

TEAM LEADERS' GUIDE

Wrestling

(Freestyle/Greco-Roman)



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Welcome Message

Dear Athletes and Team Officials,

We are delighted to welcome you to Tokyo and thank you for your participation in TOKYO 2025 DEAFLYMPICS.

This guide has been prepared to provide you with essential information to ensure your experience here is smooth, productive, and enjoyable.

We have been working diligently to support all delegations and create an environment where you can perform at your best and feel at home. We hope that your time here will be both successful in competition and rich in cultural exchange and friendships.

We wish you a safe, memorable, and inspiring stay.

About this Team Leaders' Guide

Published in September 2025, this Team Leaders' Guide offers a summary of competition-related material about wrestling competition at TOKYO 2025 DEAFLYMPICS and provides a variety of information aimed at helping teams in planning and preparation.

1. OVERVIEW

Competition Overview

The wrestling(Freestyle/Greco-Roman) competition at the TOKYO 2025 DEAFLYMPICS will be held from Friday 21 November to Monday 24 November at Fuchu Kyodo-no-Mori Gymnasium. The competition will consist of the following events.

Freestyle

Event	Men	Women	Mixed
57kg	✓	–	–
65kg	✓	–	–
74kg	✓	–	–
86kg	✓	–	–
97kg	✓	–	–
125kg	✓	–	–

Greco-Roman

Event	Men	Women	Mixed
60kg	✓	–	–
67kg	✓	–	–
77kg	✓	–	–
87kg	✓	–	–
97kg	✓	–	–
130kg	✓	–	–

Participating NOCs

(Deaf Individual Neutral Athletes(NDA) will compete in both Freestyle and Greco-Roman wrestling.)

Frerstyle(MEN)				
Armenia(ARM)	Bulgaria(BUL)	Cuba(CUB)	Greece(GRE)	India (IND)
Iran (IRI)	Japan (JPN)	Kazakhstan(KAZ)	Kyrgyzstan(KGZ)	Mongolia(MNG)
Turkiye (TUR)	Ukraine(UKR)	UnitedStates(USA)	Venezuela (VEN)	
Greco-Roman(MEN)				
Armenia(ARM)	Azerbaijan(AZE)	Bulgaria (BUL)	Cuba(CUB)	Estonia(EST)
Greece (GRE)	India (IND)	Iran (IRI)	Japan (JPN)	Kazakhstan(KAZ)
Kyrgyzstan (KGZ)	Mexico(MEX)	Lithuania (LTU)	Mongolia(MNG)	Turkiye (TUR)
Ukraine (UKR)	United States(USA)	Venezuela (VEN)		

Key dates

15 October 2025	Sport entries final deadline (23:59 JST)
1 November 2025	Deadline for submission of final registration list with each player's name
15 November 2025	Opening ceremony at Tokyo Metropolitan Gymnasium.
19 November 2025	Training at Fuchu Kyodo-no-Mori Gymnasium Last bus will leave from Deaflympics Square:15:15 Last bus will leave from Hotel Continental Fuchu:16:15 Last bus will leave from Fuchu Kyodo-no-Mori Gymnasium: 18:00
20 November 2025	Training at Fuchu Kyodo-no-Mori Gymnasium Technical meeting(Greco-Roman) Last bus will leave from Deaflympics Square:15:15 Last bus will leave from Hotel Continental Fuchu:16:15 Last bus will leave from Fuchu Kyodo-no-Mori Gymnasium: 18:15
21 November 2025	First day of Greco-Roman at Fuchu Kyodo-no-Mori Gymnasium
22 November 2025	Final Day of Greco-Roman at Fuchu Kyodo-no-Mori Gymnasium Technical meeting(Freestyle)
23 November 2025	First day of Freestyle at Fuchu Kyodo-no-Mori Gymnasium
24 November 2025	Final Day of Freestyle at Fuchu Kyodo-no-Mori Gymnasium End of wrestling competition
26 November 2025	Closing ceremony at Tokyo Metropolitan Gymnasium.

