



IFA WORLD ARMWRESTLING  
CHAMPIONSHIPS  
30 September – 06 October 2024,  
Loutraki, Greece



# INVITATION TO IFA WORLD ARMWRESTLING CHAMPIONSHIPS 30 September – 06 October 2024, Loutraki, Greece

International Federation of Armwrestling (IFA), Hellenic Wrestling Federation proudly invite you to the 2024 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

ORGANIZER'S COMMITTEE:



Hellenic Wrestling Federation  
Olympic Wrestling Center "Ano Liosia" Pc 13343, Greece  
Phone: +30 210 3307176-77  
e-mail: gre@uww.org



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





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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.

**IMPORTANT DEADLINES:**

Start of an ONLINE REGISTRATION	.....
VISA applications ifageneralsecretary@gmail.com	08/15/24
Hotel & transportation reservations: info@vitantravel.gr	
End of an ONLINE REGISTRATION	.....

**WHAT YOU WILL FIND IN THIS PACKAGE:**

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## SCHEDULE OF THE CHAMPIONSHIPS:

**MONDAY,** 30.09.2024

Teams arrival (all day)

**TUESDAY,** 01.10.2024 (.....)

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)

10:00 a.m. - Referee seminar (At the VENUE)

05:00 p.m. - IFA Congress meeting (Hotel King Saron Club Marmara)

**WEDNESDAY,** 02.10.2024 (At the VENUE)

09:00 a.m - Opening ceremony - teams presentation

- **LEFT HAND - all Junior and Master classes**

(Detailed time schedule will be published after Weigh in)

03:00 pm - Finals & Awards & Doping control

**THURSDAY,** 03.10.2024 (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 & Weigh in procedure

Weigh-ins for the athletes competing in BOTH JR./Masters & SR/Disabled

03:00 pm - Finals & Awards & Doping control

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**FRIDAY,**

**04.10.2024** (At the VENUE)

09:00 a.m

**- LEFT HAND - all Senior and Disabled classes**

(Detailed time schedule will be published after Weigh in)

03:00 pm

- Finals & Awards & Doping control

**SATURDAY,**

**05.10.2024** (At the VENUE)

09:00 a.m

**- RIGHT HAND - all Senior and Disabled classes**

(Detailed time schedule will be published after Weigh in)

03:00 pm

- Finals & Awards & Doping control

**SUNDAY,**

**06.10.2024**

Teams departure (all day)

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## WEIGHT and AGE CLASSES:

### JUNIOR UP 15 (Born 2009 or later):

**Boys:** - 57, 63, 78, +78 kg

**Girls:** - 55, 63, +63 kg

### JUNIOR UP 18 (Born 2008 – 2006):

**Boys:** - 63, 70, 78, 86, +86 kg

**Girls:** - 63, 70, +70 kg

### JUNIOR UP 21 (Born 2005 – 2003):

**Men:** - 63, 70, 78, 86, 95, +95 kg

**Women:** - 63, 70, +70 kg

### SENIORS:

**Men:** -57, 63, 70, 78, 86, 95, 105, +105 kg

**Women:** - 52, 57, 63, 70, 78, +78 kg

### MASTERS (Born 1984 – 1975):

**Men:** - 70, 78, 86, 95, 105, +105 kg

**Women:** - 63, 78, +78 kg

### GRAND MASTERS (Born 1974 – 1965):

**Men:** - 70, 78, 86, 95, 105, +105 kg

**Women:** - 70, +70 kg

### SENIOR GRAND MASTERS (Born 1964 – 1955):

**Men:** - 70, 78, 86, 95, 105, +105 kg

### ULTRA GRAND MASTERS (Born 1954 and sooner):

ORGANIZER'S COMMITTEE:

### DISABLED CLASSES

#### Physical Impairment Standing:

**Men:** - 65, 80, 95, +95 kg

**Women:** - 60, 65, +65 kg

#### Physical Impairment Sitting:

**Men:** - 55, 70, 86, +86 kg

**Women:** - 60, +60 kg

#### Junior 23

#### Physical Impairment Standing:

**Men:** - Open kg

**Women:** - Open kg

#### Junior 23

#### Physical Impairment Sitting:

**Men:** - Open kg

**Women:** - Open kg

#### Visual Standing:

**Men:** - 86, +86 kg

**Women:** - Open kg

#### Hearing Standing:

**Men:** - 70, 95, +95 kg

**Women:** - Open kg



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Men: - 78, +78 kg

## AWARDS:

### INDIVIDUAL CLASSES:

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> places medal and diploma for all classes

### AWARDS:

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> 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:

1<sup>st</sup> place – 10 points

2<sup>nd</sup> place – 7 points

3<sup>rd</sup> place – 5 points

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4<sup>th</sup> place – 4 points  
7<sup>th</sup> place – 1 point

5<sup>th</sup> place – 3 points

6<sup>th</sup> place – 2 points

## 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 ..... till ..... 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](mailto:marian.capla@armsportfederation.com)

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Then a payment notice will be issued and you may pay your duties via bank, Paypal or other online service.

