



IFA WORLD ARMWRESTLING
CHAMPIONSHIPS
25 September – 01 October 2023,
Kuala Lumpur, Malaysia



INVITATION TO IFA WORLD ARMWRESTLING CHAMPIONSHIPS 25 September – 01 October 2023, Kuala Lumpur, Malaysia

International Federation of Armwrestling (IFA), Malaysia Armwrestling Federation (MYARM) proudly invite you to the 2023 IFA World Armwrestling Championships. It will be open to the Federations that have joined, and to all individual members from countries without National Federation – member of IFA. The Championships will be doping controlled, and all divisions of junior, masters, seniors and disabled will be added. There will be no limit to number of athletes allowed from one nation in one category. National federations that have joined will be the only entity allowed to register athletes from their nation. Individual membership is only possible from nations lacking a National Federation – member of IFA.

ORGANIZER'S COMMITTEE:



Malaysia Armwrestling Federation - MYARM
Jalan Kebun Shah Alam, Selangor, Malaysia
Phone: +60 12-373 0892
zil_uilm@yahoo.com



International Federation of Armwrestling
Hegibachstrasse 47
8032 Zurich, Switzerland
contact@ifa-armwrestling.com





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IMPORTANT DEADLINES:

Start of an ONLINE REGISTRATION	01-08-2023
VISA applications (email: ifageneralsecretary@gmail.com)	15-07-2023
Hotel reservations (email: catherine.tan@lemeridienpj.com) – start date:	01-07-2023
End of an ONLINE REGISTRATION	10-09-2023

WHAT YOU WILL FIND IN THIS PACKAGE:

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SCHEDULE OF THE CHAMPIONSHIPS:

25.09.2023 MONDAY

all day Teams arrival

26.09.2023 TUESDAY

Hotel Le Méridien Petaling Jaya****

09:00 a.m. Team registration and weigh in all **Junior up 15, 18, 21, Masters, Grand Masters, Senior Grand Masters, Ultra Grand Masters**
For more details check section Registration and Weigh in procedure

Hotel Le Méridien Petaling Jaya****

02:00 p.m. Referee seminar
05:00 p.m. Technical meeting
06:00 p.m. IFA CONGRESS MEETING

27.09.2023 WEDNESDAY

At the VENUE

08:30 a.m. Opening ceremony - teams presentation
LEFT HAND - all Junior and Master classes
09:00 a.m. *(Detailed time schedule will be published after Weigh in)*
05:00 p.m. Finals & Awards & Doping control

28.09.2023 THURSDAY

At the VENUE

09:00 a.m. RIGHT HAND - all Junior and Master classes
(Detailed time schedule will be published after Weigh in)
09:00 a.m. Weigh in all **Senior** and **Disabled** classes
For more details check section Registration and Weigh in procedure
05:00 p.m. Finals & Awards & Doping control

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29.09.2023

FRIDAY

At the VENUE

09:00 a.m
05:00 p.m.

LEFT HAND - all Senior and Disabled classes
(Detailed time schedule will be published after Weigh in)
Finals & Awards & Doping control

30.09.2023

SATURDAY

At the VENUE

09:00 a.m
05:00 p.m.

RIGHT HAND - all Senior and Disabled classes
(Detailed time schedule will be published after Weigh in)
Finals & Awards & Doping control

1.10.2023

SUNDAY

all day

Teams departure

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WEIGHT and AGE CLASSES:

JUNIOR UP 15 Born 2008 or later	F	45	48	52	57	63						+63
	M		48	52	57	63	70	78				+78
JUNIOR up 18 Born 2007 - 2005	F	45	48	52	57	63						+63
	M			52	57	63	70	78	86			+86
JUNIOR up 21 Born 2004 - 2002	F			52	57	63	70	78				+78
	M				57	63	70	78	86	95		+95
SENIOR	F			52	57	63	70	78				+78
	M				57	63	70	78	86	95	105	+105
MASTERS Born 1983 - 1974	F					63		78				+78
	M						70	78	86	95	105	+105
Grand MASTERS Born 1973 - 1964	F					63		78				+78
	M						70	78	86	95	105	+105
Senior Grand MASTERS Born 1963 - 1954	F					63		78				+78
	M						70	78	86	95	105	+105
Ultra Grand MASTERS Born 1953 and sooner	F											
	M							78				+78

