INVITATION

TO

1st IFA WORLD ARMWRESTLING CHAMPIONSHIPS

4. – 6. december 2019, Rumia, Poland

International Federation of Armwrestling (IFA), Mazurenko Armwrestling Promotion and City Rumia are proud to invite you to the very 1st 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:

Mazurenko Armwrestling Promotion Sp. z o.o.
Okrzei 18/7, 81 – 245 Gdynia, Poland
Phone./fax. +48 58 621 93 08, biuro@mazurenko.pl

Fundacja FOR DREAM
Kolejowa 1, 84-230 Rumia, Poland

International Federation of Armwrestling

Hegibachstrasse 47
8032 Zurich, Switzerland
contac@ifa-armwrestling.com

PARTNERS:

Unified Rating of Professional Armwrestling

IMPORTANT DEADLINES:

Start of an ONLINE REGISTRATION	15.10.2019
VISA applications	30.09.2019
Hotel and transfer reservations	15.11.2019
End of an ONLINE REGISTRATION	15.11.2019

WHAT YOU WILL FIND IN THIS PACKAGE:

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SCHEDULE OF THE CHAMPIONSHIPS:

3.12.2019	TUESDAY
all day	Teams arrival

04.12.2019	WEDNESDAY
	At the VENUE
09:00 a.m	Team registration and weigh in all junior up 15, 18, 21, Senior, Masters, Grand Masters, Senior Grand Masters For more details check section Registration and Weigh in procedure
	Hotel FALTOM Rumia
01:00 p.m.	Classification and weigh in for disabled classes
02:00 p.m.	Referee seminar
05:30 p.m.	Technical meeting
06:00 p.m.	IFA CONGRESS MEETING

05.12.2019	THURSDAY
	At the VENUE
08:30 a.m	Opening ceremony - teams presentation
09:00 a.m	LEFT HAND - all classes *(Detailed time schedule will be published after Weigh in)*
05:00 p.m.	Finals & Awards & Doping control

06.12.2019	FRIDAY
	At the VENUE
09:00 a.m	RIGHT HAND - all classes *(Detailed time schedule will be published after Weigh in)*
05:00 p.m.	Finals & Awards & Doping control

07.12.2019	FRIDAY
all day	Teams departure

WEIGHT and AGE CLASSES:

JUNIOR UP 15	F	40	45	50	55	60		70	+ 70						
Born 2004, 2005	M		45	50	55	60	65	70	+ 70						
JUNIOR up 18	F		45	50	55	60	65	70	+ 70						
Born 2001, 2002, 2003	M			50	55	60	65	70	75	80	+ 80				
JUNIOR up 21	F			50	55	60	65	70	+ 70						
Born 1998, 1999, 2000	M				55	60	65	70	75	80	85	90	+ 90		
SENIOR	F			52	57		65		75	+ 75					
Born 1997 and sooner	M				57		63	70	78		86		95	105	+ 105
MASTERS	F					60		70		80	+ 80				
Born 1970-1979	M							70		80		90		100	+ 100
Grand MASTERS	F					60		70		80	+ 80				
Born 1960-1969	M							70		80		90		100	+ 100
Senior Grand MASTERS	F							OPEN							
Born 1959 and sooner	M								75			90		100	'+100

DISABLED CLASSES:

Physical Impaired Standing	F						65	65						
	M						65			80			95	+95

Phisical Impaired Sitting	F					60	+60							
	M			55				70			85	+85		

Physical Impaired Standing U23	F		50	+50										
	M			55	+55									

Phisical Impaired Sitting U23	F	45	+45											
	M		50	+50										

Visual Standing	F							65	+65					
	M									80	+80			

Hearing Standing	F					60		70	70					
	M					60		70		80		90	100	'+100

TROPHIES:

INDIVIDUAL CLASSES:

1st, 2nd, 3rd places medail and diploma for all classes

TEAMS:

1st, 2nd, 3rd places medail 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
- **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 medails won by the team.

