



HELLENIC FEDERATION
WRESTLING

HELLENIC WRESTLING FEDERATION

OLYMPIC WRESTLING CENTER "ANO LIOSSIA"

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UNITED WORLD
WRESTLING

Ref : 3534/φκ

Athènes, 12 juillet 2021

AUX
FEDERATIONS MEDITERRANENNES DE LUTTE

INVITATION

Cher Président,

Suite à notre courrier du 01.07.2021 ref.3281, relatif à l'invitation de l'équipe de lutte gréco-romaine, libre et féminine de votre fédération à participer au Championnat de la Méditerranée Junior et Cadet ainsi qu'à la Coupe Méditerranéenne Féminine Junior qui se dérouleront à la ville de Xanthi, nous voudrions porter à votre connaissance qu'à cause du reprogrammation du Championnat d'Afrique, nous avons inversé les dates entre des deux événements (Championnat de la Méditerranée et Championnat des Balkans).

Par conséquent, le **Championnat de la Méditerranée junior & cadet** ainsi que le **Coupe Méditerranéenne Féminine Junior** auront lieu à la ville de Xanthi **les 30 et 31 octobre 2021**. En plus nous vous informons que le nombre maximum des participants est 3 athlètes par catégorie des poids et d'âge.

Nous voudrions également noter qu'un camp d'entraînement pour jeunes lutteurs U15, Cadet et Junior aura lieu avant les deux championnats, du 17 octobre au 26 octobre 2021 à la ville de Komotini (50 km de Xanthi), aux installations sportives de l'Université de Thrace « Democritus ». Le prix de séjour pendant la durée du camp d'entraînement est fixé à 50 euro par jour et par personne.

Vous trouverez en attachement les informations spécifiques et le nouveau programme du Championnat de la Méditerranée.

Dans l'attente de recevoir vos inscriptions nous vous exprimons nos meilleures salutations et nous serions heureux de vous accueillir à notre pays, à la ville de Xanthi.

Cordialement,

STERGIOS LEONAKIS


PRESIDENT





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UNITED WORLD
WRESTLING

Ref: 3534/df

Athens, 12 July 2021

TO
MEDITERRANEAN WRESTLING FEDERATIONS

INVITATION

Dear President,

Referring to our correspondence on 01.07.2021 ref.3281 related to the invitation for the grecoroman, free style and female wrestling team of your federation to participate in Juniors & Cadets Mediterranean Championships and Junior Female Mediterranean Cup that will take place in Xanthi, we would like to inform you that due to the reprogramming of African Championships, we have intervened the dates between the two events (Mediterranean Championships and Balkans Championships)

Therefore, the **Junior & Cadet Mediterranean Championships** and the **Junior Female Mediterranean Cup** will take place in Xanthi on **30 and 31 October 2021**. In addition, please be advised that the maximum number of participants is 3 athletes per weigh and age category.

Please also note that prior to the two Championships, from 17 to 26 October 2021, we will organize a training camp for young wrestlers U15, Cadets and Juniors in Komotini (50 km from Xanthi) at the sport facilities of "Democritus" University of Thrace. The accommodation fee during the training camp is 50 euro per day and per person.

You will find attached the specific information and the updated program of the Mediterranean Championships.

Awaiting to receive your registrations, we express our best regards and we look forward to welcoming you in our country, in the town of Xanthi.

Cordially,

STERGIOS LEONAKIS

PRESIDENT



CHAMPIONNAT DES BALKANS U15/Cadet (GR/LL/LF)
CHAMPIONNAT DE LA MEDITERRANEE Junior/Cadet (GR/LL/LF)

