with the Asian Martial Arts Games. This merger created the Asian Indoor and Martial Arts Games, with the 4th AIMAG taking place in Incheon, Korea in 2013.

In 2010 the 5th edition of the Asian Indoor and Martial Arts Games was awarded to the city of Ashgabat, Turkmenistan.

The 2017 Asian Indoor and Martial Arts Games will be held in Ashgabat from 17–27 September 2017.

## **Ashgabat 2017 5th AIMAG Executive Committee**

The Ashgabat 2017 5th AIMAG Executive Committee was established in 2013 under the direction of the President of Turkmenistan Gurbanguly Berdimuhamedov. The Chairman of the 5th AIMAG Executive Committee is Mr. Dayanch Gulgeldiyev.

## **The Ashgabat 2017 5th Asian Indoor and Martial Arts venues**

There are 15 competition venues, with all sports except Equestrian Jumping and Futsal taking place within the Ashgabat Olympic Complex. Equestrian Jumping will take place at the Equestrian Centre located in the north east of the city and Futsal at the Ice Palace located less than 500m from the Ashgabat Olympic Complex.

## **The Ashgabat 2017 5th Asian Indoor and Martial Arts sports**

Twenty-one sports will be contested during the 5th Asian Indoor and Martial Arts Games. The Games will include five Olympic sports: Track Cycling, Equestrian Jumping, Taekwondo, Wrestling and Weightlifting.



# Aziya Olimpiya Geŋe

15-16 September



## 2. Organising Bodies

**OCA Executive Board**

<b>Title</b>	<b>Name</b>	<b>Country</b>
President	Sheikh Ahmad Al-Fahad Al-Sabah	Kuwait
Honorary Life Vice-President	Raja Randhir Singh	India
Honorary Life Vice-President	Jizhong Wei	China
Vice President	Maj Gen Charouk Arirachakaran	Thailand
Vice President	Timothy Tsun Ting Fok	Hong Kong
Vice President	Lt Gen Syed Arif Hassan	Pakistan
Vice President	HE Sheikh Isa Bin Rashed Al Khalifa	Bahrain
Vice President	Timur Kulibayev	Kazakhstan
Vice President	Tsunekazu Takeda	Japan
Vice President	Prof Dr Hoang Vinh Giang	Vietnam
Vice President	Sapardurdy Toylyyev	Turkmenistan
Vice President	Song Luzeng	China
Vice President	Yu Zaiching	China
Vice President	Rita Sri Wahyusih Subowo	Indonesia
Honorary Vice-President	Hemasiri Fernando	Sri Lanka





# General Information

## 1. Ashgabat 2017 5th Asian Indoor and Martial Arts Games in Brief



### 1.1 Games Overview

Duration	17–27 September 2017 (12 days of competition)
Location	Ashgabat, Turkmenistan
Games Venue	15 Competition Venues
Sports Programme	21 Sports / 341 events
Patron	Olympic Council of Asia (OCA)
Host	Ashgabat 2017 5 <sup>th</sup> AIMAG Executive Committee

### 1.2 Motto

**Health. Inspiration.  
Friendship.**



### 1.3 Logo

The Ashgabat 2017 logo is made up of several different elements:

#### Akhal-teke

The akhal-teke horse is a national symbol of Turkmenistan. These horses are renowned for their speed, endurance and intelligence. The horse represents **Health**.

#### Moon

The crescent Moon is a recognized symbol shown on the Turkmenistan national flag. The Moon represents **Inspiration**.

#### Star

The star is the symbol of the Olympic Council of Asia, which represents welcoming Asian countries to Turkmenistan. The star represents **Friendship**.

Together the elements of the logo and the colors come together to represent Health, Inspiration and Friendship within Turkmenistan, and the circular shape reflects unity and sharing these values with the world.



### 1.4 Mascot

The Ashgabat 2017 Mascot is called Wepaly – meaning Loyal Friend in Turkmen. He is an Alabai, a traditional Turkmen dog which is renowned as a beautiful and courageous animal that for many centuries has helped Turkmen shepherds to safeguard flocks of cattle in heavy conditions in the sandy desert. Today the Alabai is treasured by the Turkmen people not only as a courageous protector, but also as a loyal friend. Wepaly wears traditional ceremonial dress and a white telpek fur hat while waving the State Flag of Turkmenistan and the symbol of the Olympic Council of Asia.



## 2. Accreditation and Validation

The Asian Indoor and Martial Arts Identity and Accreditation Card (AIMAGIAC) is both a visa-waiver document for entry into Turkmenistan for the 5<sup>th</sup> AIMAG and an identity and access device for access into Games venues.

AIMAGIACs will be distributed to all eligible Games participants via IFs/AFs (Technical Delegates and federation staff), NOCs (athletes and team officials), or the Ashgabat 2017 Executive Committee Sport Team (Technical Officials). The cards will be distributed in the form of a Pre-Valid Card (PVC) which must be validated at an official Games Accreditation location prior to being used to access Games venues.

