

2025 TALLINN OPEN Training Camp

„Adding something new to your style“

TALLINN OPEN INTERNATIONAL WRESTLING TRAINING CAMP: The TALLINN OPEN training camp (March 31 – April 2, 2025) is a unique high-level training opportunity which takes place immediately following the tournament at the competition site. The motto for the 2025 camp is „adding something new to your own style“.

The 2024 Camp was attended by 754 GR, FS and WW wrestlers of Schoolboy/girl, Cadet and Junior age from 30-countries. With such a wide diversity of wrestlers, the camp emphasises sparring, to maximise experience from different schools of wrestling, to help you add to your „own wrestling style“. This is a vetted camp (not for beginners) and the number of participants is limited.

Training camp sessions are led by the various participating coaches. Every session is led by a coach of a different country. This is a popular and excellent opportunity for coaches and trainers to exchange ideas and gain experience from different schools of wrestling.

Overview:

- Camp is March 30 – April 2, 2025 on 14-mats at the Competition Site
- Two sessions per day
- Saunas, showers, facilities available
- Cost of camp is 25 eur/day. This includes 2-training sessions, facilities and two meals
- Free transportation is provided by the City of Tallinn during the competition and training camp

The training camp Schedule is:

WW	09:00 – 10:30	WW	15:00 – 16:30
FS	10:30 – 12:00	FS	16:30 – 18:00
GR	12:00 – 13:30	GR	18:00 – 19:30

For training camp registration information (English and Russian) please contact info@tallinnopen.ee or www.tallinnopen.ee/2025-international-wrestling-camp



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

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



SEE YOU IN TALLINN



2025 TALLINN OPEN –

KR. PALUSALU YOUTH WRESTLING TOURNAMENT

POSSIBLY THE LARGEST OPEN WRESTLING TOURNAMENT IN THE WORLD



visit
estonia

www.visitestonia.com

Visit Tallinn

www.visittallinn.ee

OVERVIEW OF 2025 TALLINN OPEN:

- Largest tournament in Europe
- March 28, 2025: WW and GR and GR/FS combined weighin
- March 29, 2025: WW and GR wrestling and FS weighin
- March 30, 2025: FS wrestling
- March 31 – April 2, 2025: FS, GR and WW International training camp
- Registration closes at 2200 wrestlers
- 14 wrestling mats (possibly 17)
- Nordic A/B system guarantees two match minimum
- Opportunity to wrestle in both Greco-Roman and Freestyle (separate days)

OVERVIEW OF 2024 TALLINN OPEN:

- 2335 wrestlers (incl 416 women)
- 38-countries
- 301 teams (including +40 national teams)
- Training Camp attended by 754 FS, GR and WW wrestlers from 30-countries
- 2024 protocol: www.liga-db.de/TallinnOpen2024



INFORMATION:

Vello LEITHAM: (372) 510 2876 for English and French
Kaja RANTS (372) 528 8509 for English and Russian

info@tallinnopen.ee
www.tallinnopen.ee
www.facebook.com/TallinnOpenWrestling
[#tallinnopenwrestling](https://twitter.com/tallinnopenwrestling)



KRISTJAN PALUSALU



Kristjan Palusalu is Estonia's most famous sports person, having won the Heavyweight Gold Medal at the 1936 Berlin Olympics in both Greco-Roman and Freestyle. Kristjan remains the only person to ever have achieved this feat at the same Olympic Games.

Young wrestlers have the opportunity to duplicate this feat, by participating in both Greco-Roman and Freestyle days.

In 2024 – three wrestlers accomplished this feat!

The **TALLINN OPEN** organising committee, is please to invite you to Europe's largest wrestling tournament, the 2025 TALLINN OPEN – KRISTJAN PALUSALU YOUTH WRESTLING TOURNAMENT in GR, FS and WW, from 28–30 march, 2025. The tournament is on 14-mats and employs the Nordic A/B system which guarantees a two match minimum. It is possible to wrestle both GR and FS on subsequent days. TALLINN OPEN is for experienced wrestlers and is limited to 2400 wrestlers.

The **2024 TALLINN OPEN** was attended by 2335 wrestlers (including 416 women) from 38-countries. Many National Teams use Tallinn Open for preparation or as a benchmark qualification tournament for European (Continental) and World Championships. The 2024 tournament attracted over 40 national teams of various age-groups in GR, FS and FW. The 2024 protocol is here: www.liga-db.de/TallinnOpen2024

TALLINN OPEN is immediately followed by the International Wrestling Training Camp from March 31 – April 2, 2025. The 2024 training camp attracted 754 GR, FS and WW wrestlers from 30-countries (please see Training Camp on page 4).

COMPETITION LOCATION:

UNIBET ARENA Paldiski Maantee 104B, Tallinn 13522 www.unibetarena.ee (GPS coordinates: Lat: 59°42.6156', Long E 24° 64.7332'). UNIBET ARENA is 10km from the Airport and Harbour, and 7km from the centre of the Old City.

