



DAF DANISH CHAMPIONSHIP 2021 | HVARREVEJ 6-8, 9510 ARDEN | DENMARK

TOURNAMENT SCHEDULE (TEMPORARY – WILL BE UPADATED!)

MEN AND WOMEN, OCTOBER 9th, 2021, SATURDAY

09:30	Armrestling course for new attendants
10:30	Preparations
11:00	Check in / Weight in – Danish Championships
12:00	Danish Nationals - Junior Eliminations Left
12:30	Danish Nationals - Junior Finals, Awarding Left
13:00	Danish Nationals - Senior Eliminations Left
14:00	Danish Nationals - Senior Finals, Awarding Left
14:30	Danish Nationals - Junior Eliminations Right
15:00	Danish Nationals - Junior Finals, Awarding Right
15:30	Danish Nationals - Senior Eliminations Right
16:30	Danish Nationals - Senior Finals, Awarding Right
17:00	Super matches
17:30	Novice Tournament
19:00	Dinner
20:00	After pulling
21:00	End of Day

WEIGHT CLASSES

Weight categories will be in according to the standards set by International Armwrestling Federation

JUNIOR UP TO 21	F	63	+63			
	M	63	70	+70		

SENIOR	F	63	70	+70		
	M	70	78	86	95	105 +105

*if fewer than 2 in a class the competitors will moved to one higher weight class

Women upcomers and Men Upcomers is a beginner class for people who are new to the sport.

REGISTRATION PROCESS

Registration will be made online only at <http://www.armwrestler.dk/DM>

Registration is open for all arm wrestlers who train armwrestling on a regular basis in an armwrestling-club.
Entry fee = 200 kr. for one category and 300 kr. for two categories.

WEIGH IN PROCEDURE

Weight-in starts at 11:00 the 9th of october.

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

Early weigh-in is possible in the clubs and would be preferred.



FOOD AND BEVERAGE



will be present during the event. Food, energy drinks, soda, protein drink, protein bars, etc. will be served in the cafeteria from 19:00 – 20:00 Lasagna will be served for the competitors.



SHOWER AND CHANGING ROOMS

Shower and changing rooms will be at free disposal for all the competitors doing the event.

RULES

Rules will be following the rules set by International Armwrestling Federation. A complete set of rules can be found at: <http://armsportfederation.com/wp-content/uploads/2019/12/IFA-rules.pdf>

QUALIFICATION TO EM AND VM

In 2021 you do not have to qualify at Danish Nationals to attend IFA European Championships or IFA World Armwrestling Championship. The European Championships was held June 10th . The Worlds will be held in Orlando Florida between 15th – 21st of September.

Invitation for World Championship can be found here:

http://armsportfederation.com/wp-content/uploads/2021/04/2021-ifa-world-invitation-official-packet-4.14.21-final.pdf?fbclid=IwAR3KJuY4qZQvtv_SY3H-HkMQIzk98qSHqMExDmBNLS8-7IBO_VDz2jk1vPO

WHO CAN COMPETE?

You do not need a Danish passport to participate in the tournament. You do however need to have residence in Denmark to compete. Registration is open for all arm wrestlers who train armwrestling on a regular basis in an armwrestling-club. If you have never armwrestled before you will have to have a crash course in armwrestling. This will be provided on the same day. Here you will get an introduction and instructions on dangerous positions so that we will make it as safe as possible for you to compete. If you compete in the Danish nationals and you also want to compete in IFA European Championships or IFA Worlds Championships, you will be obligated to compete for Denmark for a period of 2 years. This is a precaution made by the International Federation of Armwrestling to make sure athletes compete in the right national championships.

T-shirts

We bought 100 t-shirts and hopefully one will be provided free for alle the competitors. However, we do not guarantee it and it will be handed out by a first come first serve process.