For updates on the status of applications, please contact the IF/AF or NOC that is responsible for your application. Please also contact the relevant responsible organization if you do not receive your PVC before the end of August 2017.



PVCs should be carried with the passport during travel to Turkmenistan – participants may need to show the PVC to airline check-in or border control officials during departure or transit to prove eligibility to enter Turkmenistan. The PVC is a visa waiver document for entry into Turkmenistan between 18 August and 12 October 2017 – participants in possession of a PVC do not need to apply for a separate entry visa for Turkmenistan during this period. The PVC however does not act as a transit visa for any country – participants are required to make their own arrangements for transit visas where required.

Upon arrival into Turkmenistan, the Accreditation Card should be presented with the passport to the border control officials. The passport must be the same as the information submitted as part of the application for accreditation, and it must be valid until at least 28 December 2017.

**Validation of the PVC**

PVCs must be validated at an official Games Accreditation location before accessing Games venues. Each participant must attend in person with their passport to complete the process.

There will be Accreditation Validation Counters at Ashgabat International Airport (ASB) from 1 September 2017 – all participants arriving into Turkmenistan through ASB are required to complete the validation process at the airport before proceeding to their accommodation.

**3. Accreditation Locations and Services**

Centre	Client Groups	Validation	Help Office	Lost/Stolen Replacement
Ashgabat International Airport (ASB)	All participants arriving on international flights	YES	-	-
Athletes Village Accreditation Centre	Village residents only	YES	YES	YES
Uniform and Accreditation Centre (UAC)	All	YES	YES	YES
Venue Accreditation Help Offices (VAHOs): <ul style="list-style-type: none"> <li>• Ashgabat Olympic Complex South</li> <li>• Ashgabat Olympic Complex East</li> <li>• Ice Palace/Ashgabat Olympic Complex North</li> <li>• Equestrian Centre</li> </ul>	All	YES	-	YES
OCA Family Hotel Accreditation Centre	OCA Family Hotel residents only	YES	YES	YES

**Lost, Stolen and Damaged PVCs and AIMAGIACs**

If your PVC is lost prior to departure for Turkmenistan, is lost in transit or is damaged, please contact your IF/AF or NOC in the first instance. They will communicate with the 5<sup>th</sup> AIMAG Executive Committee to discuss options.

If your AIMAGIAC is damaged in such a way that the photograph, name or access codes are not easily read, or if the barcode area is damaged so that it will not scan at the access control points, please report to any Accreditation Centre where a replacement card will be issued.

Lost or stolen AIMAGIACs should be reported to any Accreditation Centre at the earliest possible opportunity so that it can be cancelled. A new AIMAGIAC will be issued upon completion of a declaration form, and presentation of a valid passport to confirm identity.



## 4. Transportation

### 4.1 Transport Services for Arrival and Departure

Shuttle Bus Services will be provided for arriving and departing athlete and team officials, depending on arrival and departure information and flight details. Before departure Shuttle Bus Services require advanced reservation.

### 4.2 Transport services for Competitions

Shuttle Bus Services for athletes and team officials participating in non-team events will be provided between athletes Village and the competition venues as per the competition schedule.

### 4.3 Transport Services for Training

Shuttle Bus Services for athletes and team officials participating in non-team events will be provided between Athletes Village and the training venues as per the training schedule.

### 4.4 Transport Services for Spectating

The Athlete Village to venue Shuttle Bus Service will be provided to athletes and team officials wishing to watch other sport competition events. The service is also available to all athletes and team officials who are involved in the same events, priority however, will be given to athletes and team officials participating in their own events. Due to the close proximity of the Athletes Village to the Olympic complex the option to walk is available to non-participating athletes and team officials.

### 4.5 Other Transport Services

The luggage belonging to athletes and team officials should, in principle, be loaded onto the bus they take. If not possible due to insufficient storage space, another vehicle will be provided to transfer baggage to the destination.





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## 5. Accommodation

Ashgabat 2017 aims to provide a secure and comfortable environment for athletes and team officials to relax, perform at their best and enjoy the atmosphere of the first Athletes Village in Turkmenistan.

The Athletes Village is conveniently located in the heart of Ashgabat, in near proximity to the city center and other business, leisure and commercial attractions.

Located across the road from the Ashgabat Olympic Complex (see map), the Athletes Village contains 14 buildings with 12 floors each. The apartments have between two and three bedrooms.

## 6. Media

### 6.1 Mixed Zone

There is a mixed zone in every venue, for every sport. Athletes are required to go through the mixed after competition. The mixed zone is made up of broadcasters and written media. Athletes do not have to stop and speak to media but they are required to go through the mixed zone. Generally the mixed zone will have media from the athlete's country.