Rules

The Wrestling competition will be conducted in accordance with the following documents:

- **Technical Regulations**

Freestyle : <https://www.deaflympics.com/games/tokyo-2025/WF/regulations>

Greco-Roman : <https://www.deaflympics.com/games/tokyo-2025/WG/regulations>

- **Rules and Regulations of the UWW (version: 2023)**

https://cdn.uww.org/2023-01/wrestling_rules.pdf

Important Notice

-Regarding the accompanying referee

According to the established policy, a UWW-licensed referee is required only when a country sends four or more wrestlers. To ensure clarity and consistency, the following ratio applies: 4

- 1-3 wrestlers: No UWW-licensed referee required
- 4-6 wrestlers: One UWW-licensed referee required

If a country sending 4 to 6 athletes cannot dispatch a UWW-licensed referee, the OC will charge that country for the cost of a replacement referee.

Invoices for eligible countries will be sent from the OC in late October.

1 Payment due date

Thursday, 20 November 2025, 15:30-16:00

2 Collection location

Fuchu Kyodo-no-Mori Gymnasium, [The room where the technical meeting is held](#)

3 Fee (Payment in cash only. No change given.)

- (1) Countries participating in both Freestyle and Greco-Roman: 600 US dollars (USD)
- (2) Countries participating in either Freestyle or Greco-Roman wrestling: 360 US dollars (USD)

4 Important Notes

If a country fails to pay part or all of the fees specified by the OC, that country will be unable to participate in the wrestling events of the Tokyo 2025 Deaflympics.

Furthermore, the OC shall bear no responsibility whatsoever for any disadvantages incurred as a result of being unable to participate in the wrestling events.

-Regarding the ID Card

ID cards will be issued at Deaflympics Square. They will not be issued at competition venues.

ID cards are personal and non-transferable. You must carry them at all times within competition venues. Additionally, you will need your ID card to board buses to each competition venue, so be sure to carry it with you.

If your ID card is damaged or lost, contact the Games Headquarters immediately. After doing so, the cardholder must personally visit the ID Center (Deaflympics Square) to complete the reissuance procedure. Deaflympics Square is open from 9:00-20:00 from Saturday, 15 November to Wednesday, 26 November.

2.VENUE

Competition/Training venue

Fuchu Kyodo-no-Mori Gymnasium (5-5 Yazakicho, Fuchu-shi, Tokyo)

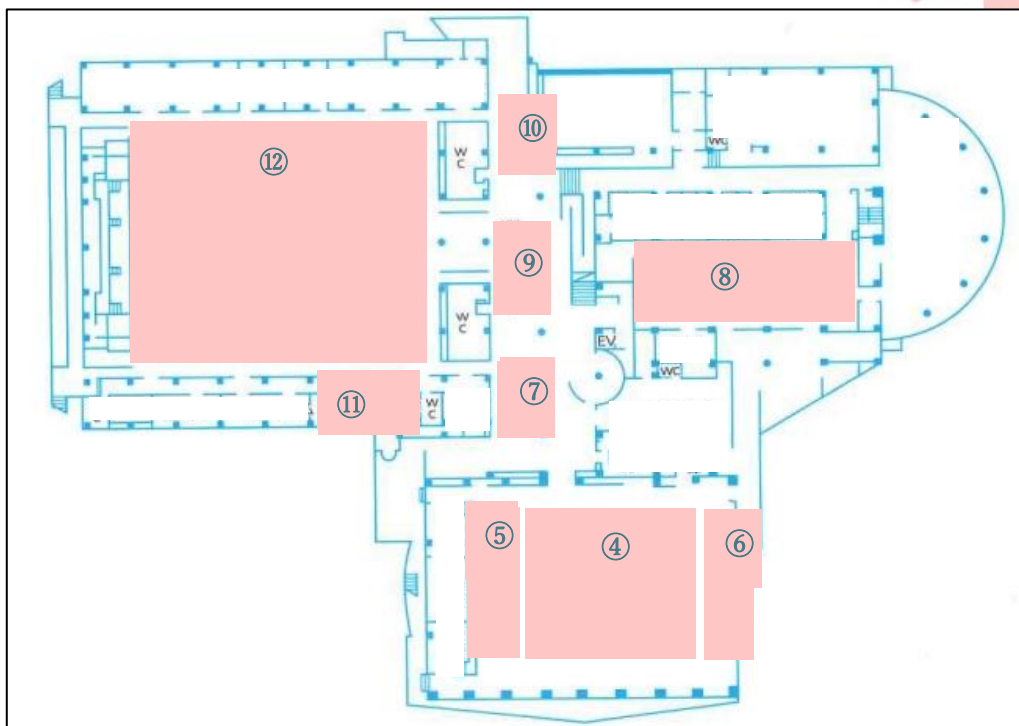
The TOKYO 2025 DEAFLYMPICS wrestling competition will be held at Fuchu Kyodo-no-Mori Gymnasium.