### 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](mailto: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.

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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

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.

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**LONG** Sports Pants are also a requirement, **NO Shorts**.

## WEIGH-IN PROCEDURE:

### Each of Weigh-in days: starts at 09:00 am

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.

### Weigh-in order DAY 1: Tuesday, October 01, 2024 – 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: Wednesday, October 02, 2024 – Senior and Disabled

Disabled ladies from the lowest to the highest class, Senior ladies from the lowest to the highest

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class, disabled men from the lowest to the highest class, senior men from the lowest to the highest class

**Second weigh-ins** for the athletes competing in BOTH JR./Masters & SR/Disabled

**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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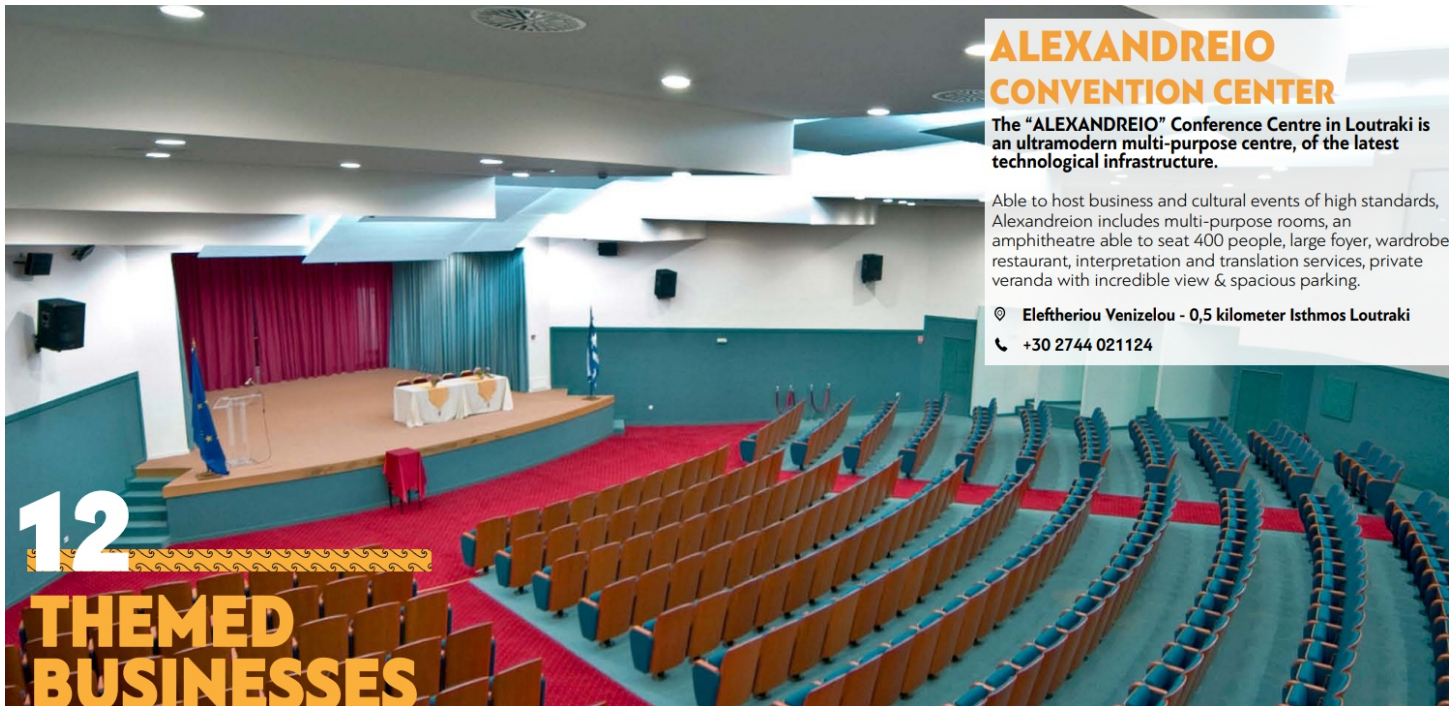


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**PLACE OF THE CHAMPIONSHIPS:**

## **NEW LOCATION**



### **ALEXANDREIO CONVENTION CENTER**

The "ALEXANDREIO" Conference Centre in Loutraki is an ultramodern multi-purpose centre, of the latest technological infrastructure.