### 6.2 Media Conference

Media conferences may occur depending on the sport and the level of media interest. These are arranged through NOCs Media Teams.

## 7. Medical Service

Medical stations for athletes will be installed at all competition venues and training facilities.

On-site medical treatment and emergency transfer service will be provided during the operating period. The polyclinic in the Athletes Village will provide treatment and consultation by professional medical staff across the departments of internal medicine, general surgery (including orthopedics), ophthalmology, stomatology, medical imaging, physical therapy, pharmacy etc.

It will also have an emergency room open 24 hours per day, with standby ambulance. Any patient who needs further diagnosis and treatment will be transferred to designated hospitals of the Games.

Where accredited persons including OCA Family, VIP guests, NOC guests suffer from acute diseases, acute exacerbations of chronic diseases or acute injuries, they can receive treatment in the Polyclinic or designated hospitals free-of-charge. Services may include emergency treatment, in-patient service, special consultation and ambulance transfer, if required. However, free medical services will not include selective or unnecessary treatment.



## 8. Host Country/City Information

### 8.1 Turkmenistan in Brief

Turkmenistan is located in the western part of Central Asia. The country extends 1100 km from west to east and 650 km from north to south.

The area of Turkmenistan is 491,210 km<sup>2</sup>. In the south, Turkmenistan borders with Iran and Afghanistan in the south east, with Kazakhstan in the north, Uzbekistan to the north and east, and with the Caspian Sea in the west.

Over 80 percent of Turkmenistan's territory is covered by the Karakum desert, which mainly spreads across the center of the country. Approximately 15 percent of the territory of Turkmenistan is occupied by hills and mountains. The highest peak in the country is Mount Airy Baba with an altitude of 3139m.

Turkmenistan is divided into 5 provinces – Ahal, Balkan, Dashoguz, Lebap and Mary. Each province is divided into districts. There are 50 districts, 24 towns, including 15 district-wide towns, 76 villages and 553 rural councils (rural municipal units) and 1903 rural settlements in Turkmenistan.

Turkmenistan - is a democratic, legal, secular state and its government is a presidential republic, led by President Gurbanguly Berdimuhamedov.

The Constitution of Turkmenistan is the main law of state, according to which the state structure of Turkmenistan is based on the principle of separation of powers into legislative, executive and judicial branches, which operate independently, balancing each other.

The President of Turkmenistan shall be the head of the state and executive power, the highest official of Turkmenistan, acting as guarantor of the state independence and the status of neutrality of Turkmenistan, its territorial integrity, compliance with the Constitution and fulfilment of international obligations.

On 27 October 1991 Turkmenistan became an independent state and since then this date is celebrated as the country's Independence Day.

On 12 December 1995 with the unanimous support of all 185 Member States of the United Nations General Assembly Member States Turkmenistan was recognized as a permanently neutral state.



## 8.2 Ashgabat in Brief

### Introduction to Ashgabat

The capital city of Turkmenistan is Ashgabat, and the largest administrative and cultural center of the country.

The city's name comes from the words "Ashk" – love and "abad"- city, giving it the name "city of love". Ashgabat is located in the south of Turkmenistan, 25km north of the border with Iran from which it is separated by Kopetdag mountains, while on the other side the city borders with the Karakum desert.

Settlements on the territory of modern Ashgabat date back to the Neolithic era, around 6000 BC.

### History and Culture

Turkmenistan has been at the crossroads of Civilizations for centuries. In medieval times, Merv was one of the great cities of the Islamic world and an important stop on the Silk Road, a caravan route used for trade with China until the mid-15<sup>th</sup> century. In Turkmenistan there are over two thousand historical and cultural sites. These include open-air museums Of Ancient settlements such as Old Nisa, Kunya Urgench, Atamyrat, Ancient Dehistan, Old Sarakhs, Abiverd and Geoktepe fortress. All of them have become a place of Cultural Pilgrimage for many tourists and scientists from around the world.

### Currency

The national currency is manat, put into circulation on November 1, 1993. Currently, the ratio of the national currency to a freely convertible currency is: 3.50 manat = 1 US dollar.

### Population

The population of Turkmenistan is more than 6.2 million people. Turkmenistan is a multinational state. There are more than 100 nations and ethnic groups living in the country.

### Language

Turkmen is the official state language. The educational institutions of Turkmenistan ensure learning of three languages – Turkmen, English and Russian. In addition, the higher educational institutions and some specialized secondary schools include study of French, Chinese, German, Japanese and some other foreign languages.

## 9. Weather Conditions

In September the average temperature in Ashgabat is 23.1C, with an average daily maximum of 31.5C and an average daily minimum of 15.4C (source: <http://www.ashgabat.climatemps.com/temperatures.php> ).

There is only a 3% chance of rain on any given day, and an average 9 hours and 23 minutes of sunshine per day in September.