If two teams have the same number of gold, silver or bronze medails (depends on place), the following point system will be used:

1st place – 10 points	2nd place – 7 points	3rd place – 5 points
4th place – 4 points	5th place – 3 points	6th place – 2 points
7th place – 1 point		

REGISTRATION AND WEIGH IN PROCEDURE:

REGISTRATION:

Registration will be maid online only at http://registration.armsportfederation.com
There are two ways of registrations – TEAMS and INDIVIDUALS

TEAM REGISTRATION:

For federations with active membership status there will be TEAM REGISTRATION available only. Whole team has to be registered by team's responsible offcial. Team registration can be entered and changed several times until it is CLOSED and SENT to the organization committee. Once registration is SENT, it is closed for any other updates.

Any change made at the venue during the Weigh in is subject to extra fee 20,- EUR.
For federation members NO INDIVIDUAL REGISTRATION is available.

INDIVIDUAL REGISTRATION:

For athletes from countries with no official member federation a INDIVIDUAL REGISTRATION will be available. Registration can be entered and changed several times until it is CLOSED and SEND to organization committee. Once registration is SENT, it is closed for any other updates.

Once ONLINE REGISTRATION is CLOSED, the payment notice is issued and send to designated emails (Teams or Individuals). All payments has to be made via bank transfers or via PayPal.

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.

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

FEES:

Junior fee: 20,- EUR per class per arm

Senior fee: 40,- EUR per class per arm

Master fee: 40,- EUR per class per arm

Disabled fee: 20,- EUR per class per arm

Multiple enties means multiple fees paid according to the fees structure above.

WEIGH-IN PROCEDURE:

WEIGH IN

- starts at 9:00 in Venue (all junior up 15, 18, 21, Senior, Masters, Grand Masters, Senior Grand Masters)
- classification and Weight-in for disabled division at 13:00 in Hotel FALTOM Rumia

Weigh in order will be published at least two day prior 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:

U15 ladies from lowest to highest class, U18 ladies from lowest to highest class,..... all ladies classes

U15 men from lowest to highest class, U18 men from lowest to highest class, ... all men classes

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.

HOTEL AND TRANSPORT INFORMATION:

There is no need to be accomodated in offcial hotels. Each team is free to book any hotel by themselves. In spite of that we have three official hotels where we recommend you to stay during the IFA World Championships to meet your friends and stay in cosy and sportful atmoshpere.

HOTEL SPA FALTOM ****

Grunwaldzka 7 Street,

84-230 Rumia, Poland

www.hotel-faltom.com

PRICES:

Single room (with breakfast): **340 PLN**

(about 80 euro, 91 USD)

Double room (with breakfast): **380 PLN**

(about 90 euro, 102 USD)

Triple room (with breakfast): **520 PLN**

(about 123 euro, 140 USD) / Double room + with extra bed

Booking with password: armwrestling

Check-in: 3:00 PM -Check-out: 12:00 PM

Room Reservation: +48 58 78-58-100

e-mail: recepcja@hotelfaltom.pl

TRANSFER:

HOTEL - MOSiR SPORTS HALL - HOTEL

Hotel transfer from/to MOSiR championship sports hall - **about 17 PLN** (about 4 euro, 4,5 usd) /one way, max. 4 people per taxi.
Taxis will be located by the hotel, or should be ordered at the hotel reception (ECHO TAXI company). Payment on the spot with the driver.

Distance to MOSiR Sports hall:
car - 2.5 km, about 10 minutes / on foot - 21 minutes

TRANSFER:

A I R P O R T – HOTEL – A I R P O R T

Airport transfer from/to Gdansk airport - **about 120 PLN** (about 29 euro, 32 usd) /one way, max. 4 people per taxi.
Reservations must be made directly at the HOTEL.

Distance to HOTEL SPA FALTOM:
car - 29 km, about 30-40 minutes

THE ROOM PRICE INCLUDES:

- buffet breakfast
- unlimited use of the Aqua Centrum:
- swimming pool with water slides
- water zone for children with small water slide (33°C)
- dry sauna, 2 steam baths, infrared sauna
- daily aroma sessions in dry sauna between 6 p.m. and 9 p.m., every 30 mins.
- 2 jacuzzi, heated stone lounger
– fitness classes (aquarobic, spinning, pilates, functional training)
- unlimited use of Cardio Studio Technogym
- Kids Club & Jungle Gym
- generaly accessible kitchen area
- generaly accessible ironing area
- unlimited use of two Hotel terraces with sun loungers (summer only)
- complimentary entry to the Night Club (on Saturday)

