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THE WRESTLING FEDERATION OF MONTENEGRO
WRESTLING DEVELOPMENT PLAN IN MONTENEGRO (2026–2028)

January 2026

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1. Introduction

The Wrestling Development Plan in Montenegro for the period 2026–2028 represents a strategic document of the Wrestling Federation of Montenegro defining the directions for the further development of this sport at the national level. The document has been prepared based on an assessment of the actual state of wrestling in Montenegro, existing capacities, organizational structure, sporting results, as well as the social and institutional conditions in which the Federation operates.

The Plan is based on an objective analysis of the current situation, including the number and structure of clubs, athletes and coaches, the competition system, infrastructural and financial resources, as well as previous development results. Based on these indicators, the document provides a realistic overview of the state of wrestling in Montenegro and identifies key challenges and development opportunities in the upcoming three-year period.

The aim of this Plan is to clearly define the strategic goals and priorities of the Wrestling Federation of Montenegro, as well as specific measures and activities aimed at improving the quality of work with youth categories, developing elite sport, strengthening professional staff, improving the competition system, and achieving better territorial representation of wrestling throughout Montenegro.

The Development Plan for the period 2026–2028 is intended to serve as a foundation for the planned and coordinated activities of the Federation, in cooperation with clubs, sports institutions, and competent state authorities, with the ultimate goal of ensuring the long-term and sustainable development of wrestling and achieving notable sporting results at both national and international levels.

2. General information about the Wrestling Federation of Montenegro

The Wrestling Federation of Montenegro was re-established by the issuance of the Decision on Registration in the Register of Sports Organizations of the Ministry of Sports and Youth, No. UPI 01-04/1-01-611/25-375/9, dated July 18, 2025.

The Decision states that the Wrestling Federation of Montenegro is the national sports federation for wrestling, headquartered at Ul. Slobode 10, 81000 Podgorica. The newly established federation was founded with the goal of restoring and strengthening wrestling in the country, promoting and popularizing the sport among children and youth, and creating a foundation for long-term sporting success.

The current management, composed of a team of young individuals, is guided by the vision that wrestling will one day become a recognized and widespread sport in Montenegro, with a strong base of wrestlers in both Olympic and non-Olympic disciplines, and with certified, educated, and well-developed coaches and referees who will carry out operational duties at the operational level.

2.1. History

The Wrestling Federation of Montenegro had previously existed, and according to available data and media sources, it was most active from 2007 to 2014. However, due to certain disagreements and internal conflicts within the Federation, there has been little information regarding its continued existence and activities since 2014.

Additionally, according to online sources, the former wrestling federation was last mentioned in 2018, when it was already under investigation by the Inspection Affairs Administration and on the verge of being removed from the Register of Sports Organizations.

Furthermore, the current management has obtained information indicating that the previous federation, due to inactivity and failure to fulfill its regular obligations towards United World Wrestling, was suspended as early as 2016. As a result, the new management inherited outstanding debts towards United World Wrestling and a damaged international reputation.



2.2. Objectives and tasks

The Wrestling Federation of Montenegro establishes goals and tasks of equal importance that are of both individual and collective interest and benefit to its members, the discipline, the sport, and society as a whole, as follows:

- To promote and popularize the sport of wrestling in Montenegro, encompassing both Olympic and non-Olympic disciplines, and to raise awareness among the broader public regarding wrestling disciplines and the activities of the Federation;
- To ensure the continuity of the Federation's work and to safeguard the sustained existence and development of wrestling and wrestling clubs in Montenegro;
- To foster a sense of belonging within the wrestling community and to promote a healthy sporting and competitive environment grounded in the principles of fair play and mutual respect;
- To meet the fundamental needs for movement, physical activity, and sporting expression, to facilitate the achievement of sporting results at all levels of competition, and to preserve, enhance, and develop the psychophysical capacities and sporting knowledge of children, youth, and all supporters of the sport of wrestling.

The Federation shall pursue and realize its goals and tasks through the continuous organization and implementation of training sessions and educational programs, promotional activities, seminars, and competitions; participation in domestic and international seminars and competitions; cooperation with other sports organizations and relevant institutions; as well as through other lawful activities that contribute to the fulfillment of the defined objectives, in accordance with applicable legislation, general principles of sport, and international regulations.

