



**IFA WORLD ARMWRESTLING  
CHAMPIONSHIPS**  
22 September – 27 September 2026  
Civic Hall Tsuchiura, Japan 300-0052



Invitation to attend the  
**IFA WORLD ARMWRESTLING CHAMPIONSHIPS**

**22 September – 27 September 2026**  
**Civic Hall Tsuchiura, Japan 300-0052**

The International Federation of Armwrestling (IFA), Japan Arm Wrestling Association proudly invite you to the 2026 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:

Japan Arm Wrestling Association



6-36-8 Kamiya Usikushi  
Ibaragi 300-1216 Japan  
[Jawa\\_arm@yahoo.co.jp](mailto:Jawa_arm@yahoo.co.jp)  
Fax 81-029-842-5801



International Federation of Armwrestling

Hegibachstrasse 47  
8032 Zurich, Switzerland  
[contact@ifa-armwrestling.com](mailto:contact@ifa-armwrestling.com)





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**IMPORTANT DEADLINES:**

Start of an ONLINE REGISTRATION	01-08-2026
VISA applications: <a href="mailto:jawa_arm@yahoo.co.jp">jawa_arm@yahoo.co.jp</a>	No later than 31.08.2026
End of an ONLINE REGISTRATION	10-9-2026

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**SCHEDULE OF THE CHAMPIONSHIPS:**

<b>TUESDAY</b>	<b>22.9.2026</b> - Teams arrival (all day)
<b>WEDNESDAY</b>	<b>23.09.2026</b> (AT THE VENUE)
09:00 a.m	- Team registration and weigh for Juniors and Masters and <b><u>ONLY</u></b> those competing in both Juniors/Masters <b><u>AND</u></b> Senior/Disabled
10:00 a.m.	- Referee seminar (At the VENUE)
05:00 p.m.	- IFA General Assembly meeting (AT THE VENUE)
<b>THURSDAY</b>	<b>24.09.2026</b> (At the VENUE)
09:00 a.m	- Opening ceremony - teams presentation
	- <b>LEFT HAND - all Junior and Master classes</b>
03:00 pm	- Finals & Awards & Doping control
<b>FRIDAY</b>	<b>25.09.2026</b> (At the VENUE)
09:00 a.m	- <b>RIGHT HAND - all Junior and Master classes</b>
09:00 a.m	- <b>Weigh in Senior and Disabled classes</b>
03:00 pm	- Finals & Awards & Doping control
<b>SATURDAY</b>	<b>26.09.2026</b> (At the VENUE)
09:00 a.m	- <b>LEFT HAND - all Senior and Disabled classes</b>
03:00 pm	- Finals & Awards & Doping control
<b>SUNDAY</b>	<b>27.09.2026</b> (At the VENUE)
09:00 a.m	- <b>RIGHT HAND - all Senior and Disabled classes</b>
	(Detailed time schedule will be published after Weigh in)
03:00 pm	- Finals & Awards & Doping control
<b>MONDAY</b>	<b>28.09.2026</b>
	Teams departure (all day)

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**WEIGHT and AGE CLASSES:**

**JUNIOR UP 15 (Born 2011 or later):**

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

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

**JUNIOR UP 18 (Born 2010 – 2008):**

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

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

**JUNIOR UP 21 (Born 2007 – 2005):**

**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 1986 – 1977):**

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

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

**GRAND MASTERS (Born 1976 – 1967):**

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

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

**SENIOR GRAND MASTERS (Born 1966 – 1957):**

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

**ULTRA GRAND MASTERS (Born 1956 and sooner):**

**Men:** - 78, +78 kg

**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

**Women:** - Open

**Junior 23**

**Physical Impairment Sitting:**

**Men:** - Open

**Women:** - Open

**Visual Standing:**

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

**Women:** - Open

**Hearing Standing:**

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

**Women:** - Open

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AWARDS:

**INDIVIDUAL CLASSES:**

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

**TEAMS:**

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.(No team points for Ultra Grand)
- **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

4<sup>th</sup> place – 4 points

5<sup>th</sup> place – 3 points

6<sup>th</sup> place – 2 points

7<sup>th</sup> 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

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

**Member Countries Login procedure:**

LINK: <http://register.armsportfederation.com>

LOGIN NAME and Password: Use login name and password sent to you

After successful login, the main screen will appear with following options at upper left corner:  
**Events, My Team.**