CHILDREN:

- Children up to 7 years sharing bed with parents - accommodation & breakfast for free
- Baby cot for children up to 2 years old - available on request for free, extra bed for child up to 7 years old - 30 PLN
- Children 7-12 years old sharing bed with parents - accommodation for free, breakfast 25 pln
- Children up to 12 years old on extra bed 60 PLN
- Children above 12 years old on extra bed 100 PLN

PARKING

Monitored parking lot - 25 PLN per day.
Unguarded parking lot - free of charge.

BATHROBE

Bathrobe - 10 PLN per 1 piece per stay.
Spa Packages, Double Lux, Suite - bathrobe free.

HOTEL BUSINESS FALTOM GDYNIA***

Morska 362 str.

Gdynia Cisowa, Poland

www.faltombusiness.pl

Navigation - Longitude: 18.41437 / Latitude: 54.55390

PRICES:

Single room (with breakfast): **280 PLN**

(about 66 euro, 75 USD)

Double room (with breakfast): **300 PLN**

(about 71 euro, 81 USD)

Triple room (with breakfast): **400 PLN**

(about 95 euro, 108 USD) / Double room + with extra bed

Double room LUX (with breakfast): **340 PLN**

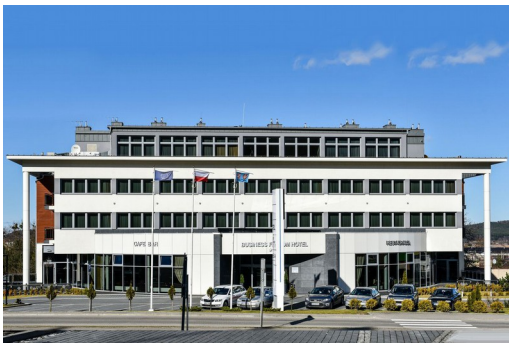
(about 80 euro, 92 USD)

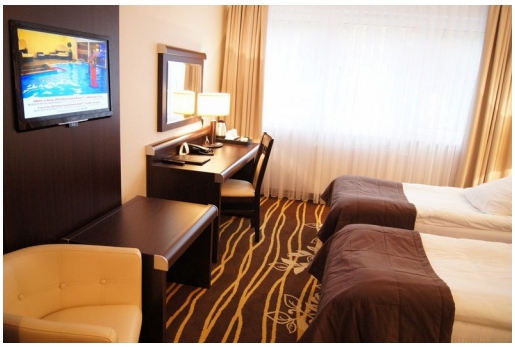
Triple room LUX (with breakfast): **440 PLN**

(about 104 euro, 118 USD) / Double room + with extra bed

Apartment one or two-person (with breakfast): **500 PLN**

(about 118 euro, 134 USD)





Booking with password: armwrestling

Check-in: 3:00 PM -Check-out: 12:00 PM

Room Reservation: +48 58 77 65 500,

e-mail: recepcja@faltombusiness.pl

TRANSFER:

HOTEL - MOSiR SPORTS HALL - HOTEL

Hotel transfer from/to MOSiR championship sports hall **- about 22 PLN** (about 5,3 euro, 5,8 usd) /one way, max. 4 people per taxi.
Taxis will be located by the hotel, or should be ordered at the hotel reception (ECHO TAXI company). Payment on the spot with the driver .

Distance to MOSiR Sports hall:
car - 8 km, about 15-20 minutes / on foot - 44 minutes

TRANSFER:

A I R P O R T – HOTEL – A I R P O R T

Airport transfer from/to Gdansk airport
- about 120 PLN (about 29 euro, 32 usd) /one way, max. 4 people per taxi.
Reservations must be made directly at the HOTEL.

Distance to BUSINESS FALTOM GDYNIA:
car - 24 km, about 25-35 minutes

THE ROOM PRICE INCLUDES:

- buffet breakfast
- coffee & tea set
- monitored, fenced car park
- fitness room with Technogym equipment
- Internet access
- Kids Club
- Kids Playground
- SPA with thermal and rest part
- Studio Technogym
- jacuzzi with colortherapy
- steam bath
- dry sauna
- heated stone lounger
- pool
- generaly accessible ironing room.