XANTHI (GRE), 28-31.10.2021

INFORMATION SPECIFIQUES	
Details of the organising Federation Coordonnées de la fédération organisatrice	Fédération Hellénique de Lutte Centre Olympique de Lutte « Ano Liossia » GR – 13343 Ano Liossia HELLAS Tel. +302 103 30 71 76 Email : GRE@unitedworldwrestling.org
Details of the competition venue Coordonnées de la salle de compétition	Centre sportif «FILIPPOS AMIRIDIS», Xanthi
Age categories Catégories d'âge	Championnat des Balkans : U15 & CADET Championnat de la Méditerranée : JUNIOR & CADET* selon Règles d'UWW / following the UWW Rules *For the Mediterranean Championships, a weight tolerance of 2 kg will be accepted for each Junior weigh-category and 1kg for cadet weight categories / Pour les Championnats de la méditerranée, une tolérance de poids de 2kg sera acceptée pour chaque catégorie junior et 1kg pour les catégories cadet.
Number of mats / Nombre des tapis	3
Deadline for the final entries Date limite pour les inscriptions	26.09.2021
Referees' categories Catégories arbitres	UWW International referees Arbitres internationaux d'UWW
Reception of the teams Réception des délégations	Airport Kavala (KVA) Thessaloniki Airport Macedonia (SKG) – 20 EUR / person round trip
Details of the hotels for the teams Coordonnées de l'hôtel pour athlètes	Natassa Hotel 1° km National Road Xanthi–Kavala, Xanthi Tel : +30 25410 21521 http://www.hotelnatassa.gr Elena Hotel Leoforos Stratou 2, Xanthi Tel : +30 2541 063901 Nestos Hotel Rue 28 Octobre, Xanthi Tel : +30 25410 27531-4 http://www.nestos-hotel.gr
Details of the hotels for the referees Coordonnées de l'hôtel pour arbitres	Hotel Z PALACE Georgiou Kondili 0, Xanthi Tel : +30 25410 64414 http://www.zpalace.gr
Details of the hotel for UWW Coordonnées de l'hôtel pour l'UWW	Hotel Z PALACE Georgiou Kondili 0, Xanthi Tel : +30 25410 64414 http://www.zpalace.gr
Accommodation fee per day per person Taxe de séjour par jour et par personne	80 Euros

<p>Training camp / Camp d'entraînement U15 – Cadet – Junior Komotini (50 km de Xanthi)</p>	<p>From 17.10.2021 to 26.10.2021 Du 17.10.2021 au 26.10.2021</p> <p>Accommodation fee 50 Euros per day per person Taxe de séjour 50 euro par jour et par personne</p>
<p>Accreditation place Lieu d'accréditation</p>	<p>Centre sportif «FILIPPOS AMIRIDIS», Xanthi</p>
<p>Organizer's bank details Coordonnées bancaires de l'organisateur</p>	<p>Beneficiary Hellenic Wrestling Federation, 13343 Ano Liossia EUROBANK ERGASIAS S.A. IBAN GR930260180000940200252724 SWIFT BIC ERBKGRAA</p>

CHAMPIONNAT DES BALKANS / BALKAN CHAMPIONSHIPS
U15 – Cadet (GR/LL/LF)
XANTHI (GRE) 28 – 29.10.2021

CHAMPIONNAT DE LA MEDITERRANEE / MEDITERRANEAN CHAMPIONSHIPS
Junior – Cadet (GR/LL/LF)
XANTHI (GRE) 30 – 31.10.2021

COUPE MEDITERRANEENNE FEMININE JUNIOR

Durée minimum de séjour 4 jours – Minimum 4 days of stay

Maximum nombre des participants par catégorie poids/âge : 3 LUTTEURS /
Maximum number of participants per weigh/age category : 3 WRESTLERS

