# ARM WRESTLING CHAMPIONSHIP POWER EXPO 2025

## **EVENT CALENDAR**





13H Weighings

13:30H Athlete Call & Notices & Rules

13:50H Group Photo

Start of the Competition and Awards Ceremony at the End of Each Category

19H After Pull

Dinner Organized by Athletes

**OCTOBER 4, 2025** 

COMPLEXO TÉNIS DA MAIA - AV. DE ALTINO COELHO, 4470-334 MAIA

### CONTACTS AND ORGANIZATION

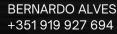
**APT - ARMAGEDDON POWER TEAM** 



HUGO CASTRO +351 963 938 852

14H

21H





### MORE INFORMATION AT

- ARMWRESTLING.PT
- <u>APT.ARMWRESTLINGPORTUGAL</u>
- @ARMAGEDDONPOWERTEAM

# ARM WRESTLING CHAMPIONSHIP **POWER EXPO 2025**

## **GENERAL INFORMATION**





### **RULES**

- The rules applied to the competition will be the same as those followed by the WAF (World Armwrestling Federation) - armwrestling.pt/wafrules. Double elimination championship.
- With two exceptions: 1. each match will start in "Referee Grip" 2. If the athlete enters an unsafe position "arm break" a foul will be applied and the match will restart

### **OTHERS**

- Advice: Spirit of camaraderie, respect for the referees and above all, enjoy the fights.
- Table safety techniques: <u>armwrestling.pt/safety</u>
  The event will be broadcast live on the APT YouTube Channel. Link: armwrestling.pt/PowerExpo2025
- Registered athletes can watch the events the following day, October 5th.
- Weigh-ins: 1. After 12pm on Friday, weigh in at a pharmacy with receipt + video. 2. Weigh in at André Cunha's house -Seixal. 3. Weigh in at the race location - 1pm-1:30pm



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