

ARM WRESTLING CHAMPIONSHIP POWER EXPO 2025

EVENT CALENDAR



13H

Weighings

13:30H

Athlete Call & Notices & Rules

13:50H

Group Photo

14H

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

19H

After Pull

21H

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
BERNARDO ALVES
+351 919 927 694



MORE INFORMATION AT



[ARMWRESTLING.PT](https://armwrestling.pt)



APT.ARMWRESTLINGPORTUGAL



[@ARMAGEDDONPOWERTeam](https://www.youtube.com/channel/UC...)

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/waf-rules. 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:** armwrestling.pt/safety
- **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



OCTOBER 4, 2025



[COMPLEXO TÊNIS DA MAIA](#) - AV. DE
ALTINO COELHO, 4470-334 MAIA

CONTACTS AND ORGANIZATION

APT - ARMAGEDDON POWER TEAM

HUGO CASTRO
+351 963 938 852
BERNARDO ALVES
+351 919 927 694



MORE INFORMATION AT



ARMWRESTLING.PT



APT.ARMWRESTLINGPORTUGAL



[@ARMAGEDDONPOWERTeam](https://www.youtube.com/ARMAGEDDONPOWERTeam)