# Technical Information

## 1. Competition Dates

The Wrestling competition will take place from 24<sup>th</sup> to 26<sup>th</sup> September 2017.

## 2. Venue

Category	Competition Venue
Name	Main Indoor Arena
Distance from Athletes Village	0km – 5km
Seating Capacity	15,000

Training for Wrestling will take place at The Medical University. The training venue will be open for training from 20 – 25 September. All training equipment will be approved by UWW and will comply with the UWW International Wrestling Rules.

## 3. Competition Management

### 3.1 United World Wrestling Technical Delegate:

Ik-Jong Kim (KOR)

### 3.2 AIMAG 2017 Competition Management:

Competition Manager: Erin McEvoy

Technical Operations Manager – Pedro Silva

Technical Operations Manager – Louise Minchin

Call Room Manager – David Fallon

Wrestling Competition Specialist - Kerim Gurbanepesov

Wrestling Competition Specialist – Arslan Orashev

## 4. Competition Events

The Wrestling competition will consist of twenty four (24) medal events, sixteen (16) categories for men and eight (8) categories for women, summarized in the table below:

Medal Events (24)		
Men (16)		Women (8)
Freestyle	Greco Roman	Women's Wrestling
57kg	59kg	48kg
61kg	66kg	53kg
65kg	71kg	55kg
70kg	75kg	58kg
74kg	80kg	60kg
86kg	85kg	63kg
97kg	98kg	69kg
125kg	130kg	75kg



5. Competition Schedule

Sunday 24 <sup>th</sup> September			
Time	Session	Wrestling Style	Weight Category
11:00 – 14:30	Qualification Rounds and Repechage	Freestyle	57kg, 65kg, 74kg, 97kg
18:00 – 22:00	Finals and Medal Ceremonies	Women’s Wrestling	48kg, 55kg, 60kg, 69kg

Monday 25 <sup>th</sup> September			
Time	Session	Wrestling Style	Weight Category
11:00 – 14:30	Qualification Rounds and Repechage	Freestyle	61kg, 70kg, 86kg, 125kg
18:00 – 22:00	Finals and Medal Ceremonies	Women’s Wrestling	53kg, 58kg, 63kg, 75kg

Tuesday 26 <sup>th</sup> September			
Time	Session	Wrestling Style	Weight Category
11:00 – 14:30	Qualification Rounds and Repechage	Greco Roman	59kg, 66kg, 71kg, 75kg, 80kg, 85kg, 98kg, 130kg
18:00 – 22:00	Finals and Medal Ceremonies		

6. Competition Rules

The Wrestling competition for AIMAG 2017 will be held in accordance with the editions of the UWW International Wrestling Rules that are in force at the time of the Games. The Rules are available at UWW’s official website <https://unitedworldwrestling.org>.

The application of the UWW Rules to the AIMAG 2017 and to all international competitions under the control of UWW is compulsory. In Greco-Roman Wrestling, it is strictly forbidden to grasp the opponent below the belt line, or to trip him or to use the legs actively on an opponent to perform any action. In Freestyle Wrestling and in Female Wrestling however, it is permissible to grasp the legs of the opponent, to trip him/her and to use the legs actively to perform any action. Female Wrestling follows the rules of Freestyle Wrestling, forbidding, however, the Double Nelsons hold.

In case of any disagreement in the language interpretation of the rules and regulations, the English version shall prevail. Any unforeseen case not covered by the rules and regulations shall be handled as follows:

- General Issues: Resolved in accordance with OCA Constitution and Rules.
- Technical Issues: Resolved in accordance with the UWW Rules and Regulations

7. Competition Format

For all medal events, a direct elimination system will be used to produce two finalists, who will compete for the gold medal. All wrestlers who lose against either of the finalists at any stage of the competition, up to and including the semi-finals, will contest a Repechage, which will take place after the semi-finals and before the gold medal bout. The winners of the two Repechage groups will each be awarded bronze medals, with the losers of these bronze medal bouts awarded an equal fifth place. Each weight category begins and ends in a day.



The competition takes place in the following manner:

- Qualification rounds
- Elimination rounds
- Repechage rounds
- Finals

If there are less than six (6) wrestlers in a weigh-in category, the Nordic round will take place (each wrestler against each wrestler).

### 7.1 Field of Play (FOP)

The field of play for the wrestling competition at the Main Martial Arts Arena will consist of a platform 0.8m in height. On the platform there will be four octagonal mats located adjacent to one another, each with the dimensions of 12m x 12m and a combat circle of 9m in diameter, surrounded by a 1.50m border of the same thickness. The competition area and all the equipment will be presented in accordance with the UWW rules.

### 7.2 Duration of Contest

In accordance with the UWW International Wrestling Rules, each bout will, in principle, consist of a maximum of two periods of three minutes. The winner is declared by the addition of the points in both periods at the end of the regular time. Evident technical superiority of eight points for Greco-Roman Wrestling and 10 points for Freestyle Wrestling and Female Wrestling automatically leads to victory and to the end of the bout. The "fall" automatically puts an end to the match at any time in the course of the competition.