PROGRAMME / PROGRAM		
Dimanche 17.10.2021 - Mardi 26.10.2021 Sunday 17.10.2021 - Tuesday 26.10.2021	Camp d'entraînement /Training camp U15 / Cadet / Junior GR, LL, LF	Komitini - (50 km de Xanthi) aux installations sportives de l'Université de Thrace « Democritus » Prix de séjour : 50 € jour/personne - (50 km from Xanthi) at sport facilities of "Democritus" University of Thrace Accommodation fee : 50 € per day per person
Mardi – Tuesday 26.10.2021		Arrivée des équipes // Arrival of the teams
Mercredi – Wednesday 27.10.2021	17.00 – 18.00	Consultation des arbitres // Referees' Consultation
	18.00 – 18.30	Conférence technique // Technical Conference
	18.30 – 19.30	Tirage au sort de toutes les catégories // Draw all categories U15 AND CADET
Jeudi – Thursday 28.10.2021	08.30 – 09.00	Examen médical & Pesée – toutes les catégories CADET // Medical Examination and Weigh-in – All CADET categories
	10.30 – 14.30	Tours de qualifications – CADET // Qualification Rounds - CADET
	17.00 – 17.30	Cérémonie d'ouverture // Opening Ceremony
	17.30-21.00	Finales CADET // Attribution des prix Finals CADET // Award ceremonies
	18.00-20.00	Assemblée Générale du CMLA // CMLA General Assembly
		Arrivée des équipes // Arrival of the teams
Vendredi – Friday 29.10.2021	08.30 – 09.00	Examen médical & Pesée – toutes les catégories U15 // Medical Examination and Weigh-in – all U15 categories
	09.00 – 10.30	TABLE RONDE avec la participation des membres CMLA et des représentants des pays Méditerranéens et Balkaniques ROUND TABLE with the CMLA Members and the representatives from the Mediterranean and Balkan Countries
	10.30 – 14.30	Tours de qualifications – U15 // Qualification Rounds – U15

	15.00 – 16.00	Consultation des arbitres // Referees' Consultation
	16.00 – 16.30	Conférence technique // Technical Conference
	16.30 – 17.30	Tirage au sort de toutes les catégories de poids // Draw for all weight categories JUNIOR & CADET
	17.30 – 21.30	Finales U15, attribution des prix // Finals U15, award ceremonies
Samedi – Saturday 30.10.2021	08.30 – 09.00	Examen médical & Pesée de toutes les catégories JUNIOR Medical Examination and Weigh-in all JUNIOR weight categories
	10.30 – 14.30	Tours de qualification – JUNIOR // Qualification Rounds – JUNIOR
	17.00 – 17.30	Cérémonie d'ouverture // Opening Ceremony
	17.30 – 21.00	Finales JUNIOR // Attribution des prix Finals JUNIOR // Award ceremonies
Dimanche – Sunday 31.10.2021	08.30 – 09.00	Examen médical & Pesée de toutes les catégories CADET Medical Examination & Weigh-in all CADET weight categories
	08.30 – 09.00	Examen médical & Pesée // Medical Examination and Weigh-in COUPE MEDITERRANEENE PAR EQUIPE FEMININE JUNIOR
	10.30 – 14.30	Tours de qualification – CADET // Qualification Rounds – CADET
	16.30 – 17.00	Tirage au sort // Draw COUPE MEDITERRANEENE PAR EQUIPE FEMININE JUNIOR
	17.00 – 21.30	Finales CADET, attribution des prix // Finals CADET, award ceremonies
		Éliminatoires – Finales - Attribution des prix // Qualifications rounds and Finals - Award ceremonies COUPE MEDITERRANEENE PAR EQUIPE FEMININE JUNIOR
22.00	Banquet officiel // Official Banquet	
Lundi – Monday 01.11.2021		Départ des délégations // Departure of the delegations



COMITE MEDITERRANEEN DES LUTTES ASSOCIEES
MEDITERRANEAN COMMITTEE OF ASSOCIATED WRESTLING STYLES



Dear Mr. President,

My name is Teresa Méndez and I am the Olympic Female Wrestling Coordinator from the Mediterranean Committee.

I am touching base with you because I would like for you to take part to the project promoting and developing female wrestling in the Mediterranean countries.

This project started with a Mediterranean Female Cup in teams on May 2019 and It was a very successful event.

From 17th to 26th October the Hellenic Wrestling Federation will host a stage for Cadets and Juniors of LL, LF, and GR as well the Mediterranean Championships on 30 and 31 October.