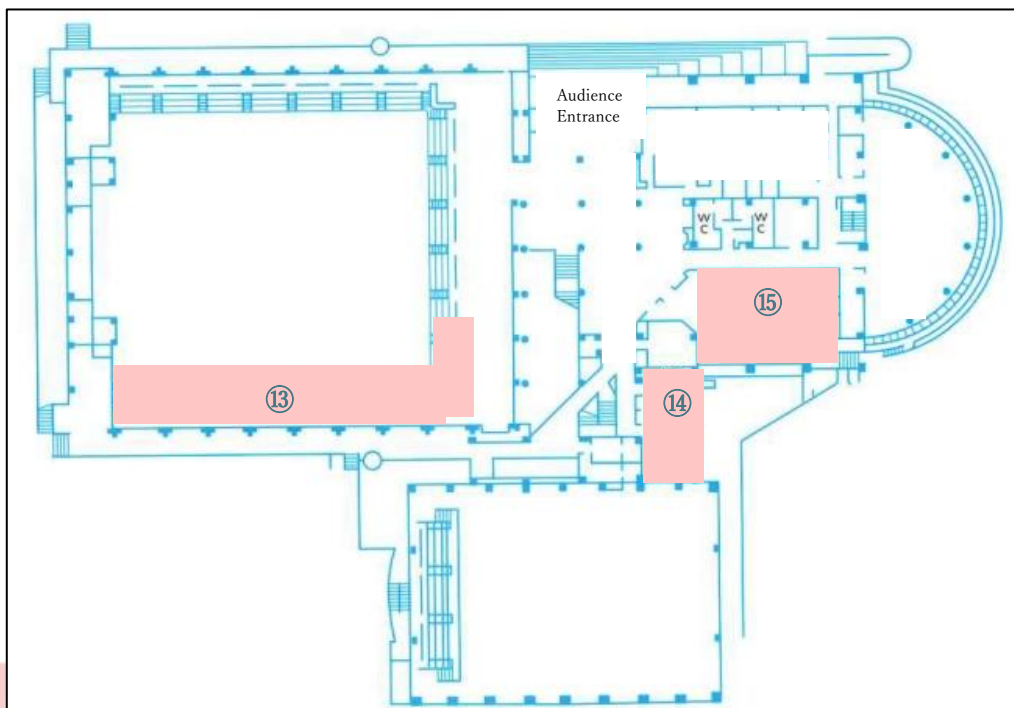
Map of the Venue Area



Basement



1st Floor



Transportation Service (MAP No①)

• For the latest transportation schedule, please check the “[Transportation Services](#)” page on the delegation website. Bus timetables will be posted on this website.



- Please arrive at the bus stop with plenty of time to spare to avoid missing the bus.
- The bus for the outbound and return trips may not be the same. Please be careful not to leave any belongings behind on the bus.
- You must present your ID card when boarding the bus.
- If you are using public transportation, please check the access information on the [venue's official website](#).



Entry to the venue (MAP No②)

After exiting the bus drop-off area, athletes should follow the marshals and enter through the east entrance of the sub-arena (warm-up area).

Venue service

-Warm-up Area, Provision of food and beverages (snacks) (MAP No④)

Athletes may warm up in the sub-arena of the Fuchu Kyodo-no-Mori Gymnasium.

Four wrestling mats are laid out on the floor, with simple designated areas around them for athletes to wait, organized by country. Please note that warming up on the mats in the main arena (FOP) is prohibited.