Able to host business and cultural events of high standards, Alexandreion includes multi-purpose rooms, an amphitheatre able to seat 400 people, large foyer, wardrobe restaurant, interpretation and translation services, private veranda with incredible view & spacious parking.

📍 Eleftheriou Venizelou - 0,5 kilometer Isthmos Loutraki  
☎ +30 2744 021124

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**THEMED  
BUSINESSES**

## **Alekandreo Convention Center**

Address: 0.5 km National Road Isthmus - Loutraki 20300

<https://www.alexandreio.gr/>

### **IMPORTANT - Transportation & Hotel Reservations**

ALL transportation and hotel reservations are arranged by Vitan Travel – <https://vitantravel.gr>

Email – [info@vitantravel.gr](mailto:info@vitantravel.gr)

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## AIRPORT:



### Athens International Airport (ATH)

About 50 miles from Loutraki (82km)

## TRANSFER: AIRPORT – HOTEL – AIRPORT

All the participants who want to travel from the airport to Loutraki and back needs to send their arrivals details. Their transportation will be made by mini busses. Transportation is available for those **registered at one of the host hotels**: Pappas Hotel, Grand Olympia Hotel or King Saron. **Contact** [info@viitantravel.gr](mailto:info@viitantravel.gr) for transportation reservations.

## VISA PROCEDURE:

For those of you who need an invitation to be able to get a visa please contact by e-mail: Denise Wattles, IFA General Secretary – [ifageneralsecretary@gmail.com](mailto:ifageneralsecretary@gmail.com)

In order to receive the invitation letter, the participants must send to e-mail the following information by August 15, 2024:

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

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## HOTELS AND TRANSPORT INFORMATION:

### **Achillion Hotel**

E Venizelou 12,  
20300, Loutraki  
Greece

<https://achillion-hotel.gr/>

### **Reservations:**

**Contact:** [info@vitantravel.gr](mailto:info@vitantravel.gr)

**Website –** <https://vitantravel.gr>



Piraeus Bank

IBAN: GR65 0172 0120 0050 1204 5985 641

Bank account number: 5012- 045985-641

Beneficiary: Vita N travel, Voula Nikolaou

### **Host Hotel Room Rate:**

For an accommodation with a full board meals ( breakfast - lunch - dinner) with domestic transportation (Airport to Loutraki and back & Hotel to the stadium and back) the cost is 120 euro/per participant per day.

The accommodation will be in double rooms.

Does not include alcoholic beverages

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**Hotel Bakos**

4 Ikonomou Street  
20300 Loutraki  
Greece

<https://hotelbakos.gr/>

**Reservations:**

**Contact:** [info@vitantravel.gr](mailto:info@vitantravel.gr)

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**Hotel Mantas**

Damaskinou & Oikonomou 1  
TK 203 00, Loutraki  
Greece

<https://mantashotels.gr/>

**Reservations:**

**Contact:** [info@vitantravel.gr](mailto:info@vitantravel.gr)

**Website –** <https://vitantravel.gr>



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**Paolo Hotel Loutraki**

16 Ethnikis Adistasseo  
Loutraki 203 00  
Greece

<https://hotelpaolo.gr/>

**Reservations:**

**Contact:** [info@vitantravel.gr](mailto:info@vitantravel.gr)

**Website –** <https://vitantravel.gr>

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### Hellenic Wrestling Federation

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## PRESS OFFICE:

### Denise Wattles

ifageneralsecretary@gmail.com

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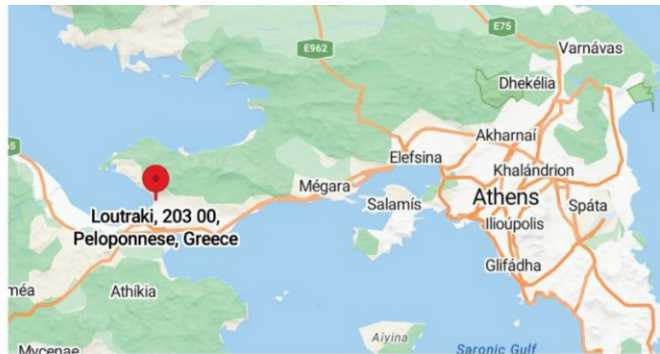
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**Loutraki is a breathtaking gem nestled between the mountains and the sea, boasting an abundance of activities that will make your heart sing. From soaking in the hot springs to lounging on the beach, the town offers a plethora of experiences that will tantalize your senses and leave you bewitched.**

