全港腕力共融錦標賽 2026
Hong Kong Para-Inclusive Armwrestling Championship 2026

主辦單位： 中國香港腕力協會

目標

選拔賽的目標是促進運動員之間競爭力與技術提升，為選手提供公平、公正的比賽平台，激發他們的潛能。透過此賽事，我們希望提高本港腕力賽事水平，並促進選手互相交流。此外為選手們提供通往更高水平比賽的機會，助力他們可以日後於國際舞台上展現實力，有助推動腕力運動的發展與普及。

比賽詳情

報名費： $100 (每手)
地點： 香港新界沙田源禾路25號 香港體育學院
日期： 2026年 12月 6日（星期日）
對賽表： 賽前一星期公佈
報名連結： https://event.mcsf.hk/
截止日期： 2026 年 11月 27日（星期五）
時間： 14:30 - 16:30

競賽級別

身體障礙(PID) 坐姿組 及 身體障礙(PIU) 站立組，不分年齡
級別： 無差別

兒童組 Cadet U15，不分性別
級別：45kg, 55kg, 65kg, +65kg

少年組 Junior U18，不分性別
級別：55kg, 65kg, 75kg, +75kg

青年組 Youth U23 / 先進組 Master (50歲以上)
女子級別： 55kg, 65kg, 75kg, +75kg
男子級別： 65kg, 75kg, 85kg, +85kg

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

公開組
女子級別：65kg 以下，+65kg
男子級別：75kg 以下，+75kg

獎項
1. 每組別首三位獲獎牌一面。
2. 所有參加者獲證書一張。

競賽辦法
1. 採用「世界腕力協會 World Armwrestling Federation」規則和裁判法，一切規則以世界腕力協會為準。
2. 每人每只手只能參加一個級別。
3. 如單一體重組中的報名人數不足兩人，該級別賽事將會取消，或經賽事競賽監督委員會和本人同意也可改入其他級別作賽。
4. 各級別參加人數如是4人以下，將以三局兩勝制進行；參加人數如是4人以上，將以雙循環賽制進行。

稱量體重
1. 參賽人員應在比賽指定時間稱量體重，逾期視作棄權處理，報名費概不退還。
2. 過磅時只能穿著輕薄衣服進行，**運動員過磅當日之體重必須符合規定並不設偏差寬限**。
3. 如體重超出官方規定體重分級範圍，將有可能會被取消資格。

備註
1. 如未滿十八歲人士參加者，必須簽署家長同意書。
2. 運動員及其助手需熟悉賽事規則，確保選手在比賽期間得到正確指導。

如有任何問題，請隨時聯絡秘書處 (WhatsApp: +852 5506 9377)
祝所有選手能在比賽中充分發揮，取得佳績！

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Hong Kong Para-Inclusive Armwrestling Championship 2026

Organizer：Armwrestling Federation of Hong Kong, China

MISSION

The mission of the Competition is to enhance the competitiveness and technical skills of athletes, providing a fair and just competition platform to unleash their potential. Through this event, we aim to elevate the standard of armwrestling competitions in Hong Kong and promote among athletes. Additionally, we provide opportunities for athletes to compete at higher levels, helping them showcase their abilities on the international stage and promoting the development and popularity of armwrestling.

APPLICATION

Fee:	$100 per hand
Venue:	Hong Kong Sports Institute, 25 Yuen Wo Road, Sha Tin, N.T.
Date:	December 6, 2026 (Sunday)
Fight Card:	To be announced one week before the event.
Application:	https://event.mcsf.hk/
Deadline:	November 27, 2026 (Friday)
Time:	To be confirmed

COMPETITION CATEGORY

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

Cadet U15, Weight: 45kg, 55kg, 65kg, +65kg (No gender distinction)

Junior U18, Weight: 55kg, 65kg, 75kg, +75kg (No gender distinction)

Youth Group U23 / Master (Age 50 or above)

Female: 55kg, 65kg, 75kg, +75kg
Male: 65kg, 75kg, 85kg, +85kg

Open

Female: Under 65kg, +65kg
Male: Under 75kg, +75kg

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Awards

1. The top three in each category will receive a medal.
2. All participants will receive a certificate.

Competition Rules

1. Adopting the rules and refereeing guidelines of the **World Armwrestling Federation WAF**, all regulations shall be in accordance with the WAF.
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.

Weight In

1. Athletes must weight 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 weight in, athletes may only wear lightweight clothing. The weight recorded on the day of the weight 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.

Notes

1. Athletes under the age of 18 must have a parental consent form signed to compete in professional events.
2. 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: +852 5506 9377). Wishing all athletes the best of luck in their performances!

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