Date	Time	Notes	Provision of food and beverages
Wednesday, 19 November	10:00~17:30	Training (If many people are using it, please take turns)	—
Thursday, 20 November	10:00~17:30	Training (If many people are using it, please take turns)	—
Friday, 21 November First day of Greco-Roman	7:30~17:30	Of the four mats, two will be used by athletes competing in the day's matches. The remaining two mats may also be used by athletes scheduled to compete in freestyle events.	Available
Saturday, 22 November Greco-Roman Final Day, Awards Ceremony	7:30~17:30	Of the four mats, two will be used by athletes competing in the day's matches. The remaining two mats may also be used by athletes scheduled to compete in freestyle events.	Available
Sunday, 23 November First day of Freestyle	7:30~17:30	Only athletes scheduled to compete in freestyle events may use it.	Available
Monday, 24 November Freestyle Final Day, Awards Ceremony	7:30~13:30	Only athletes scheduled to compete in freestyle events may use it.	Available

During competition periods, the warm-up area opens at 7:30.

However, medical staff will not be stationed in the warm-up area between 7:30 and 9:00.

Please be aware that if an injury occurs during this time, immediate assistance may not be available.

Additionally, during the competition period (competition days), drinking water and the following food items will be provided in the warm-up area (quantities are limited).

- Banana
- Energy bar

- Sandwich bread

No advance reservation is required, but we kindly ask that you refrain from eating or drinking outside the facility or taking food away.

- You can check the locations of convenience stores and other facilities near competition venues via the following QR code.(When using restaurants, we recommend bringing cash in Japanese yen. Currency exchange is not available at competition venues.)



©Google

- Lunch and dinner will be arranged by each athlete individually. Those who made advance reservations for the optional meal plan may have lunch and dinner at the designated locations.
- You can pay locally for dinner at Deflympics Square.
- For information regarding food and beverage services at this event, please check the delegation portal site.

- Changing rooms and showers (MAP No⑪)

Changing rooms and shower facilities are available in the basement. Please bring your own towels, as they are not provided. Please note that coin lockers in the changing rooms are unavailable.

- Sport Information Desk (SID) (MAP No⑦)

SID is located near the entrance of the Main Arena (FOP) on the basement level. SID provides information on competition results and bus departure/arrival times. Please feel free to ask if you have any questions.

Date	SID Opening Hours
Friday, 21 November First day of Greco-Roman	7:00~18:00
Saturday, 22 November Greco-Roman Final Day,Awards Ceremony	7:00~18:00
Sunday, 23 November First day of Freestyle	7:00~18:00
Monday, 24 November Freestyle Final Day,Awards Ceremony	7:00~15:30

- Athletes Breakfast Catering Service (MAP No⑮)

On the morning of competition day, breakfast will be provided to athletes after weigh-in.

Please refrain from eating or drinking outside the facility or taking meals away.

Breakfast Service Schedule for Athletes	Location of Service
Friday, 21 November to Monday, 24 November, 7:30 – 9:00	1st Floor Restaurant Area

- How to Identify International Sign Interpreters

Several sign language interpreters will be present at the venue and will be wearing dark navy staff uniforms.

These interpreters include both International Sign interpreters and Japanese Sign Language interpreters. International Sign interpreters can be identified by a green sticker labeled “IS” on their uniform.

Please be advised that some volunteers wearing pink uniforms may also display an “IS” sticker; however, their ability to provide assistance may be limited to basic expressions.



<Sign Language Interpreters>



<Volunteer>



<International Sign sticker>



<Japanese Sign Language sticker>

3.COMPETITION

Technical Meeting and the draw (MAP No⑭)

The technical meeting and draw ceremony will be held on the following schedule.

The technical meeting will be conducted jointly with the Technical Committee, composed of coaches and managers from each country, the ICSD Wrestling Director, and other members approved by the ICSD. The draw ceremony will be conducted in accordance with UWW rules and regulations, under the supervision of the Technical Committee.

Date	Time	Content	Location	Participants
Thursday, 20 November	16:00–18:00	Technical Meeting and Combined Draw (Greco–Roman)	First–floor conference room	Members of the Technical Committee approved by the ICSD Supervisors and coaches from participating countries
Saturday, 22 November	16:00–18:00	Technical Meeting and Combined Draw (Freestyle)	First–floor conference room	Members of the Technical Committee approved by the ICSD Supervisors and coaches from participating countries

Weight–in & Medical Check (MAP No⑧)

Weight–ins and medical checks will be conducted on the morning of the first competition day.