**Freestyle and Female Wrestling:** The duration of a period is three minutes. If, after two minutes in the first period, no wrestler has scored then the referee must obligatorily designate the passive wrestler.

**Greco-Roman Wrestling:** The duration of a period is three minutes. In the case where a bout ends by 0-0, the victory goes to the wrestler who was deemed the most active last.

### 7.3 Scoring

The classification points awarded to a wrestler shall determine his/her final ranking.

**5 points** for the winner and 0 for the loser:

- Victory by fall (with or without technical point for the loser)
- Injury
- Withdrawal
- Default
- Disqualification

**4 points** for the winner and 0 for the loser:

- Victory by technical superiority with the loser scoring no technical points

**4 points for the winner and 1 point for the loser:**

- Victory by technical superiority during one of the two periods with loser scoring technical points.

**3 points** for the winner and 0 for the loser:

- When the wrestler wins at the end of the two periods by 1 to 7 points in Greco Roman style and 1 to 9 points in Freestyle with the loser scoring no point.



**3 points** for the winner and 1 point for the loser:

- When the bout ends by a victory by points at the end of the regular time and the loser scoring one or several technical points.

**0 point** for the red wrestler and 0 point for the blue wrestler:

- In case both wrestlers have been disqualified due to infraction to the rules.

### 7.4 Decision

A bout may be won:

- by "fall"
- by injury, withdrawal, default, disqualification of the opponent
- by technical superiority
- by points (winning by 1 point more at minimum after addition of the two periods)

In case of tie by points, the winner will be declared by successively considering:

- the highest value of holds;
- the least amount of cautions;
- the last technical point(s) scored

### 7.5 Contestant uniform and protective equipment

Clothing and equipment used by athletes and other participants in the Wrestling competition at the AIMAG 2017 must comply with the documents listed below:

- The UWW International Wrestling Rules available at <https://unitedworldwrestling.org>
- OCA Rules on Advertising, Demonstrations and Propaganda (Article 67)

#### The competition singlet

Contestants must appear on the edge of the mat wearing a UWW approved one-piece singlet of the color assigned to them (red or blue). It is forbidden to have a mixture of red and blue colors on the singlet. Wrestlers are required to wear:

- Their country's emblem on the chest.
- The abbreviation of the country's name (maximum size 10cm x 10cm) on the back of the singlet and the last name in Latin letters (4cm to 7cm) above or in a half circle around the country's abbreviation.
- The use of light knee pads containing no metal parts is allowed.
- The wrestler must have a cloth handkerchief with him during the whole of the match.

#### Ear protectors

For those wrestlers who wish to wear ear protectors, they must be approved by UWW and must not contain any metal or have hard shells. The referee can oblige a wrestler whose hair is too long to wear ear protectors.

#### Shoes

Contestants must wear wrestling shoes providing firm support for the ankles. The use of shoes with heels or nailed soles, shoes with buckles or with any metallic part, is prohibited. Shoes may be without laces. Shoes with laces should be wrapped with sticky tape or a system which hides the tip of laces so that they do not come undone during the match. Each competitor is responsible for providing the tape himself for the shoes which will be controlled before getting on to the mat.



7.6 Drawing of Lots

Participants shall be paired off for each round according to the numerical order determined by the drawing of lots during the weigh-in. The drawing of lots must be conducted in public. The UWW competition management system shall be used for the weigh-in.

7.7 Medical Control, Weigh-in and Draw

Medical control, weigh-in and the draw for each category takes place on the day before the beginning of the competition concerned. All medical examinations and weigh-in's will take place in the Medical and Weigh-in Rooms on the Basement Level (B1) at The Main Indoor Arena (MIA). Wrestlers must appear at the medical examination and the weigh-in with their license and accreditation. The medical examination will last a maximum of one hour and is carried out 1 hour and 15 minutes before the weigh-in.

For medical control, wrestlers must ensure that they bring all necessary documentation as mandated by UWW. The medical staff will confirm whether the wrestlers are eligible to compete.

Following the medical control, wrestlers will complete the weigh-in procedure which will be conducted by officials from UWW. For all competitions, a single weigh-in by weight category shall take place. The wrestlers will be weighed with only their singlet.

An electronic draw will determine the pairings between all wrestlers who pass the weigh-in control.