2.3. Sports principles

Pursuant to the Articles of Association of the Federation, to which the Ministry of Sports and Youth granted its approval No. UPI 01-04/1-01-611/25-375/8 dated July 18, 2025, the sports principles upon which the Federation's work is founded include the principles of voluntariness, partnership, aptitude, competence, professional work, and scientific knowledge.

Participation in sport within the Federation must be humane, free, voluntary, healthy, safe, fair, tolerant, and ethically acceptable.

3. Current status

3.1. Clubs

At the time of the Federation's establishment, the minimum requirement prescribed by Article 39, paragraph 1 of the Law on Sport ("Official Gazette of Montenegro", Nos. 44/2018 and 123/2021) was fulfilled:

"A national sports federation may be established by at least five sports clubs of the same sport from the territory of at least three municipalities in Montenegro."

Accordingly, the Federation was established by the following clubs:

- Perjanik (Podgorica)
- Zabjelo (Podgorica)
- Rebel (Tivat)
- Ares (Herceg Novi)
- Brskovo (Mojkovac)

Within only a few months, three additional clubs joined the Federation, having been established in the meantime, which has contributed and will continue to contribute to the further expansion of the wrestling community in Montenegro:

- MMA B86 GYM (Kotor)
- Perjanici (Nikšić)
- Herkules (Podgorica)



Ultimately, by the end of 2025, the Wrestling Federation counted 8 clubs from 6 different cities. Represented in numbers, this would look as follows:

6 out of a total of 25 municipalities in Montenegro have a wrestling club in their territory;
4,489 km² out of a total of 13,812 km² of Montenegro's territory is covered by wrestling clubs.

The greatest achievements of the new management of the Federation are recognized in the expansion of the wrestling community across the territory of Montenegro through the establishment of new clubs, the renewal of membership in the United World Wrestling Federation, and the organization of the national championships in Olympic wrestling and grappling (for both men and women), all of which were accomplished in a very short period of only a few months.

3.2. Coaching Staff

Objectively assessed, the coaches in the existing wrestling clubs are individuals with many years of experience, primarily in the field of sports and additionally with substantial experience in martial arts, which provides a solid foundation for working with current and future athletes.

However, the experience and knowledge they possess in martial arts mostly originate from MMA, grappling, judo, Brazilian jiu-jitsu, and similar disciplines. On the other hand, the experience and expertise that the coaches have in Olympic wrestling is very limited (if any of them practiced wrestling during the period of the previous Federation) or entirely absent.

3.2.1. Coaching Staff Education

The plan for coaching staff education is based on the more frequent organization of seminars and/or training camps, where instructors will be certified professionals with proven experience and results. In addition, the aim is to utilize all available resources for the education and professional development of the coaching staff, including opportunities offered through video conferences, online meetings, webinars, and similar platforms.

Education and training activities will be conducted primarily in accordance with the financial, technical, and organizational capacities of the Federation, and subsequently in alignment with all other obligations of the Federation. Nevertheless, it is recommended that at least two seminars for the coaching staff be organized in the first year of operation, covering the fundamentals of Greco-Roman and freestyle wrestling.

3.3. Refereeng Staff

At present, there is no information indicating the existence of certified wrestling referees in Montenegro. Considering that the Federation has not been active for several years, it is most likely that any previously held licenses have expired, if they were ever obtained at all. The education and development of the refereeing staff constitutes one of the Federation's priorities during the period covered by this Plan.

3.4. Infrastructure

One of the clubs has made available to the Federation a partial wrestling mat approximately 15¹ years old, which is visibly worn and deteriorated. The national championship held at the end of December was conducted on this mat, and future competitions will also take place on it until a new mat is procured.

¹ It should be noted that the estimated age of the wrestling mat is based on a visual assessment of its physical condition, as there are no official records regarding its procurement or ownership. The mat's cover bears the inscription "FILA."



Each of the clubs that are members of the Federation has secured a hall for conducting training sessions. The availability and quality of wrestling equipment vary between clubs, which is understandable; however, a significant challenge is that there is currently no store in Montenegro where wrestling equipment can be purchased, so all equipment must be imported.

The procurement of adequate equipment for wrestling training represents another priority of the Federation, given that achieving any meaningful results is impossible without the basic conditions necessary for proper training.

4. Competitions

In December 2025, the first national championship of Montenegro was held after a long hiatus. Following the Federation's membership in the United World Wrestling (UWW) and by decision of the competent body of the Federation, the international wrestling rules prescribed by UWW were adopted. The national championship was conducted according to these rules, with licensed referees engaged from abroad.