Register your Team as follows:

1. CLICK on MY TEAM
2. FOR new team members follow to point 2. If all your team members are already in the system, proceed to point 5.
3. The screen where you can add ALL your TEAM members appear. Fill all fields: First name, Last name, Gender, Para athlete, Birth date.  
If possible, choose from proposed or add photo of your athlete.  
When all is fine click on ADD ATHLETE
4. Repeat step 3. to all your NEW TEAM members.
5. Once you finish, click on EVENTS at upper left corner and choose
6. Click on REGISTER related to 7th IFA World Armwrestling Championships
7. The list of all your athletes appear on the screen with all available classes.  
Please choose and click to relevant classes for all of your athletes.
8. When all is DONE, click on SAVE REGISTRATIONS

You can go back and add/modify/delete athletes or classes until 10.09.2026

**Once registration is completed please send an email to:**

[marian.capla@armsportfederation.com](mailto: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](mailto:marian.capla@armsportfederation.com) with following details:

Name:

Surname:

Country:

Age group:

Weight classes:

Left/right hand: choose one or both hands

Individual Entry Fees: 50- EUR / 60- USD per class per arm

**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.

Ultra Grandmasters may also pull in one other Masters division because they do not earn points in the Ultra Grandmasters classes.

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

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## FEES:

<b>Junior fee:</b>	25,- EUR / 30,- USD per class per arm
<b>Senior fee:</b>	50,- EUR/ 60,- USD per class per arm
<b>Master fee:</b>	50,- EUR/ 60,- USD per class per arm
<b>Disabled fee:</b>	25,- EUR/ 30,- 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 40,-EUR/50- USD will be required!

**Late registration means doubling the entry fees.**

## DRESS CODE – Competitors:

Team shirts are the property of national teams. **ALL TEAM JERSEYS MUST BE IDENTICAL IN STYLE AND DESIGN.** National federations may decide what to put on them. IFA 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, NO Jeans.** Improper clothing could result in denial to enter table, loss of match or other disciplinary action.

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## **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: Wednesday, September 23, 2026 – ALL Classes**

U15, U18, U21 ladies from the lightest to the heaviest class.

Masters Ladies from the lightest to heaviest classes.

U15, U18, U21 men from the lightest to the heaviest class.

Masters Men from the lightest to the heaviest classes.

Disabled Ladies from lightest to heaviest classes.

Disabled Men from lightest to heaviest classes.

Senior Ladies from lightest to heaviest classes,

Senior Men from lightest to heaviest

### **Weigh-in order DAY 2: Friday, September 25, 2026 – Senior and Disabled**

Disabled ladies from the lightest to the heaviest class. Senior ladies from the lightest to the heaviest class, disabled men from the lightest to the heaviest class, senior men from the lightest to the heaviest class.

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**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.

**VISA PROCEDURE:**

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

e-mail: [jawa\\_arm@yahoo.co.jp](mailto:jawa_arm@yahoo.co.jp)

**or** the IFA General Secretary, Denise Wattles [ifageneralsecretary@gmail.com](mailto:ifageneralsecretary@gmail.com)

**No later than 31.08.2026**

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.

**DOPING CONTROL:**

This event will conduct WADA level testing on a random basis, in randomly selected weight classifications and or/weight classes. This testing will be performed by an accredited independent laboratory.

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**AIRPORT – HOTEL – AIRPORT**

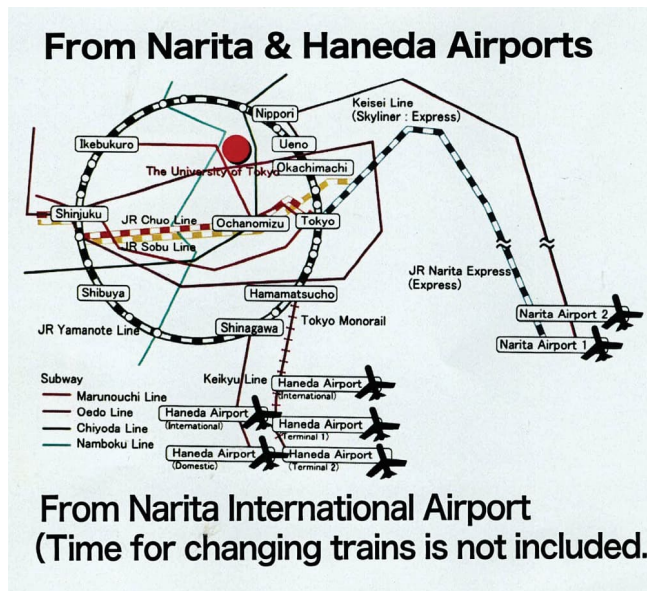
Please take a train or shuttle bus from either airport to the venue and hotel.  
 The nearest station is Tsuchiura Station.



