



**中國香港腕力協會**  
ARMWRESTLING FEDERATION OF HONG KONG, CHINA

MEMBER OF:

WORLD ARMWRESTLING FEDERATION (WAF)



ASIAN ARMWRESTLING FEDERATION (AAF)



## 2025 腕力年度排名賽

## 2025 Armwrestling Annual Ranking Tournament

Organizer: Armwrestling Federation of Hong Kong, China

### MISSION

The mission of the armwrestling annual ranking tournament is to enhance athletes' skills and competitiveness by providing a fair and just platform for competition that inspires their potential. Through this event, we aim to increase audience awareness and interest in armwrestling while fostering athletes' sportsmanship and teamwork. Additionally, the ranking tournament will offer outstanding athletes opportunities to advance to higher-level competitions, allowing them to showcase their abilities on the international stage and promoting the growth and popularity of armwrestling.

\*The results of the tournament will be used as one of the selection criteria for annual participation in international and mainland competitions.

### APPLICATION

Application: <https://armwrestling.org.hk/?p=3267>

Fee: \$200 per entry (Fees may vary depending on different competitions, please check the website for updates.)

Deadline: Registration closes 10 days before the competition

WhatsApp: [5509 9377](https://www.whatsapp.com/channel/00299a509377)

Dates: The first Sunday of each month (The date may vary for different competitions, so please check the website for updates.)

- 1) 2025年3月2日
- 2) 2025年4月6日
- 3) 2025年5月4日
- 4) 2025年6月1日
- 5) 2025年7月6日
- 6) 2025年8月3日
- 7) 2025年8月31日\*
- 8) 2025年10月5日
- 9) 2025年12月14日 \*Final

Venue: TBC (may vary for different competitions, so please check the website for updates.)

Time: TBC (may vary for different competitions, so please check the website for updates.)

Fight Card: Will be announced one week before the event.



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## SCORING

- 40 points for 1st place
- 30 points for 2nd place
- 20 points for 3rd place
- 10 points for 4th place and others successful weigh-in and attendance

## COMPETITION CATAGORY

**Para Sports (PID Sitting Group) & (PIU Standing Group)**  
Open Age & Weight Categories

**Cadet U10 U13,** Weight: 45kg, +45kg

**Junior U15 U17,** Weight: 55kg, 65kg, 75kg, +75kg

**Youth U20 U23 / Senior / Master (Age 50 or above)**

Female: 55kg, 65kg, +65kg

Male: 65kg, 75kg, 85kg, +85kg

## AWARDS

1. All athletes who complete the entire annual ranking tournament will receive a ranking certificate at the end of year.
2. Each match winner will receive a medal.
3. Some competitions will have a prize award system; please pay attention to updates of each competition's details.

## COMPETITION RULE

1. Adopting the rules and refereeing guidelines of the **World Armwrestling Federation WAF**, all regulations shall be in accordance with the World Armwrestling Federation.
2. Each participant may enter only one category per hand.
3. If the number of registered participants in a single weight category is fewer than two, the event for that category will be canceled. Alternatively, with the agreement of the event competition supervisory committee and the participant, they may be allowed to compete in another category.
4. If the number of participants in any category is four or fewer, the competition will be conducted in a best-of-three tournament. If there are more than four participants, a double round-robin tournament will be used.



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## WEIGHT-IN

1. Athletes must weigh in at the designated time before the competition. Late arrivals will be considered a forfeit, and registration fees will not be refunded.
2. During the weigh-in, athletes may only wear lightweight clothing. The weight recorded on the day of the weigh-in must meet the specified requirements, **with no allowance** for deviations.
3. If an athlete exceeds the official weight class limit, they may be disqualified.
4. If one athlete exceeds the official weight limit and the opponent agrees to compete, the overweight athlete will be required to wear 2 oz heavier gloves, and penalties will be issued based on the following severity:
  - i) If the athlete is overweight by 0.5 kg or less, they will receive one red card (1-point deduction) and half of any prize money (if applicable).
  - ii) If the athlete is overweight by 0.51-1 kg, they will receive two red cards (2-point deduction) and forfeiture of all prize money (if applicable).

Weigh-In Time: Video weigh-ins will take place the day before the competition (some events may require on-site weigh-ins). Athletes must record a weigh-in video before 14:00 the day prior to the competition and send it via WhatsApp for verification.

- Video specifications:
1. The date and time must be clearly visible. (for example, show the HK Observatory's website [https://www.hko.gov.hk/gts/time/clock\\_uc.html](https://www.hko.gov.hk/gts/time/clock_uc.html)).
  2. The weight displayed before and after the participant steps on the scale must be clearly recorded.
  3. The participant's appearance must be clearly shown.
  4. Please submit on time; late submissions will be considered a forfeit.

## Notes

1. Each athlete may bring one assistant to the event for free to help with preparation and competition.
2. Athletes under the age of 18 must have a parental consent form signed to compete in professional events.
3. Athletes and their assistants should be familiar with the competition rules to ensure that the athletes receive correct guidance during the matches.

If you have any questions, please feel free to contact the secretariat (WhatsApp: 5506 9377). Wishing all athletes the best of luck in their performances!