



INVITES YOU TO

# RISE AND ROLL

INTERNATIONAL  
ARMWRESTLING COMPETITION  
07.03.2026  
PÄRNU - ESTONIA

# LOCATION

The competition will be held at

## **Pärnu Armwrestling Club**

Which is located at the adress:

Tallinna mnt 49a, Pärnu, Estonia.

### **Closest airports are:**

- Tallinn TLL 136 km to Pärnu
- Riga RIX 191 km to Pärnu

Best way to get to Pärnu from the airports is by bus (Luxexpress, Flixbus ). There is usually a bus going from Tallinn every ~2 hours, about the same is for Riga.

Tallinn bus station is 2.5 km from airport

Riga bus station is 13 km from airport

Important! If you are planning to arrive on friday then buy your bus tickets well in advance because there are many people riding from the Tallinn to Pärnu on friday.

If you need any help getting the transport contact us:

**[parnuarmwrestlingclub@gmail.com](mailto:parnuarmwrestlingclub@gmail.com)**

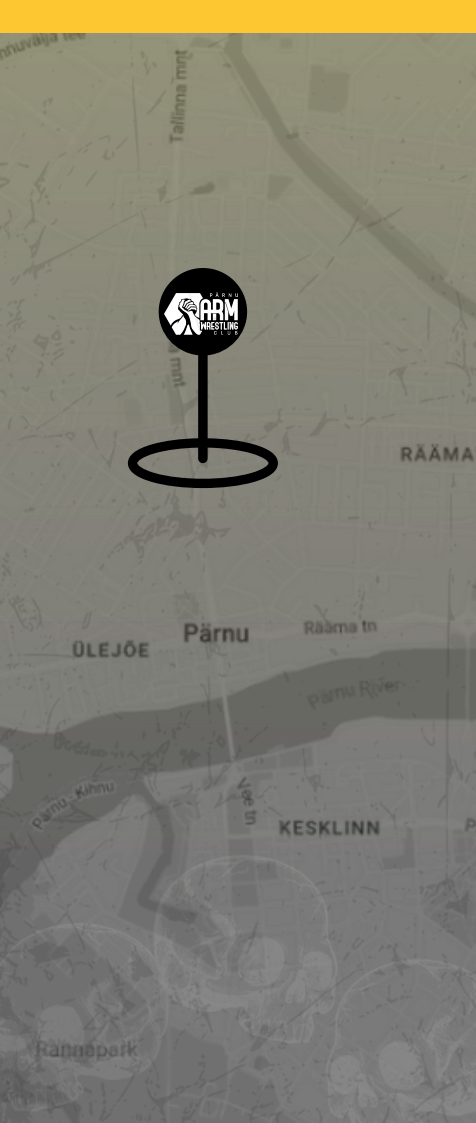
or in Facebook/ Instagram

## **Pärnu Armwrestling Club**

### **Places to stay:**

- Hotel Pärnu (2 km to Venue)
- Vetesina (1.7 km to Venue) (cheapest)
- Viiking SPA Hotel (2.5 km to Venue)
- ESTONIA Spa Hotel (3.5 km to Venue)
- Hotel Emmi (4.5 km to Venue)

These are just some examples, there are many more hotels and apartments that are close by.



## Date

Date of the competition is  
**March 7<sup>th</sup> 2026.**

## Weigh-in / Registration

### Weigh-in will be held on:

- 06.03.2026 18:00 - 20:00
- 07.03.2026 10:00 - 11:30

### Registration:

- Online registration is preferred:

**<https://forms.gle/qjrMxdm2e9FXjDrw8>**

Online registration will be open till  
29.02.2026!

- You can also register on-site.

### Competition fees:

- Senior categories - 15 eur per hand
- Junior categories - 10 eur per hand

### **On-site registering will be 10 eur extra per hand**

Payment can be done by bank-transfer or  
on site

### Bank transfer information:

Name of the recipient: Mittetulundusühing  
Pärnu Armwrestling Club

Bank account nr: EE627700771009713889

Explanation: Competitors' name



# Categories

Beginners: -86 kg; +86 kg

Juniors boys U18: -78 kg; -86 kg; +86 kg

Juniors girls U18: -70 kg; +70 kg

Seniors: -70 kg; -78 kg; -86 kg; -95 kg; +95 kg

Women: -70 kg; +70 kg

- Beginners are those who are at the start of their armwrestling journey and haven't really won anything yet.

- U18 is born 2008 or later.

ID or Passport must be presented on weigh-in

# Rules

Competition will follow IFA rules.

You can find full rule-set on IFA website:

<https://armsportfederation.com/>

Our short version is here:

## **RULE-SET**

Junior competitors need a written permission from the guardian to compete.

# Awards

All categories will receive medals, certificates and sponsor prizes.

For any additional information please contact us:

[parnuarmwrestlingclub@gmail.com](mailto:parnuarmwrestlingclub@gmail.com)

or in Facebook/ Instagram

**Pärnu Armwrestling Club**