**Narita International Airport (NRT)**  
 Tokyo, Japan  
 Or



**Haneda International Airport (HND)**  
 Tokyo, Japan



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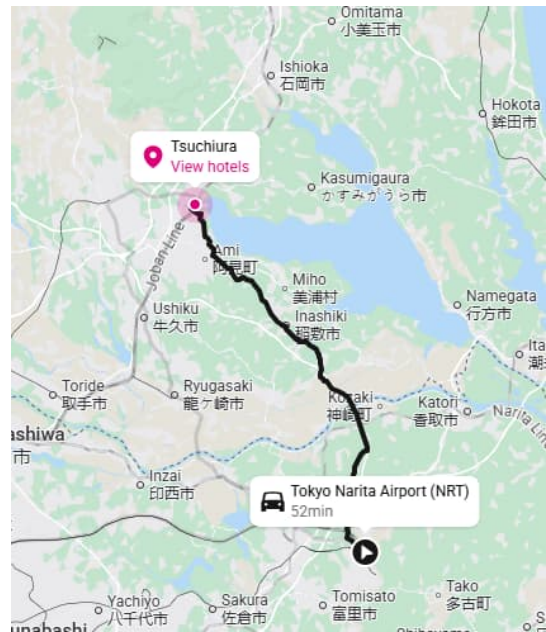
**Transportation:**



<https://www.rome2rio.com/>

[Tokyo Narita Airport \(NRT\) to Tsuchiura - 5 ways to travel via train, and bus](#)

<b>Bus</b>	BEST
1h 35min	US\$15 >
<b>Train</b>	
1h 48min	US\$9-36 >
<b>Airport Transfer</b>	FASTEST
52min	US\$45-60 >
<b>Drive 30 miles</b>	CHEAPEST
52min	US\$6-8 >
<b>Taxi</b>	
52min	US\$130-160 >



**HOTEL INFORMATION:**

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**2026 IFA World Armwrestling Championship VENUE**

**Craft Civic Hall Tsuchiura**  
 2-6 Higashimanabe-cho  
 Tsuchiura City, Ibaraki Prefecture  
 Japan 300-1152  
 +81-29-8891



A civic center built in 1969 and renovated in 2020. The colonnaded building with a bare concrete exterior wall is impressive. Has a large hall with 1,019 seats, a small hall with 288 seats, a dressing room, a Japanese room and a conference room.



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## ORGANIZATIONAL COMMITTEE:

### International Federation of Armwrestling

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IFA President: Anders Axklo [anders.axklo@hotmail.com](mailto:anders.axklo@hotmail.com)  
IFA Vice-President: Anna Mazurenko [anna.mazurenko@armsportfederation.com](mailto:anna.mazurenko@armsportfederation.com)  
IFA Second Vice-President; Anssi Ainali [anssi.ainali@gmail.com](mailto:anssi.ainali@gmail.com)  
IFA Treasurer: Marian Capla [marian.capla@gmail.com](mailto:marian.capla@gmail.com)  
IFA General Secretary: Denise Wattles [ifageneralsecretary@gmail.com](mailto:ifageneralsecretary@gmail.com)



### Japan Arm Wrestling Association

〒300-1216 Ibaraki Prefecture Ushiku City Kamiya 6-36-8  
Phone: 029-874-5364

**President, Organizer**  
Masato Sato, President  
[Jawa\\_arm@yahoo.co.jp](mailto:Jawa_arm@yahoo.co.jp)

### Press Office:

Denise Wattles [ifageneralsecretary@gmail.com](mailto:ifageneralsecretary@gmail.com)