Medical Control, Weigh-in and Draw Schedule:

Saturday 23 <sup>rd</sup> September			
Time	Activity	Style	Weight Category
15:45 – 16:45	Medical Examination	Freestyle	57kg, 65kg, 74kg, 97kg
17:00 – 17:30	Weigh-in and Draw	Women's Wrestling	48kg, 55kg, 60kg, 69kg
Sunday 24 <sup>th</sup> September			
Time	Activity	Style	Weight Category
15:45 – 16:45	Medical Examination	Freestyle	61kg, 70kg, 86kg, 125kg
17:00 – 17:30	Weigh-in and Draw	Women's Wrestling	53kg, 58kg, 63kg, 75kg
Monday 25 <sup>th</sup> September			
Time	Activity	Style	Weight Category
15:45 – 16:45	Medical Examination	Greco Roman	59kg, 66kg, 71kg, 75kg, 80kg, 85kg, 98kg, 130kg
17:00 – 17:30	Weigh-in and Draw		



## 8. Sport Entries

### 8.1 Eligibility

Only OCA and ONOC member NOCs are entitled to send athletes to participate in the Wrestling competition of the 5<sup>th</sup> Asian Indoor and Martial Arts Games.

Only athletes who comply with the OCA constitution and rules and its bye-laws are entitled to participate in the Wrestling competition.

### 8.2 Entry Timeline

Entry by Number – Deadline: 17<sup>th</sup> June 2017

Entry by Name – Deadline: 3<sup>rd</sup> August 2017

### 8.3 Entry Policies

Each NOC may enter 2 athletes in each event (weight category).

NOCs that withdraw their athletes or teams after submission of the final entries by name, and the draw, will be faced with disciplinary action from the OCA Executive Board.

## 9. Technical Officials

### 9.1 Judges and Jury of Appeal

In all competitions, the refereeing body for each bout shall consist of the following:

- 1 mat chairman
- 1 referee
- 1 judge

The appointment procedures of these three officials are set in the Regulations for the International Refereeing Body. Replacement of an official during a bout is strictly prohibited, except in the case of a serious illness that is medically confirmed. In no case may the refereeing body be composed of two officials of the same nationality. Furthermore, it is strictly forbidden for an official to officiate in bouts involving compatriot wrestlers.

IF has the right to appoint the Technical Delegate and ITO's in coordination and approval of the OCA. In case of violation of the IF Rules and Games Rules and Regulations by any participants, the OCA has the right to revoke the AD Card and propose change of the person to the concerned party.



9.2 ITO and NTOs

The necessary Technical Officials (referees, judges, umpires, timekeepers, inspectors, etc.) and a Jury of Appeal for Wrestling competition shall be appointed by United World Wrestling (UWW) in agreement and approved by OCA and AIMAGOC 2017.

Role	Name		
ITOs	Ramil Ahmadov	Valentin Siulzhyn	Edit Dozsa
	Elena Abaeva	Deividas Bargaila	Alimadad Pirmukhmedov
	Yousef Nasiri	Zamanmyradov Magtymguly	Mohammadebrahim Emami
	Ashok Kumar	Leny Rakhmawati	Morteza Zourmand
	Aidyn Sarsekyev	Davoud Khoshmanzar	Mehdi Bashirzadeh
	Satya Dev Malik	Davor Petanjek	Shinohara Masaki
	Isao Okiyama	Soojin Go	Dawoon Joung
	Tsong – Rong Jang	Amangeldi Geldiyev	Tahyr Hanmammedov
	Sergey Soyunov	Abdullaev Gayratulla	Xeniya Drobina
	Yerik Zhumabekov	Meirambek Akhmetov	Mohamed Mosalaeipour
	Hazhar Abbasi	Ali Saiwan	Ismael Hadi Hasan
	Baatar Tumurbaatar	Khabibullo Narzulloev	
NTOs	Venera Ilyasova	Janmyradov Toýly	Nobatov Meýlis
	Charivev Agamyrat	Durdyguliýev Dovletniýaz	Lollykov Nuraly
	Ýusupov Tirkesh	Gurbangeldiýev Annamuhammet	Agahanov Shamuhammet
	Allaberdiýev Azat	Saparlyýev Begmyrat	Garagulov Durdymyrat
	Baýramguliýev Nurguly	Sarymyradov Bayrammyrat	Hojaberdi Rejepberdiyev
	Ovezov Yaranberdi	Shaguliýev Halnepes	



10. Technical Meeting and Key Dates

Date	Milestone
17 June 2017	Entry by Number Deadline
3 August 2017	Entry by Name
7 September 2017	AIMAG Village Opens
7 September 2017	Delegation Registration Meetings (DRMs)
12 September 2017	TD Arrival
15 September 2017	Sport & Broadcast Rehearsal
15 September 2017	Final List of Entries sent to UWW by SEQ
17 September 2017	Opening Ceremony
20 September 2017	Training Venue Opens
21 September 2017	ITO Arrival
23 September 2017	Technical Meeting
24 September 2017	Start of Competition
26 September 2017	End of Competition
27 September 2017	ITO Departure
27 September 2017	Closing Ceremony
27 September 2017	TD Departure
30 September 2017	Village Closes

10.1 Technical Meeting

Date: 23<sup>rd</sup> September 2017

Time: 14:00 – 15:00

Venue: Main Indoor Arena – Conference Room

10.2 Referees Meeting

Date: 23<sup>rd</sup> September 2017

Time: 12:30 – 13:30

Venue: Main Indoor Arena – Conference Room





## 11. Protests and Appeals

### Protests

No protest may be lodged at the end of a match. Under no circumstances may the result of a match be modified after victory has been declared on the mat.