In 2026, it will be necessary to develop a detailed competition system at the national level. Furthermore, in accordance with the calendar, and considering that competitions are one of the most visible and attractive means of promoting wrestling, the competition system must include all age categories, including the youngest: U7, U9, U11, U13, U15, U17, U20, U23, and seniors.

At the national level, the plan includes the organization of national championships for all age categories (Greco-Roman, Freestyle, Women's Wrestling), open cups for all age categories (Greco-Roman, Freestyle, Women's Wrestling), and leagues for seniors (Greco-Roman and Freestyle).

At the international level, and in accordance with available resources, the Federation plans to participate in major tournaments organized by UWW, such as the Balkan Championships (U15, U17, U20) and the European Championships (U15, U17, U20, U23, and senior-level wrestlers).

5. Financial Framework

At present, the Federation does not have a precisely defined budget. Financing of the development is planned to be secured through:

- Funds provided by the Ministry of Sports and Youth of Montenegro;
- Support from the United World Wrestling (UWW) through equipment, seminars, and development programs;
- Potential sponsors and donors;
- Local support from municipalities and sports institutions;
- Other sources of revenue.



Development Objectives (2026 - 2028)
Expansion and Popularization of Wrestling

- Promotion of the sport in schools and local communities.
 - Attract children of primary school age (6–14 years) through trial training sessions, competitions, and demonstrations.
- 6.2. Establishment of New Clubs
- Establishment of new clubs in municipalities where wrestling is currently not present.
- 6.3. Development of Coaching Staff
- Certification of new coaches through seminars and courses.
 - Establishment of mentorship and professional support connections with coaches from neighboring countries.
- 6.4. Infrastructure Development
- Procurement of new wrestling mats through support from relevant sports institutions, sponsors, and other partners.
 - Maintenance and modernization of existing training halls and equipment.
- 6.5. Development of Competitions
- Organization of national championships and international development tournaments.
 - Planning participation in official international competitions.
- 6.6. Education of Referees and Sports Professionals
- Organization of courses and seminars for referees and sports professionals independently or in cooperation with the United World Wrestling (UWW).
- 6.7. Long-term Objective
- Developing the base of young wrestlers capable of qualifying for the 2032 Olympic Games and/or achieving notable results in official international competitions within 7–8 years.

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ACTION PLAN FOR THE DEVELOPMENT OF THE WRESTLING FEDERATION OF MONTENEGRO (2025–2028)

Priority 1: Promotion and Expansion of the Wrestling Base

The promotion of wrestling in Montenegro aims to increase mass participation and, consequently, to expand the wrestling base through an increase in the number of registered clubs and registered athletes. The priority target groups are:

- Children of primary school age;
- Secondary school students;
- Youth (up to 23 years of age).

Planned promotional activities to achieve this objective include:

- Free, open training sessions;
- Presentations in schools;
- Joint training sessions of clubs by regions;
- Media promotion (local media, social networks).

Key indicators for monitoring the achievement of this objective:

- Number of newly registered clubs;
- Number of newly registered athletes;
- Number of promotional events conducted throughout the year.

Priority 2: Education and Development of Refereeing Staff

High-quality personnel represent the foundation of success in any system. Considering that the Federation currently has no licensed referees for Olympic wrestling, it is essential to train personnel with potential and a willingness to develop in this area as soon as possible.

The Federation's advantage is the large number of young individuals passionate about wrestling, which should be leveraged by enabling them to serve as referees and/or coaches. Through seminars and courses organized annually, the goal is to train national referees in the shortest possible time, and subsequently, international referees.

Key indicator for monitoring the achievement of this objective:

- Number of seminars conducted and the number of national and international referees trained by the end of each year.

Priority 3: Education and Development of Coaching Staff

Similar to referees, coaches are also a key factor in the success of a national federation. Coaches form the backbone of further wrestling development in Montenegro and the expansion of the sport into other cities. Coaching development will be conducted continuously each year through seminars, courses, and training camps. The Federation's main advantage is a pool of young individuals with both potential and the desire to dedicate themselves to wrestling and pursue high-level sporting achievements.


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Planned activities:

- Organization of at least two seminars annually (for coaches and referees);
- Collaboration with UWW and neighboring federations;
- A combination of:
 - Domestic seminars,
 - UWW online education,
 - Guest lecturers and instructors.