*On Sunday **31 October**, we will organize a **female championship by teams in Junior's category** and we would be delighted to count on your participation. The rules of the tournament are as follows:

- The weighing will take place in the morning (08.30 – 09.00 h - 2kg of tolerance), followed by the competition at 17:00.
- The weight categories will be: **-53 kg, -57 kg, -62 kg, -68 kg, -76 kg**
- Each team participating in Female Mediterranean Championships will have a **minimum of 4**, and a **maximum of 5** wrestlers.
- The Nordic competition system will apply.

In order to guarantee a smooth organization of the tournament, we kindly ask you to **register** by **26 September 2021** to the following e-mail address: teresamendezmayo@gmail.com.

We hope to count on your attendance and thank you for your time.

Kind regards,

Teresa Méndez Mayo
Olympic Female Wrestling Coordinator, Mediterranean Committee



Health & Safety Plan for UWW Events

Guidance for Event Organizers and Participants

These guidelines are intended to assist Organizers implementing measures to reduce the possibility of viral transmission to a minimum during UWW Events. They complement the sanitary requirements **prescribed by public authorities**. They do not replace all other requirements as provided by the UWW Medical Regulations.

Wrestling being a contact sport, it is at **higher risk** of viral transmission during viral epidemic and pandemic periods. Hence a **higher degree of attention** and more stringent measures are required from the Wrestling community.

Individual **responsibility** is also key to protect the health of everyone. In that respect, detection of infected people and virus carriers with no symptoms help reducing those risks. In case of any doubt by an athlete or a participant for a potential viral infection, it is his/her individual responsibility to consider self-quarantine, refrain from participating in sports activities (training, competition) and refer to a hospital or an officially designated centre by the authorities.

This document is subject to changes depending on the evolution of the pandemic and the progress made by the scientific community with regards to diagnostic approaches, antiviral treatments and vaccine.

In addition to public authorities' requirement and to these guidelines, Organizers must refer to the recommendations of the World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

1. World Health Organization (WHO) tools

It is WHO's view that all countries with community transmission should seriously consider postponing or reducing mass gatherings that bring people together and have the potential to amplify disease and support the recommended best practice of physical distancing. Any decision will be supported through the use of WHO tools, in particular the **Risk Assessment for Mass Gatherings during COVID-19**.

If movement restrictions and further national measures have been established in the country, the WHO risk assessment **does not apply**.

However, when the process of re-opening/conducting mass gatherings is being considered post movement restrictions, it will be key to ensure any decisions are based on a risk assessment, such as the WHO Mass gatherings COVID-19 risk assessment.

The detailed **links** to the various WHO tools are noted below.

- [How to use WHO risk assessment and mitigation checklist for Mass Gatherings in the context of COVID-19](#)
- [Mass Gathering risk assessment COVID-19: key considerations](#) (Excel sheet)
- [Decision tree for risk assessment for mass gathering](#)
- [Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19: interim guidance](#)
- [Guidance for the use of the WHO Mass Gatherings Sports: addendum risk assessment tools in the context of COVID-19](#) (Excel sheet)



2. Definitions

Participant: including, but not limited to athletes, coaches, referees, team leaders, team staff, team doctors & masseur, LOC staff, volunteers, UWW staff, UWW Bureau members, NF Officials, NOC officials & staff, media & TV staff, journalists, photographers, Doping Control Officers, drivers, and any individual taking part in the Event or involved in its organization.

Event: save any exception expressly granted by UWW, all competitions on the [UWW Calendar](#) and all other events linked thereto, such as training camps.

Period of the Event: except for the staff involved in the installing and dismantling of all installations (the latter being subject to all sanitary requirements imposed by the local authorities), the period of the Event starts from the arrival of the participants in the country until their departure from the country.

Organizers: the Local Organizing Committee (LOC) responsible for the Event, including all its members.