REGISTRATION:

Registration via www.tallinnopen.ee „Registration Form“ or email to info@tallinnopen.ee. Registration starts 1. september 2024. Registration ends either March 8, 2025 or at 2200 registered wrestlers, whichever comes first.

NOTE: In 2024, registration was closed 4-weeks before start of competition, since maximum number of participants was reached.

REFEREE:

Experienced accredited referees are encouraged to participate. In 2024 there was 72 referees from 15-countries. Referees are provided accommodations and meals and compensated:

- 125eur per day for International Category referees
- 100eur per day for National Category referees

For information and to register as a referee, please forward credentials to Head Referee Mr.Tanel RENTER at Tanel.Renter@mail.ee or (372) 5297979

PARTICIPATION FEES:

Possibility to wrestle both GR and FS.

- 35 euro Greco-Roman OR Freestyle. After 1-march participation is 40 euro.
- 45 euro Greco-Roman AND Freestyle. After 1-march participation is 50 euro.
- 35 euro Woman's Wrestling. After 1-march participation is 40 euro.

An additional fee of 10 euro/wrestler is charged for those teams without a referee.

Over 300 teams from circa 40 countries are participating. To avoid onsite registration and payment delays – we strongly suggest pre-payment. We understand that there may be last-minute lineup changes and guarantee that any overpayment will be reimbursed. Thank-you.

Payment via bank-transfer or on-site (cash or card).

Name: MTU TALLINN OPEN
Bank: Nordea Bank, Liivalaia 45, 10145 Tallinn
BIC/SWIFT: NDEAEE2X
Account: EE141700017003653230
Please bring proof of payment at registration

ACCOMODATION:

Visitors to Tallinn Open, account for approximately 25% of available accommodations in Tallinn. Past years experience has shown that early reservation is highly recommended. Tallinn Open has pre-booked over 1400 beds of different comfort levels.

Please refer to www.tallinnopen.ee/accomodations for accommodation contact information, status and booking instructions.

Accommodations information can also be found on Tallinn Tourism page at:

<http://www.tourism.tallinn.ee/eng/travelplanning/accommodation/facilities>

We also recommend referring to Booking.Com and considering AirBnB.

TRANSPORTATION:

Transportation is provided from the airport, harbour, train station and bus station to the competition site and onto hotels. There is a **WELCOME DESK** at the airport (just outside arrivals) to assist you, starting march 27, 2025. Advance notification for transport is required via info@tallinnopen.ee.

The City of Tallinn provides **FREE** city-wide transportation on buses, trolleys and trams with a special QR-code. The QR-code will be available March-1, 2025 .

Taxi from harbour and airport to competition site is about 8-10 EUR. **Bolt** and **Uber** also operate in Tallinn.

FOOD/MEALS:

UNIBET ARENA has several fast-food eating options. Available is also specially priced „athletes meals“ only via pre-ordering to info@tallinnopen.ee.

Friday (28 March): After weigh-in meal. Menu and price to be announced..

Saturday, Sunday (29–30 March): Lunch and/or Dinner. Menu and price to be announced.

Medical Insurance: All athletes should have medical Insurance and responsibility lies with coaches and/or team leaders.

CATEGORY	FEMALE				MALE (Greco-Roman and Freestyle)				
	U13	U15	Cadet	Junior	U13 "Kotkas"	U15 "Englas"	Cadet	Junior	
Birthyear	2012 & younger	2011-2010	2009-2008	2007-2005	2012 & younger	2011-2010	2009-2008	2007-2005	
Tolerance	—		+1kg	+2kg	—	—	+1kg	+2kg	
Weight in kg	20 (+18kg)	33 (+29kg)	40 (+36kg)	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
				+66	+85				
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								

2025 TALLINN OPEN – Kr. PALUSALU YOUTH WRESTLING FESTIVAL

Dates	Times	Event	Location
28 March, 2025 FRIDAY	10:00–14:00 16:00–22:00	Medical Control & Weigh-In (WW, GR & GR/FS combined)	Unibet Arena – TALLINN
29 March, 2025 SATURDAY	09:00–09:30	Opening Ceremony	Unibet Arena – TALLINN
	09:30–20:00	WW & GR: Elimination Rounds, Finals & Award Ceremonies	Unibet Arena – TALLINN
	11:00–18:00	Medical Control & Weigh-In of FS wrestlers	Unibet Arena – TALLINN
30 March, 2024 SUNDAY	09:00–18:00	FS: Elimination Rounds, Finals & Award Ceremonies	Unibet Arena – TALLINN
31 March – 2 April, 2025	TBA	TALLINN OPEN International Wrestling Training Camp	Unibet Arena – TALLINN