SPA PACKAGES, SUITE - BATHROBE FREE:

- Bicycle Rental: PRICE LIST

WE OFFER ALSO:

- animal - 45 PLN/day.
- billiards - 15 PLN/h
- Nordic Walking - 5 PLN/h
- Airport transfer from/to Gdansk (hotel taxi 120PLN/one way).
- Bathrobe - 10 PLN per 1 piece per stay.

GRATIS at the SPA Faltom Gdynia Rumia Hotel**** located 3 km away from the Hotel we offer:

- Aqua Centrum: pool with slides, water zone for the youngest, jacuzzi, dry sauna and a steam sauna, heated loungers, fitness room with spinning facilities, everyday fragrance sessions in the dry sauna (every 30 minutes from 6.00 pm to 9.00 pm)
- Kids Club (200 m2): Jungle Gym, climbing wall, fun ball pool, mini-houses, 2 Play Stations, Wii Play, trampoline, slides, games and many other toys
- Animation classes for kids every Saturday from 11 p.m. to 6 p.m.

RIVER STYLE HOTEL & SPA

84-240 Reda,

Pucka 10 B, Poland

www.hotelriverstyle.pl

PRICES:

Single room (with breakfast): **205 PLN**

(about 48 euro, 54 USD)

Double room (with breakfast): **240 PLN**

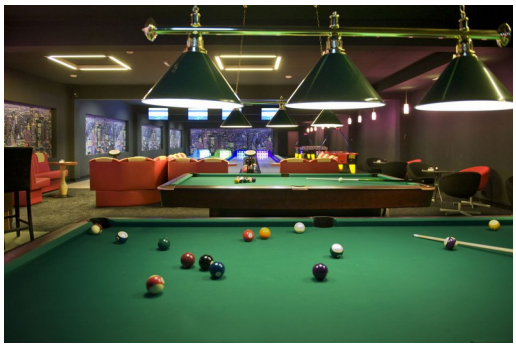
(about 58 euro, 64 USD)

Booking with password: armwrestling 10

Check-in: 2:00 PM -Check-out: 11:00 PM

Room Reservation: +48 58 736 48 00

e-mail: hotel@hotelriverstyle.pl



TRANSFER:

HOTEL - MOSiR SPORTS HALL - HOTEL

Hotel transfer from/to MOSiR championship sports hall **- about 29 PLN** (about 7 euro, 7,7 usd) /one way, max. 4 people per taxi.
Taxis will be located by the hotel, or should be ordered at the hotel reception. Payment on the spot with the driver .

Distance to MOSiR Sports hall:
car - 6 km / on foot - 71 minutes

TRANSFER:

AIRPORT – HOTEL – AIRPORT

Airport transfer from/to Gdansk airport **- about 120 PLN** (about 29 euro, 32 usd) /one way, max. 4 people per taxi.
Reservations must be made directly at the HOTEL.

Distance to RIVER STYLE HOTEL & SPA:
car - 32 km, about 35-45 minutes

THE ROOM PRICE INCLUDES:

- breakfast
- relax zone: SAUNA, JACUZZI, GYM
- **bus transport to and from the Weight-in procedure on 4 December 2019** (one transport in the morning and one transport after the Weight-in procedure)
- **bus transport to and from the MOSiR Rumia competition halls on 05 and 06 December 2019** (one transport in the morning and one transport after the award ceremony)

We provide you with stylishly furnished rooms, combining comfort and elegance. All are equipped with air conditioning, underfloor heating and LED TV

LOCALIZATION:

Well located River Style Hotel & SPA uniquely positioned in the immediate vicinity of the route E-6 Berlin - Szczecin - Gdańsk. Excellent starting point to the Hel Peninsula.

CLOSE TO:

- competition sports hall MOSiR Rumia approx: 6.5 km
- the sea approx. 9 km (Mrzezino)
- Lake approx. 9 km (insular)
- Sierra Golf Club approx. 10 km
- Gdynia approx. 15 km

RESTAURANT:

Our restaurant offers dishes of Polish and European kitchen. Especially for you, our Chef has prepared a menu based on natural products.

