

ASIAN ARMWRESTLING FEDERATION



IX Open Asian Armwrestling Cup VIII Open Asian Para-Armwrestling Cup

(04.12-10.12.2025, Ajman, UAE)

INVITATION

Dear friends and colleagues!

UAE Armwrestling Federation "EBBF" invites you and your team to take part in the Open Asian Armwrestling Cup, which will be held in Ajman city, from December 04-10, 2025, at the Sports Complex "Youth Hub - Ajman".

Our common goal is to attract as many countries as possible to the Asian Armwrestling Federation (AAF) to achieve a high level and compete with the strongest champions of other countries at the World Championship.

We strive for achieving higher level of our sportsmen's skills and do our best to increase the competitive abilities of participants from the Asian countries.

We will do all possible to make your stay on the hospitable UAE land pleasant and unforgettable.

We will be very glad to see all of you in our country.

With best wishes and regards!

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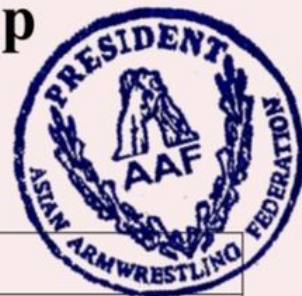
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PROGRAM



Thursday – Friday, December 04-05, 2025

Arrivals.

Location: «**Ramada Hotel & Suites by Wyndham Ajman**» Sheikh Khalifa Bin Zayed str, Al Rashidiya 1, Ajman city.
All teams are required to stay only in official hotels (according to the WAF & AAF rules).

Saturday, December 06, 2025

10.00 – 18.00	Teams registration.
10.00 – 13.00	Classification (disabled)
14.00 – 18.00	Weigh-in (all disabled and all masters categories)
15.00 – 20.00	Weigh-in (all classes and all categories) Location: “Bahi Ajman Palace Hotel”
13.00 – 14.00	Lunch break for all participants
14.00 – 15.00	AAF Referee seminar in the “Bahi Ajman Palace Hotel”
16.00 – 17.00	AAF Technical meeting in the “Bahi Ajman Palace Hotel”
20.00 – 23.00	AAF Congress location in the “Bahi Ajman Palace Hotel”

Sunday, December 07, 2025

11.00 – 22.00	<u>The beginning of the Championship – Competition day 1</u> Location: “Sports Complex “Youth Hub - Ajman””. Disabled – left & right hand (all classes and all weight categories). Masters – left & right hand (all classes and all weight categories).
12.00 – 13.00	Opening ceremony and cultural events.
13.00 – 15.00	Lunch break for all participants
19.00 – 22.00	Finals & Awards ceremony

Monday, December 08, 2025

10.00 – 22.00	<u>The beginning of the Championship – Competition day 2</u> Sub-juniors (12-15 years) – left & right hand (all weight categories). Juniors (16-18 years) – left & right hand (all weight categories). Youth (19-23 years) – left & right hand (all weight categories).
13.00 – 15.00	Lunch break for all participants
20.00 – 22.00	Finals & Awards ceremony

Tuesday, December 09, 2025

10.00 – 22.00

Competition day 3

Women, (seniors), left & right hand (all weight categories).

Men, (seniors), left & right hand (all weight categories).

13.00 – 14.00

Lunch break for all participants

20.00 – 22.00

Finals & Awards ceremony

After the Championship: awards ceremony and closing of the Open Asian Cup

Wednesday, December 10, 2025

Teams departure

Team places:

According to the new "WAF" rules, the team place will be determined by gold medals. The teams places in the competitions will be determined in four subgroups separately and there will be one overall team place.

1-st subgroup - seniors, men and women.

3-rd subgroup – all masters.

2-nd subgroup- all sub-juniors, juniors and youth.

4-th subgroup – all disabled.

The team's overall ranking includes all four subgroups.

All teams must submit the completed documents, team list (passport details) no later than November 10, 2025.

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WEIGHT CATEGORIES



Seniors (adults): - \$40 per hand

Men	(left & right hand):	55kg, 60kg, 65kg, 70kg, 75kg, 80kg, 85kg, 90kg, 100kg, 110kg, +110kg.	(22)
Women	(left & right hand):	50kg, 55kg, 60kg, 65kg, 70kg, 80kg, 90kg, +90kg.	(16)

Masters (veterans): - 40\$ per hand

Masters Men	(40-49 years old) (left & right):	60kg, 70kg, 80kg, 90kg, 100kg, +100kg.	(12)
Masters Women	(40-49 years old) (left & right):	60kg, 70kg, 80kg, +80kg.	(8)
Grand Masters Men	(50-59 years old) (left & right):	70kg, 90kg, +90kg.	(6)
Grand Masters Women	(50-59 years old) (left & right):	open..	(2)
Senior Grand Masters Men	(60+ years old) (left & right):	open..	(2)

Sub-juniors (14-15): - 20\$ per hand

Boys	(left & right hand):	45kg, 50kg, 55kg, 60kg, 65kg, 70kg, +70kg.	(14)
Girls	(left and right hand):	40kg, 45kg, 50kg, 55kg, 60kg, 70kg, +70kg.	(14)

Juniors (16-18): - 20\$ per hand

Boys	(left & right hand):	50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 80kg, 90kg, +90kg.	(18)
Girls	(left & right hand):	45kg, 50kg, 55kg, 60kg, 65kg, 70kg, +70kg.	(14)

Youth (19-23): - 20\$ per hand

Boys	(left & right hand):	55kg, 60, 65, 70, 75, 80, 85, 90, 100, 110, +110kg.	(22)
Girls	(left & right hand):	50kg, 55kg, 60kg, 65kg, 70kg, 80kg, 90kg, +90kg.	(16)

166 categories

PID sitting (Physical impairment athletes)

Men (left & right hand): 55kg, 65kg, 75kg, +75kg. (8)

Women (left & right hand): 65kg, +65kg. (4)

PIU standing (Physical impairment athletes)

Men (left & right): 60kg, 70kg, 80kg, 90kg, +90kg. (10)

Women (left & right): 65kg, +65kg. (4)

Youth 23 boys: (left & right): 50kg, +50kg. (4)

VI standing (Visual impairment athletes)

Men (left & right): 60kg, 70kg, 80kg, 90kg, 100kg, +100kg. (12)

Women (left & right): 60kg, 70kg, +70kg. (6)

Youth 23 boys: (left & right): 50kg, +50kg. (4)

HI standing (Hearing impairment athletes)

Men (left & right): 60kg, 70kg, 80kg, 90kg, 100kg, +100kg. (12)

Women (left & right): 60kg, 70kg, +70kg. (6)

PIUH standing

Men (left & right): 85kg, +85kg. (4)

Youth 23 boys: (left & right): 60kg, +60kg. (4)

PIDH sitting

Men (left & right): 80kg, +80kg. (4)

Cerebral palsy impairments athletes (CPU – standing)

Men (left & right): 60kg, 70kg, 80kg, +80kg. (8)

90 categories

Total: 256 – Categories;**768-Medals;****800-Diplomas;****15-Cups.**

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