3. Requirements for all Participants

All participants (Athletes, Coaches, Athletes' Entourage, Referees, Staff, etc.) shall:

1. Produce a **negative PCR serological test for SARS-CoV-2** taken **not earlier than 72 hours from the arrival** in the country of the Event.
2. Submit themselves to a rapid antigen test for COVID-19 upon arrival.
3. Submit themselves to temperature monitoring throughout the Event.
4. Wear a protective mask at all times safe exceptions (except for athletes when training, warming-up & competition)
5. Regularly wash hands using either an alcohol-based gel or soap and water.
6. Keep physical distancing - Avoid crowds.
7. Refrain from leaving the "sanitary bubble" without justification (for medical reasons, end of competition for example).
8. Sign the liability waiver provided by the organizer
9. Sign a statement that they have not been in conscious contact with a COVID-19 positive person in the last 14 days or have had the following symptoms:
 - High temperature
 - Sore throat
 - A dry cough
 - Shortness of breath
 - Pain in muscles and joints
 - Loss of sense of smell and taste
10. Carefully respect all instructions and requirement set forth by the Organizer.



4. Rules for Athletes

In addition to the conditions required from all Participants and described above:

- Athletes must monitor their body temperature twice a day (7-8 am and 7-8 pm)
- The Athletes' body temperature will also be officially monitored at the entrance early in the morning upon entrance in the competition hall. **ONLY those athletes who pass** the temperature check will be allowed to the weigh-in
- In case an Athlete shows a temperature **higher than 37.5°**, he/she will be **eliminated from the competition**.
- **Further investigation** and monitoring will be started by the Medical Team and **additional measures** can be taken.
- **First day of competition:** For the first day of competition, and because such athlete cannot be weighed-in, he/she will be ranked last without rank (cf. UWW International Wrestling Rules, Article 11, Weigh-in).
- **Second day of competition:** If this situation happens the second day of competition (Repechages, Finals), the elimination of an athlete will be considered as an **injury**. Therefore, he/she will be ranked based on the points earned on the first day (cf. UWW International Wrestling Rules, Article 56, Medical Service Interventions).
- For all obligations related to the competition (weigh-in, medical examinations, medal ceremony, anti-doping controls, media interviews in the mix zone, etc.), **wearing a mask will be obligatory**.

5. Requirements for Organizers

5.1 Events organizers shall:

- Comply with all sanitary rules and requirements as requested by the local health authorities.
- Verify that all Participants show a valid negative a PCR serological test for SARS-CoV-2 taken not earlier than 72 hours from the arrival in the country of the Event.
- Organize and cover the testing (rapid antigen test for COVID-19) of all Participants upon arrival and entry in the “sanitary bubble”.
- Organize the body temperature (from forehead) screening of all participants entering the competition and training hall using infrared thermometer.
- Provide masks and hand disinfectant to all participants
- Plan and organize PCR serological tests for SARS-CoV-2 upon departure for the participants who need it upon departure. The tests will be charge on the requesting participants at cost price.

5.2 Transports

- The vehicles used for the transport of Participants during the period of the Event shall be disinfected and ventilated after each ride.
- Only accredited participants will be allowed to enter the vehicles.



- Wearing mask is mandatory in all vehicles
- The number of passengers in the vehicles must comply with the local regulations and enough spaces shall be provided to respect the social distancing.
- Drivers shall be included in the sanitary bubble.

5.3 Accreditation

- The accreditation office shall have sufficient space to respect social distancing.
- Markings on the floor, hand sanitizers and additional number of protective masks
- Where feasible, the organizer shall strive to have one (1) National Team at a time for the accreditation, or in any case to ensure that groups and people are well separated.

5.4 Hotels & Accommodation

- Hotels shall be dedicated for the participants only (no other guests).
- Double or single rooms shall be used to accommodate participants.
- No change of rooms will be allowed after the allocations of the rooms.
- Food will be arranged according to the schedule, in several halls, with serving food by the waiters and respecting the physical distance and other preventive measures.