If the UWW President or the responsible person for refereeing notes that the refereeing body have abused their power to modify a match result, they can examine the video and, with the agreement of the UWW Bureau, sanction those responsible as laid down in the provisions of the Regulations for International Refereeing Body.

### Challenge

The challenge is the action through which the coach is allowed, on behalf of the wrestler, to stop the action and request the jury of appeal and the refereeing body to watch the video evidence in case of a disagreement with the call.

The coach must request the challenge by throwing a soft object on the mat, immediately after the refereeing body has awarded or failed to award points to the contested situation. If the wrestler disagrees with the coach's decision, the sponge is returned and the match continues.

\* Any athlete/NOC can appeal to CAS, in case he/she feels that there is a violation of IF/AF Technical Rules or OCA Constitution which is not related to reversing decision of the referee or result.

## 12. Equipment and Clothing

Mat Manufacturer: Taishan

Equipment used and clothing worn by athletes and other relevant participants in competition must comply with the rules and regulations of the OCA and UWW in force at that time.

Neither athletes nor technical officials can attach any form of commercial advertising to his or her competition uniform without prior agreement with OCA and 5<sup>th</sup> AIMAG EC.

Two test scales are available at The Main Indoor Arena and two at Village Plaza in the Athletes Weigh-in Waiting Room on basement 1 (B1).

## 13. Doping Control

The 5<sup>th</sup> Asian Indoor and Martial Arts Games will include a full anti-doping program. The anti-doping program will be run in accordance with the WADA International Standard for Testing and Investigation and following the Olympic Council of Asia Anti-Doping Rules. The program will include pre-competition and in-competition urine and blood testing. Athletes who wish to use a Prohibited Substance or a Prohibited Method in connection with the event and do not already have a Therapeutic Use Exemption (TUE) should apply to OCA TUE Committee (OCA TUEC) by 06 August 2017.

Where the athlete already has a TUE granted by his or her National Anti-Doping Organization or International Federation, he/she should apply to the OCA TUEC for recognition of that TUE.

## 14. Medal Ceremony

Gold, Silver and two Bronze medals will be awarded to the athletes ranked top three (two third places) of each event. In categories disputed under the Nordic system only one Bronze medal is awarded. Medallists must wear their NOC official uniforms.



15. Media Interview

Athletes and officials may take part in media interviews at various times throughout the Games. For athletes, this may take place in the mixed zone or at media conferences. Additional media interviews may take place, but these are generally arranged through the teams.

All athletes must pass through the mixed zone but are not obligated to provide interviews.

16. Sport Information Center

The Sport Information Centre (SIC) will be located on the second floor of the Village Plaza. Staff at the SIC will work closely with competition management to distribute key information on all 21 sports, including:

- General sport information through sport publications and discussions with sport specific staff.
- Distribution of draw/start lists, results and other competition information, including schedule updates.
- Sport training schedule information and, for selected sports, assistance with booking and changing training sessions.
- Communication with Sport Information Desks (SID) at all competition venues.

The SIC will operate with the following opening hours:

Dates	Hours of Operation
7-11 September	8am-8pm
12-27 September	7am-11pm
28-30 September	9am-6pm

A night duty car service will ensure NOC Services staff is reachable also when the facility is closed.

17. Athlete Catering

17.1 Village Catering

Athletes, Chfs de Mission, Deputy Chfs de Mission and Team Officials as well as NOC Presidents, Secretaries General and NOC Delegates (Executive Board Members) will have the knife and fork symbol on their accreditation, giving them unlimited access to the Athletes Village dining areas.

NOCs may purchase meal vouchers for their guests, giving them access to the Athletes Village dining areas, from the Finance Desk in the NOC Services Centre. Meal vouchers must be paid for in cash or card at the Finance Desk; the cost of each voucher is TMT70. The vouchers are nonrefundable but are not date-specific, and can be purchased in advance. Meal vouchers can only be used in the Main Dining Hall and are valid for one meal only.

The Main Dining Hall is located in the center of the Athletes Village and is accessible from the Village Square.

Hours of operation for the pre-opening period (7–11 September)

Dates	Hours of Operation
Breakfast	07:00 – 09:00
Lunch	12:00 – 14:00
Dinner	18:00 – 20:00



Hours of operation for the opening period (12–30 September):

Dates	Hours of Operation
Breakfast	06:00 – 11:00
Lunch	11:00 – 17:00
Dinner	17:00 – 23:00
Overnight	23:00 – 02:00

### 17.2 Venue Catering

The Athletes Lounge will offer a selection of refreshments and beverages throughout the day. A hot lunch will be provided in the Athletes Lounge for those Athletes competing in the finals session. Meal vouchers will be distributed from the Sport Information Office at the competition venue (Main Indoor Arena) at the completion of the morning session. Athletes not competing in the evening session can receive meals from The Main Dining Hall at the Athletes Village and won't be catered for on venue.