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DISABLED CLASSES:

Physical Impaired Standing	F	65				+65
	M	65	80	95		+95
Physical Impaired Sitting	F	60				+60
	M	55	70	86		86
Physical Impaired Standing U23	F	50				+50
	M	55				+55
Physical Impaired Sitting U23	F	45				+45
	M	50				+50
Visual Standing	F	65				+65
	M	80				+80
Hearing Standing	F	60	70			+70
	M	60	70	80	90	100 +100

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AWARDS:

INDIVIDUAL CLASSES:

1st, 2nd, 3rd places medal and diploma for all classes

AWARDS:

1st, 2nd, 3rd places medal and diploma for following classes:

- **ALL Junior** left and right hand classes men and women U15, U18, U21
- **ALL Senior** left and right hand classes men and women
- **ALL Masters** left and right hand classes men and women (Except UltraGM)
- **ALL Disabled** left and right hand classes men and women
- **ALL CLASSES** Junior, Senior, Masters, Disabled left and right hand, men and women

TEAM CLASSIFICATION AND POINTS DISTRIBUTION:

According IOC rules, team classification is based on gold, silver and bronze medals won by the team. **Points are not awarded for Ultra Grand Masters.**

If two teams have the same number of gold, silver or bronze medals (depends on place), the following point system will be used:

1st place – 10 points

2nd place – 7 points

3rd place – 5 points

4th place – 4 points

5th place – 3 points

6th place – 2 points

7th place – 1 point

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REGISTRATION AND WEIGH IN PROCEDURE:

Registration will be available online at a later date. Please email IFA for more information
There are two ways of registrations – TEAMS and INDIVIDUALS

TEAM REGISTRATION:

Whole team must be registered by the team's responsible official.

LINK: <https://armwrestling.com.pl/auth/sign-in>

LOGIN: your email address used the IFA application form

PASSWORD: your password, if you do not remember it, please use "forgot password" button

Note! REGISTRATION is OPEN from 1.08.2023 till 10.09.2023 After successful login:

1. USER clicks "SHOW" button close to the championship name
2. USER clicks ADD COMPETITOR and fill the form (with weight classes)
3. USER repeats 3.till the end of the group.
4. NOTE: please register REFEREE too -it is same way like add a weight class

Team registration can be entered and changed several times until it is closed and sent.

Once registration is completed please send an email to marian.capla@armsportfederation.com

Then a payment notice will be issued and you may pay your duties via bank,

Paypal or other online service.

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INDIVIDUAL REGISTRATION:

For athletes from countries with no official member federation an **INDIVIDUAL REGISTRATION** must be emailed to Marian Capla. They cannot register online.

Please send email to marian.capla@armsportfederation.com with following details:

Name:

Surname:

Country:

Age group:

Weight classes:

Left/right hand: choose one or both hands

MULTIPLE ENTRIES REGISTRATION:

U15 athletes can not register in U18 and U21 classes.

U18 can not register in U21 classes.

U18 and U21 and Masters can register in Senior classes.

Masters and Juniors can only enter one age division.

Disabled athletes can register in any class if the Classification Panel approve it.

FEES:

Junior fee: 20,- EUR / 25,- USD per class per arm

Senior fee: 40,- EUR/ 50,- USD per class per arm

Master fee: 40,- EUR/ 50,- USD per class per arm

Disabled fee: 20,- EUR/ 25,- USD per class per arm

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Multiple entries means multiple fees paid according to the fees structure above.

For competitors with Individual IFA membership, additional membership fee 20,-EUR/25,-USD will be required!

Late registration means doubling the entry fees.