5.5 Training

- Where possible, training sessions will be managed according to an established schedule in order to reduce the number of teams using the mats.
- The equipment will be regularly disinfected and only the athletes, their coaches and accompanying medical staff can access this area.
- At the warm-up area, only athletes who are training can remove their masks. All other individuals shall wear the mask.

5.6 Competition medical service

- All requirements of the UWW [Medical Regulations](#) shall be implemented.
- Except for exceptional circumstances (for ex. treatment of injuries, medical examination), UWW Doctor(s) and Organizer's medical staff shall observe the same requirements as other participants.
- Wearing gloves are mandatory for doctors and medical staff.
- The organizer's medical team must designate a member responsible for all COVID-19 sanitary protocols.



5.7 Hygiene of competition hall & mats

- All competitors will pass a disinfection barrier for footwear before stepping on the mat.
- Ensure the competition hall is regularly ventilated
- Changing rooms (athletes, referees) must be cleaned and sanitized.
- Plan sufficient standard alcohol-based gel dispensers in all areas, particularly in areas without direct access to bathrooms/WC.
- Hands shall be disinfected before each bout (in the call room)
- Mats shall be disinfected before the start of the competition and after each completed match. Hygienic products that do not irritate the skin or mucous membranes will be used to disinfect the mat.
- In case opening ceremonies and/or medal ceremonies are held on the mat(s), appropriate protection shall cover the mats. After the ceremonies, the protection shall be removed and the mat(s) disinfected again.

5.8 Referees

- Referees observe the same preventive medical measures as any other participant.
- Referees shall wear protective masks allowing the use of the whistle.
- They shall ensure that all participants enforce the basic measures (social distancing, masks).
- No handshake between the referees and the wrestlers, or between wrestlers and coaches are allowed.
- The winner is announced by a show of hands.
- Physical distance must be provided between the referee and the timekeeper.
- Paddles shall be disinfected regularly during each session.

5.9 Anti-doping tests

- Doping Control Station shall have sufficient space to allow social distancing. Consider several stations.
- Doping Control Officers shall wear protective masks and gloves.
- Ensure your NADO/service provider is aware of and applies WADA's guidelines ([Covid-19: ADO's Guidance for Resuming Testing](#)).

5.10 Communication

- Inform all participants and UWW as early as possible of any sanitary requirements **to comply with and to be prepared for** by foreign visitors (quarantine, medical certificates, epidemiological questionnaires to be filled in, etc).
- Any other restrictions during the event shall be clearly communicated to all participants well in advance.



- Provide clear **information (posters, flyers, videos, etc)** in English in the competition venue about the above **basic precautions** (washing hands regularly, cover coughs/sneezes with a flexed elbow or disposable tissue, avoid touching eyes-nose-mouth). **Promote** regular and thorough hand-washing.
- Ensure that all measures are enforced by all participants and assign dedicated staff for this purpose.
- Limit delegations' accompanying staff in the different areas and functions (accreditation, weigh-in, warm-up area, call-room, FOP, BOH, etc).

5.11 Medical examinations & weigh-ins, draw

- Referees: 1 referee maximum per scale.
- No Team Leaders or Coach allowed in the weigh-in medical examinations & weigh-in area
- The rooms used for weigh-in and for the draw shall have sufficient space to allow social distancing. Mark social distances on the floor with rubber for queues during weigh-in.
- Sufficient time must be planned to allow disinfection of scales and other devices during weigh-in time.
- Whenever possible, the entrance and the exit (weigh-ins & draw, if applicable) should be distinct and clearly designated.

5.12 Post-event administration

- **Retain the names and contact details** of all participants for at least one month. This will help public health authorities trace people who may have been exposed to COVID-19 if one or more participants become ill shortly after the event. Consider the applicable **laws on privacy and personal data protection**.
- If anyone at the event was isolated as a suspected COVID-19 case, the organizer should inform UWW and all participants. They should be advised to monitor themselves for symptoms for 14 days and take their temperature twice a day.

5.13 Insurance

All information with regards to the insurance coverage are described here:

<https://unitedworldwrestling.org/governance/accidentillness-insurance-emergency>