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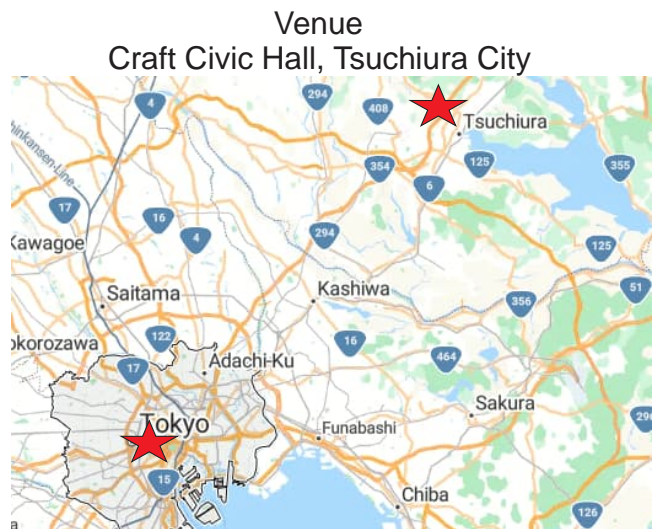




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**About Tokyo and Tsuchiura City, Japan**



**Tokyo (東京, Tōkyō)** is Japan's capital and the world's most populous metropolis. It is also one of Japan's 47 prefectures, consisting of 23 central city wards and multiple cities, towns and villages west of the city center. The Izu and Ogasawara Islands are also part of Tokyo.

Prior to 1868, Tokyo was known as Edo. Previously a small castle town, Edo became Japan's political center in 1603 when Tokugawa Ieyasu established his feudal government there. A few decades later, Edo had grown into one of the world's largest cities. With the Meiji Restoration of 1868, the emperor and capital moved from Kyoto to Edo, which was renamed Tokyo ("Eastern Capital").

Large parts of Tokyo were destroyed in the Great Kanto Earthquake of 1923 and the air raids of 1945. Today, Tokyo offers a seemingly unlimited choice of shopping, entertainment, culture and dining to its visitors. The city's history can be appreciated in districts such as Asakusa and in many excellent museums, historic temples and gardens. Contrary to common perception, Tokyo also offers a number of attractive green spaces in the city center and within relatively short train rides at its outskirts.

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**Tsuchiura (土浦市, *Tsuchiura-shi*) is a city located in Ibaraki Prefecture, Japan.**

As of 1 January 2024, the city had an estimated population in 2024 of 142,181 people in 66,629 households, and a population density of 1,157 persons per square kilometer. The proportion of the population aged over 65 was 29.7%.<sup>[1]</sup> The total area of the city is 122.89 square kilometers (47.45 sq mi). About 3,000 residents are non-Japanese, a large proportion of these being Filipinos, Chinese or Brazilians.

**Geography**

Located in southwestern Ibaraki Prefecture, Tsuchiura is situated along the western shore of Lake Kasumigaura, the second largest lake in Japan. Tokyo lies about 60 km to the south, and Tsukuba science city borders Tsuchiura to the west.

**Top attractions and landmarks in Tsuchiura**

Tsuchiura boasts a variety of Tsuchiura Attractions that showcase its rich history and natural beauty. The centerpiece of the city is undoubtedly Kijo Park, home to the ruins of Tsuchiura Castle. This pleasant green space is just a 15-minute walk from Tsuchiura Station and offers visitors a chance to explore the castle grounds, admire the reconstructed turrets, and enjoy cherry blossoms in spring.

Adjacent to Kijo Park, the Tsuchiura City Museum provides insight into the city's history and culture during the Edo Period. As you walk towards the park, you'll pass through the Tsuchiura Machikado Kura Daitoku area, where four historic storehouses have been converted into cafes, curry houses, and small museums. This area offers a glimpse into the life of Edo Period merchants and showcases the city's efforts to preserve its architectural heritage.

Other notable attractions include:

- Ryotei Kagetsuro: An old Japanese restaurant built in 1889, visited by numerous historical figures.
- Togakuji Temple: Home to a 13th-century copper bell designated as an Important Cultural Property.
- Tokoji Temple: Believed to be beneficial for people with eye problems.
- Jinryuji Temple: The family temple of the Tsuchiura clan.
- Kofuku Inari Shrine: Modeled after Fushimi Inari in Kyo

**ORGANIZER'S COMMITTEE:**



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**IFA WORLD ARMWRESTLING  
CHAMPIONSHIPS**  
22 September – 27 September 2026  
Civic Hall Tsuchiura, Japan 300-0052



## **HOTEL & ACCOMMODATIONS**

**Information to be provided as soon as it is confirmed.**

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