**1. Loutraki Thermal Spa** - Loutraki Thermal Spa is a luxurious wellness center renowned for its therapeutic thermal springs. Visitors can enjoy an array of spa treatments including massages, hydrotherapy, and thermal baths. The thermal water, which is rich in minerals and nutrients, is reputed to have healing properties for various ailments such as arthritis, skin conditions, and respiratory problems. The Sauna World, a labyrinth of saunas, steam rooms, and ice cabins.

**2. Isthmus of Corinth** - A narrow strip of land that connects the Peloponnese peninsula with mainland Greece. Walk or drive across the isthmus, there are also boat tours available from nearby Loutraki that take you through the canal. Visit the ancient ruins of the diolkos, an ancient stone roadway that allowed boats to be transported across the isthmus.

**3. Heraion Lake (Vouliagmeni Lake)** - A picturesque lake located in Loutraki, Greece that is believed to have healing powers due to its mineral-rich waters. Visitors can also enjoy fishing, canoeing, and paddle boating. The underwater hot springs, where the water temperature reaches up to 55°C and visitors can feel a gentle massage from the bubbling springs.

**4. Perachora Castle** - Perachora Castle is a medieval fortress located on the Corinthian Gulf coast, near the town of Loutraki in Greece. Visitors can explore the ruins of the castle, which was built in the 13th century. Be sure to take a stroll through the nearby village of Perachora, where you can find traditional tavernas and shops.

**5. Monastery of Osios Patapios** - A beautiful Greek Orthodox monastery located in Loutraki, Greece, dedicated to the 4th-century Christian saint Osios Patapios. Visitors can explore the stunning complex which includes a main church, chapels, and a museum displaying religious artifacts and manuscripts. The tomb of Osios Patapios is located within the monastery.

**6. Corinth Canal** - A canal that connects the Gulf of Corinth with the Saronic Gulf in the Aegean Sea. It's a popular tourist attraction and engineering marvel. Visitors can witness large ships passing through the canal and enjoy the stunning views of the surrounding mountains.

**7. Ancient Corinth** - Ancient Corinth is a historical site located in Loutraki, Greece. It was once a powerful city-state during the classical and Roman periods. Visitors can explore the extensive Roman ruins, including the Temple of Apollo and the Roman Forum.

**8. Temple of Apollo** - The most important monument in Ancient Corinth, the imposing Doric Temple of Apollo lies on a low hill and dominates the site. The temple was built around 540 BC, on the site of an earlier seventh-century-BC temple. Today, only seven monolithic limestone columns remain, but originally there would have been six along the front and back of the temple, and fifteen down each side.



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**IFA WORLD ARMWRESTLING CHAMPIONSHIPS**  
30 September – 06 October 2024,  
Loutraki, Greece



**Greece** (officially the Hellenic Republic) is a country in Southeast Europe. Located on the southern tip of the Balkan peninsula, Greece shares land

borders with Albania to the northwest, North Macedonia and Bulgaria to the north, and Turkey to the east. The Aegean Sea lies to the east of the mainland, the Ionian Sea to the west, and the Sea of Crete and the Mediterranean Sea to the south. Greece has the longest coastline on the Mediterranean Basin, featuring thousands of islands. The country comprises nine traditional geographic regions, and has a population of nearly 10.4 million. Athens is the nation's capital and largest city, followed by Thessaloniki and Patras.



Greece is a democratic and developed country with an advanced high-income economy, the second largest in the Balkans, where it is an important regional investor. A founding member of the United Nations, Greece was the tenth member to join what is today European Union and has been part of the eurozone since 2001. It is also a member of numerous other international institutions, including the Council of Europe, NATO, the OECD, the WTO, and the OSCE. Greece has a unique cultural heritage, large tourism industry, and prominent shipping sector. The country's rich historical legacy is reflected in part by its 19 UNESCO World Heritage Sites. Greece was the ninth most-visited country in the world in 2022.

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