DRESS CODE – Competitors:

Team shirts are the property of national teams. National federations may decide what to put on them. IFA only requires that the name or logo of the country be placed on the back or front of the shirt. The competitor shirt may also have the National Association logo and country flag on them. The jersey may also have the player's name and surname (usually on the back). Sponsor logos can be placed freely. They cannot cover national country logo or name. **LONG Sports Pants** are also a requirement, **NO Shorts.**

WEIGH-IN PROCEDURE:

Each of Weigh-in days: starts at 9am

Weigh in order will be published at least two days prior to teams arrival.

Weigh in order depends on the exact date and time when Registration form is SENT online to the Organization committee.

Team captain has to be present during weigh in to manage his/her team and to be helpful to the weigh in staff.

Each competitor must have passport or ID with picture and country of residence with him/her during the weigh in procedure.

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Weigh-in order DAY 1: Tuesday, September 26, 2023 – Juniors and Masters

U15, U18, U21 ladies from the lowest to the highest class.

Masters Ladies from the lightest to heaviest classes.

U15, U18, U21 men from the lowest to the highest class.

Masters Men from the lightest to the heaviest classes.

Weigh-in order DAY 2: Thursday, September 28, 2023 – Senior and Disabled

Disabled ladies from the lowest to the highest class, Senior ladies from the lowest to the highest class, disabled men from the lowest to the highest class, senior men from the lowest to the highest class

IMPORTANT NOTE:

Every puller has possibility to make official weigh in two times only.

To check weight a test scales will be provided near the weigh in room.

The second weigh in is possible in between other countries only.

The competitor can compete in his/her weight class or one class higher.

EVENT BADGES:

Every competitor and official is obliged to wear the official event badge all time during the IFA World Championships. Badges will be distributed to Team captains after Weigh-in is completed.

All officials with the team have to be present at Weigh-in to have photo for the badge.

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PLACE OF THE CHAMPIONSHIPS:

Bukit Kiara Indoor Arena

Jalan Bukit Kiara, Bukit Kiara Ttdi,
60000 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur, Malaysia

AIRPORT:

Kuala Lumpur Aiport (KUL)

30 minutes from the Hotel / Venue

TRANSFER: AIRPORT-HOTEL-AIRPORT

Transportation \$10 each way from the airport.

MORE INFORMATION TO FOLLOW

VISA PROCEDURE:

For those of you who need an invitation to be able to get a visa please contact by e-mail:

ifageneralsecretary@gmail.com

In order to receive the invitation letter, the participants must send to e-mail the following information:

- First name / Last name / Date of birth / Passport No / Passport Expiring date
- Copy of passport is necessary for VISA requirements.

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HOTEL AND TRANSPORT INFORMATION:

Le Méridien Petaling Jaya ****

1 Jalan SS7/26a Kelana Jaya,
Petaling Jaya, Malaysia, 47301



Make your reservation by email: catherine.tan@lemeridienpj.com

Group code – AW2023

Hotel reservations cannot be made online, only by email.

Host Hotel Room Rate:

Deluxe room: RM330+ (RM349.80nett) per room per night with 1 or 2 breakfast.

Executive room: RM380+ (RM402.80nett) per room per night with 1 or 2 breakfast.

Club Deluxe Room: RM530+ (RM561.80nett) per room per night with club access for 1 or 2 pax.

Club Executive Room: RM580+ (RM614.80nett) per room per night with club access for 1 or 2 pax.

Tourism Tax: RM10.00nett per room per night

Featuring direct access to Paradigm Mall, Le Meridien Petaling Jaya offers modern guest rooms with free WiFi throughout. It boasts a rooftop infinity pool and 3 dining options. Kelana Jaya LRT station is 3.1 km from the property.

Every room is located starting from 19th floor, modernly designed and is air-conditioned. A flat-screen TV and a minibar are available. Each room overlooks the city while some have lake view.

Pasar Baru serves Malaysian cuisine, while PJ's Bar and Grill specialises in steaks and cocktails.

Coffee and snacks are available at The Lounge.

Adults can relax by the poolside and the little ones can play in the kids' pool. The property also

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features a spacious ballroom and meeting facilities. Airport shuttle bus counter and parking area are located in the mall.