On the morning of the second competition day, only athletes participating in the repechage and finals will undergo weight–ins.

Athletes who do not participate in the weight–in or who are disqualified during the weight–in will be excluded from the tournament. The location and schedule for the weight–ins and medical checks are as follows.

Date	Time	Content	Location
Friday, 21 November First day of Greco–Roman	Starting sequentially from 7:30 AM	Weigh–in and Medical Check	Basement Level 1: Weighing and Medical Check Rooms
Saturday, 22 November Greco–Roman Final Day,	Starting sequentially from 7:30 AM	Weighing only	Basement Level 1: Weighing and Medical Check Rooms

Sunday, 23 November First day of Freestyle	Starting sequentially from 7:30	Weigh-in and Medical Check	Basement Level 1: Weighing and Medical Check Rooms
Monday, 24 November Freestyle Final Day,	Starting sequentially from 7:30	Weighing only	Basement Level 1: Weighing and Medical Check Rooms

Pre-Match Assembly Area (MAP No⑥)

Players should constantly monitor the progress of matches on the monitors in the sub-arena. You will be called approximately three matches before your own match begins. Follow staff instructions and proceed to the call room to undergo verification by the referee.

Call Room (MAP No⑨)

Athletes summoned from the pre-competition assembly area must confirm they have removed their hearing aids and undergo a physical examination in the call room immediately before entering the main arena (FOP).

If wearing a hearing aid is confirmed in this call room, the athlete must remove it, entrust it to their delegation, and then return here.

Main Arena (FOP) (MAP No⑫)

Athletes who pass the physical examination in the call room may enter the main arena.

Two competition mats are set up on the platform. The awards ceremony will also take place on the mats. Athletes who have finished their matches should exit through the north exit.

Interview Space (MAP No⑩)

Near the north exit of FOP, an interview area is set up for accredited media to conduct interviews with athletes and coaches after competitions. Athletes who have finished their matches should exit through this nearby exit.

Award Ceremony Orientation(MAP No⑤)

Medalists, please gather at the sub-arena for the awards ceremony briefing. Please arrive approximately 20 minutes before the ceremony begins.

At the awards ceremony, please wear your national team uniform. Also, please do not bring your national flag, cameras, smartphones, or similar items to the ceremony. Certificates will be distributed at Deaflympics Square starting the day after the awards ceremony.

Date	Meeting time (subject to change depending on the progress of the game)
Saturday, 22 November: Greco-Roman Awards Ceremony	13:10 (Award Ceremony Start: 13:30)
Monday, 24 November: Freestyle Awards Ceremony	13:10 (Award Ceremony Start: 13:30)

Player and Official Seating Area (MAP No⑬)

Players and coaches whose matches have ended can watch the games here.

Hearing Aid Prohibited Area (MAP No⑧⑨⑫)

Competitors must remove hearing aids before entering the following designated restricted areas. These areas are part of the competition zone, where hearing aids could provide an unfair advantage or compromise the fairness of the competition.

■ Prohibited Areas:

- Medical Area: Where competitors receive medical assistance.
- Weigh-in Area: Where competitors undergo weight verification before competition.
- Mat: The area where actual wrestling competition takes place.
- Competitor Waiting Area: Where competitors awaiting their turn wait.
- Referee's Table: Where referees manage scoring and perform match-related duties.
- Call Room: Adjacent to the competition area (FOP), where athletes make final preparations before entering the competition mat.

However, hearing aid use is permitted within restricted areas only after the final match of the day, when participating in the awards ceremony.

4.Other items

- Sales of Traditional Japanese Sweets (MAP No③)

Traditional Japanese sweets will be sold on the following dates in Japan (Fuchu City, Tokyo)

If you have time, please do try buying some (some items have a short shelf life).

When making a purchase, we recommend bringing cash in Japanese yen. We do not exchange currency.

Date	Time
Saturday, 22 November Greco-Roman Final Day, Awards Ceremony	10:00-15:00

- Tourist Information for the Fuchu City Area

We've compiled a list of tourist spots in Fuchu City near the competition venues on the following website. Please take a look. ➡ <https://mystery-city-fuchu.jp/>