Target group:

- Former wrestlers;
- Athletes with a degree in physical education;
- Active coaches in clubs;
- Young sports professionals.

Key indicators for monitoring the achievement of this objective:

- Number of seminars organized;
- Number of existing coaches continuing their professional development;
- Number of new coaches trained within the Federation by the end of each year.

Priority 4: Infrastructure Improvement – Procurement of Wrestling Mats

With regard to infrastructure improvement, the priority is the procurement of new wrestling mats. Considering the current number of clubs and their territorial distribution within the country, as well as the potential for further development of the wrestling base, the plan is to acquire three new competition wrestling mats licensed by the United World Wrestling (Taishan).

To ensure balanced regional development of wrestling in Montenegro, the three wrestling mats will be allocated by region:

- Central region;
- Southern region;
- Northern region.

Each mat will be assigned to a club for use, with the following obligations:

- Regular use for training sessions and competitions;
- Organization of occasional joint open training sessions;
- Organization of free promotional training sessions for children and new interested members;
- Allowing other clubs within the Federation to use the mat for joint activities, training camps, and competitions.

This model enables decentralized development, promotion of wrestling, and greater accessibility to the sport across all regions of the country.

Key indicator for monitoring the achievement of this objective: number of wrestling mats procured by the end of each year.

Priority 5: Organization of the Competition System in Montenegro



5.1. National Competitions

Organization of regular national championships and cups for all age categories:

- U7, U9, U11, U13, U15;
- U17, U20, U23;
- Seniors.

5.2. National League

Formation of a national league with at least three clubs:

- Greco-Roman style;
- Freestyle.

The league will serve as:

- A development tool for young wrestlers;
- A basis for national team selection.

Key indicators for monitoring the achievement of this objective:

- Number of national competitions held in Montenegro;
- Number of international development competitions held in Montenegro;
- Number of participants in competitions by category;
- Continuity of competitions across all age categories.

Priority 6: Participation in Official International Competitions

Planned participation:

- Balkan Championships: U15, U17, U20;
- European Championships: U15, U17, U20, U23, seniors;
- Mediterranean Games;
- Regional and international tournaments under the auspices of United World Wrestling (UWW).

Objectives:

- Gain competitive experience;
- Integrate into the international wrestling system;
- Long-term preparation of young athletes for top-level performance.

Key indicators for monitoring the achievement of this objective:

- Number of competitive appearances at official international competitions;
- Number of international competitions per year;
- Number of representatives in youth categories;
- Continuity of participation (not necessarily results in the initial phase).

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Monitoring and Evaluation

To track results and allow timely corrective actions, regular monitoring and evaluation will be conducted as follows:

- Semi-annual reports on clubs, athletes, and competitions;
- Annual evaluation of coaching and refereeing staff;
- Monitoring of key indicators across all priority areas: promotion and expansion of the wrestling base, education and development of refereeing staff, education and development of coaching staff, infrastructure improvement, organization of the competition system, participation in official international competitions;
- Annual review of the plan and adjustment of activities according to achieved results.

8. Final Evaluation and Preparation for a new cycle

Activities:

- Preparation of the final report;
- Development of the new Strategic Plan for 2028–2032;
- Participation in official international competitions (cadets, juniors, seniors);
- Review of achieved objectives and preparation of the new Plan 2028–2032;
- Evaluation of infrastructure and coaching staff.

Key indicators for monitoring the achievement of objectives:

- Number of international competitions;
- Number of results achieved (medals, placements);
- Report and recommendations for the next cycle;
- Continuity of international participation;
- A functional and self-sustainable national system;
- Prepared new development plan.

9. Conclusion

The 2025–2028 plan provides a clear vision for the development of wrestling in Montenegro, focusing on mass participation, education, competitions, infrastructure strengthening, and gradual integration into the international system of United World Wrestling. Implementation of this plan will enable Montenegro to develop competitive wrestlers in upcoming Olympic cycles, strengthen its coaching staff, and consolidate the Federation’s position in the international wrestling arena.

This Action plan represents a realistic, phased, and measurable framework for the development of wrestling in Montenegro.

Boris Boskovic [signed]

[Seal of the Wrestling Federation of Montenegro]

TUMAČ
Milanka IZGAREVIĆ

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