Le Meridien Petaling Jaya is 1.7 km to Kelana Jaya Medical Centre and Sunway Lagoon is a 5.7 km drive. Kuala Lumpur International Airport is 52 km away.

LE MERIDIEN CLUB PRIVILEGES

Complimentary access to the exclusive Le Meridien Club Lounge, Level 29.

Personalized check-in and check-out.

Complimentary daily One (1) Buffet Breakfast, One (1) Evening Cocktails and Non-alcoholic refreshments throughout the day.

Complimentary Pressing of Two (2) shirts or trousers per stay.

Complimentary local telephone calls.

Complimentary 1 hour usage of workstation in lounge (Subject to availability).

Complimentary printing or photocopy up to Ten (10) pages per stay.

Two (2) hours usage of the Boardroom per day (subject to availability).

Guest who requested for the above, must be a in house club guest.

Maximum capacity for the meeting room will be up to 5 pax.

Additional pax (pax no. 3 to no. 5), cover charges will be imposed at MYR125.00+(MYR132.50nett) per person (including free flow of coffee/tea/juices/snacks which is available in Le Meridien Club).

Cut-off time for meeting room usage will be until 5:00PM.

The above privileges only applicable for Club Deluxe & Club Executive.

Terms & Conditions:

Prior reservation is required.

Booking is subject to room availability upon confirmation.

Complimentary WIFI

20% F&B discount on all outlets (except promotional item, alcoholic beverages, and tobacco)

10% discount on laundry services

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ABOUT Kuala Lumpur, Malaysia:

Things to do in Kuala Lumpur, Malaysia



Kuala Lumpur sightseeing and Batu Caves with a private driver Take in the city skyline from the Petronas Twin Towers Observation Deck Admire the architecture of Merdeka Square (Independence Square), home to the National Museum Visit the Lake Gardens and shop at Central Market Snap photos of the Old Railway Station, National Monument and National Mosque See statues of Hindu gods at the impressive Batu Caves



Experience the natural phenomenon of the Kuala Selangor fireflies on an evening tour from Kuala Lumpur. You'll heighten your chances of spotting the most concentrated areas of fireflies as you cruise along the river with your guide, and will enjoy the undivided attention of your private guide as you explore. Admire the dazzling display of fireflies on a hassle-free trip to Kuala Selangor. Don't worry about navigating public transport late at night on this tour Hotel pickup and drop-off mean you don't have to find a meeting point.

I have used this company for many years, including when I visited Kuala Lumpur in 2015. They offer many additional tours in addition to the few I mentioned above. BOOK YOUR TOUR RESERVATIONS EARLY!

Viator Tours & Activities / Viator Official Site / <https://www.viator.com/>

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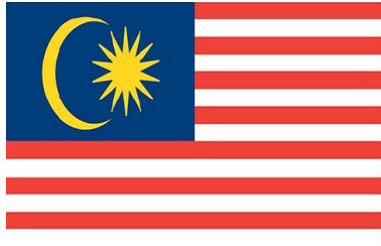


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Kuala Lumpur, officially the Federal Territory of Kuala Lumpur and colloquially referred to as KL, is a federal territory and the ceremonial,

legislative and judicial capital city of Malaysia. It is one of the fastest growing cities in Asia and the largest city in Malaysia, covering an area of 243 km² with a census population of 1,982,112 as of 2020. Greater Kuala Lumpur, also known as the Klang Valley, is an urban agglomeration of 7.564 million people as of 2018. It is among the fastest growing metropolitan regions



Wandering the streets of Kuala Lumpur can mean dipping in and out of an urban present into an ancient past. The city is visually defined by the iconic Petronas Twin Towers, which, at 88 stories high, are the tallest twin buildings in the world and a vision of modern architecture. On the flip side, the Sri Mahamariamman is the oldest Hindu temple in Malaysia, its facade a colorful totem pole of iconography. Shopping also switches from gleaming mega-malls to local markets where haggling and handicrafts go hand-in-hand.

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