BOWLING & SQUASH:

Our hotel offers 4 bowling lanes, billiard table, table football, barbeque and bar - all set in a separate section of the hotel. Detailed offer available at the hotel.

SPA:

Our comfort zone, 10 treatment rooms where you can benefit from professional treatments and massages. Detailed offer available at the hotel.

VISA PROCEDURE:

For those of you who need an invitation to be able to get a visa please contact by telephone +48 603-55-48-55 or e-mail: anna@mazurenko.pl

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.

ORGANIZATIONAL COMMITTEE:

International Federation of Armwrestling
Hegibachstrasse 47
8032 Zurich, Switzerland
contac@ifa-armwrestling.com

Mazurenko Armwrestling Promotion
Okrzei 18/7
81-245 Gdynia, Poland
Office (English, Russian and Polish speaking)
+48 58 621 93 08, e-mail: biuro@mazurenko.pl

Fundation FOR DREAM

City Rumia

PRESS OFFICE:

Kuba Jakubowski (English and Polish speaking): + 48 500 2151 11, e-mail: zet3@data.pl

Office (English, Russian and Polish speaking): +48 58 621 93 08, e-mail: redakcja@armpower.net

ABOUT RUMIA, POLAND:

POLAND:

Poland, the Republic of Poland, the country of a population of over 38 million people located in middle Europe, between the Baltic Sea in the north and the Carpathians and the Sudetes in the south in the basin of the Vistula and Oder rivers. From the west, it is bordered by Germany, from the south by the Czech Republic and Slovakia, from the east by Belarus and Ukraine, from the north east and north by Lithuania and from the north by the Russian exclave called the Kaliningrad Oblast. Moreover, the most of the northern boundary of Poland is set by the Baltic Sea coast. Polish exclusive economic zone in the Baltic Sea is bordered by zones of Denmark and Sweden.

Poland is a developing country, a member of many international organizations. Poland belongs among others to the European Union, NATO, UN, World Trade Organisation, the Organisation for Economic Cooperation and Development, the European Economic Area, the International Energy Agency, Council of Europe, Organization for Security and Cooperation in Europe, the International Atomic Energy Agency and the G6. Moreover, Poland is one of the Schengen Agreement and is seeking to join the Euro Zone and the European Space Agency.

RUMIA:

RUMIA - A 47-thousand city and area in the Pomeranian voivodship, situated on the border Gdynia and Reda.
A great location on an important tourist route, leading from the center of our country to Hel, combined with well-organized regional communication (roads and trains). All of this makes Rumia a great base for trips to Kashuby and Tricity.
A fast train goes from Rumia to Gdynia regularily, the distance is 19 minutes. To Sopot ita takes 27 minutes, and to Gdańsk and Hel about and hour, to Wejherowo 18 minutes.

PLACE OF THE CHAMPIONSHIPS:

SPORT HALL MOSIR RUMIA

Mickiewicza 49 Street,

84-230 Rumia, Poland

Distance to:

HOTEL SPA FALTOM:
car - 2.5 km, about 10 minutes / on foot - 21 minutes

HOTEL BUSINESS FALTOM GDYNIA:
car - 8 km, about 15-20 minutes / on foot - 44 minutes

RIVER STYLE HOTEL & SPA:
car - 6 km, about 15-20 minutes / on foot - 71 minutes

www.mosir.rumia.pl

AIRPORT:

Lech Walesa Airport in Gdansk (GDN)

Tricity has its own International Lech Walesa Airport in Gdansk (Gdansk Rebiechowo International Airport - GDN). The airport is situated in a convenient location from urban centres of Gdansk (10 km), Sopot (10 km), Gdynia (23 km) and Rumia (30 km). Gdansk airport is also an aerodrome for the Warsaw Okecie.

Airport transfer from/to Gdansk airport - **about 120 PLN** (about 29 euro, 32 usd) /one way, max. 4 people per taxi. **Reservations must be made directly at the HOTEL.**

RAILWAY:

Railway station – Gdynia Glowna

You need to get out at Gdynia Głowna station and take the SKM train to Wejherowo. Get out at the seventh stop from Gdynia Główna - RUMIA. The ticket costs about 1 EURO.