



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

MEMBER OF:

WORLD ARMWRESTLING FEDERATION (WAF)



ASIAN ARMWRESTLING FEDERATION (AAF)



Armrestling Safety Guidelines

1. Activity Disclaimer

I, voluntarily participate in armwrestling activities and am fully aware of their inherent risks. I agree that, for any damages caused by other participants' unintentional and non-gross negligent actions, I will bear the risk myself and not hold them accountable. Armwrestling involves risks; if any accident or injury occurs during armwrestling training or activities, the association will not be responsible.

2. Personal Insurance

Every armwrestling activity participant should purchase accident injury insurance on their own. For those who have not purchased accident injury insurance, in the event of any accident, injury, or incident, they will bear all consequences themselves.

3. Risks In Armwrestling

Strictly prohibit beginners with fewer than **20 training sessions** from participating in competitions.

4. Beginners Must Not Practice Against Others On Their Own

Armrestling has certain risks; beginners must not practice with others on their own. If interested in developing in armwrestling, you must first participate in the association's armwrestling training classes, learn basic safety knowledge, and accumulate strength - for your own sake and others'.

5. Beginner Notes

1. Warm up thoroughly before each training session; do not start training directly. Adjust training weights according to your own ability, prioritizing safety. Do not blindly pursue heavy weights, which could lead to injury.
2. Never engage in armwrestling anywhere other than on an armwrestling table, as this could easily lead to fractures or other serious injuries.
3. Keep your body close to the table, tighten the distance between your forearm and upper arm, keep your upper arm close to your body, and move your body and arm simultaneously. Regardless of winning or losing, your body should move in a pendulum motion.
4. When setting up, do not place your entire body weight on the elbow pad through your elbow, as this may lead to fractures. Learn to move your elbow.
5. Always keep your eyes focused on your own wrist; do not turn your head to the other side, as this may lead to spiral fractures.
6. After your wrist is flexed, avoid stubbornly resisting, as this may lead to fractures.
7. Avoid over-relying on and using lateral force, as this may lead to fractures.
8. Avoid isolated forearm downward pressure, as this may lead to fractures or joint damage.
9. Avoid anti-joint postures or moving your body in the opposite direction from your arm, as this may lead to fractures or joint damage.
10. If you feel any muscle or joint pain or discomfort in your body, stop training or practicing immediately.
11. Armrestling is not a sport that relies solely on strength; do not let the desire to win or exert force lead to incorrect movements. Ensure movements are correct before increasing strength, always prioritizing safety.
12. If you are unclear about any movements or safety techniques, immediately ask the coach for clarification.

* These guidelines are established in accordance with the safety protocols of the **World Armwrestling Federation (WAF)** and the **Asian Armwrestling Federation (AAF)**.

Address: 12/F, A.T. Tower, 180 Electric Road, North Point, Hong Kong E. info@armwrestling.org.hk W. www.armwrestling.org.hk