### 18. Athlete Training

Athlete training will be available for all participating Traditional Wrestling, Belt Wrestling, Wrestling and Sambo athletes from the 12<sup>th</sup> to 25<sup>th</sup> September. The training venue will open at 09:00 and close at 21:00 hrs. Training will take place at the Turkmenistan Medical University. Shuttles will run from the Athlete Village to the training venue. There will be medical staff on hand as needed, athlete changing rooms will be available as well as water for hydration. Training appointments can be made at the Sport Information Center in the Athlete Village only.

### 19. Athlete Familiarization

The familiarization will take place in MIA (Main Indoor Arena) on the 21<sup>st</sup> September, 2017. We would request that you book your tour at the Sports Information Center. Tours will start at 09:00 and will finish at 13:00.

### 20. Athletes Transport System

The TA system will provide transport services for athletes and team officials, and their personal equipment, from 12–27 September

#### 20.1 The TA system comprises the following services:

- Arrival and departure services from ASB, railway station and domestic bus station to the Athletes Village.
- Transport between the Athletes Village and official competition venues will be provided as “bubble-to-bubble”; transport to training venues will require athletes and team officials to be screened when returning to the AOC (a summary of each service is provided later in this section).

TA system vehicles (buses and mini buses) will vary in size, seating capacity and model. Mini buses will be allocated for smaller numbers of athletes moving to a designated venue. TA buses are equipped with a tracking system which will allow Ashgabat 2017 to monitor their movements. Athletes and team officials should note that venues within the AOC are within walking distance of the Athletes Village. If transport is required, Ashgabat 2017 strongly encourages athletes and team officials to use the TA system. All schedules will be available at the Welcome Centre and at the SIDs.



### 20.2 Training Venues

Services have been planned according to the training schedules of each sport. The transport service to training venues will start on 12<sup>th</sup> September and continue until the end of each sport's training period.

There will be two types of service depending on sport, competition and training schedules:

- Training Venues in AOC: departing to/from Athletes Village/Training Venue as part of the Loop Road operation.
- Training Venues outside of AOC: scheduled service from the Athletes Transport Mall to the specific training venue.

### 20.3 Competition Venues

On competition days, the TA service will be scheduled so that the first bus arrives at the competition venue two and a half hours prior to the start of the first competition on that day. All transport will depart from the Athletes Transport Mall. For all venues within the AOC, service will run in a loop with a 15 minute frequency. For the Multifunctional Sport Venue, team buses will be available on a bookable basis, as detailed in the next section.

### 20.4 Monorail

The AOC and the Athletes Village are also serviced by a Monorail, that will operate from 12–27 September from 9am–9pm.

The Monorail has seven stops, five of which are located in the AOC Common Domain and one in the Village Plaza. Village residents will have unlimited access to the service, as well as guest passholders. Media (excluding official Media Tours) will not have access to the Monorail. Accreditation will be checked prior to accessing the service.

### 20.5 Public Transport

Delegation members will not have any access to public transport by virtue of their accreditation. Considering the proximity of venues within the AOC and the services provided, Ashgabat 2017 does not envision the need for use of public transport. Access to public transport is on a user-pay basis.

### 20.6 Taxis

No taxi drop-off/pick-up areas will be available at competition or training venues. Ashgabat 2017 recommends the use of licensed taxis, which can easily be identified by yellow license plates and a taxi sign on the vehicle.





# Ashgabat Olympic Complex



**1. Ashgabat Olympic Stadium**

Ashgabat 2017 Opening and Closing Ceremonies

**2. Taekwondo DanceSport Arena**

Taekwondo, DanceSport

**3. Billiard Arena**

Billiard Sports

**4. Martial Arts Arena**

Ju Jitsu, Kurash, Sambo

**5. Muay Kickboxing Arena**

Muaythai, Kickboxing

**6. Weightlifting Arena**

Weightlifting

**7. Main Indoor Arena**

Wrestling, Belt Wrestling, Traditional Wrestling

**8. Aquatics Centre**

Short course Swimming

**9. Tennis Centre**

Tennis

**10. Velodrome**

Track Cycling

**11. 3x3 Basketball Arena**

3x3 Basketball

**12. Indoor Athletics Arena**

Indoor Athletics

**13. Bowling Centre**

Bowling

**14. Chess Centre**

Chess

**15. Ice Palace**

Futsal

**16. Equestrian Centre**

Equestrian Jumping

**17. Athlete Village**



