INVITATION
TO
IFA WORLD ARMWRESTLING CHAMPIONSHIPS

26-30 November 2026, Baku, Azerbaijan

International Federation of Armwrestling (IFA), Azerbaijan Federation of Bodybuilding and Fitness proudly invite you to the 2026 IFA World Team Armwrestling Championships.

This spectacular event will bring together 16 teams representing IFA member countries and determine the strongest among them.

IMPORTANT DEADLINES:

Start of an ONLINE REGISTRATION : 1.8.2026

End of an ONLINE REGISTRATION : 30.9.2026

Registration has to contain:

1. Name of athletes for all weight classes:
   Men 70, 86, 95, +95 kg,
   Women 70 kg
2. Pictures of all registered athletes (pictures will be used for promotion of the events and athletes' cards).
3. All above information has to be sent to email: marian.capla@armsportfederation.com
4. First 16 teams will be registered.
5. If during registration time won't be possible to have 16 unique national teams, the other teams from already registered nations can apply (e.g. Poland1, Poland2,…)

ORGANIZER'S COMMITTEE:

Azerbaijan Federation of Bodybuilding and Fitness
Nizami str. 164 B, AZ1010 Baku, Azerbaijan
Phone: +994 12 511 65 33
e-mail: azfbbf@gmail.com

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

VISA applications: jamil.bunyataliyev@gmail.com

Hotel & transportation reservations: jamil.bunyataliyev@gmail.com

Only teams with a complete team roster are eligible to participate in the Championships.

Attendance:
16 national teams are selected into 4 groups.

Based on registered teams, all of them will be divided into 4 baskets based on 2026 results at IFA WCH and IFA ECH.

Four best teams will be in the basked A, next 4 teams in basked B and so on.

Then the selection of the teams into groups will be following:
In the drawing, the one team of each basket goes into one group.

Group 1 – one team from basket A, one team from basket B, one team from basket C, one team from basket D

There is not possible to have two teams from same nation in the one basket.

Drawing will be on the day of the weigh in in front of all team captains.

COMPETITION RULES

TEAMS:

4 male categories - 70, 86, 95, +95 kg
1 female category - 70 kg

All categories are right hand.

All teams are divided into 4 groups as written above.

GROUP PHASE

In group phase there is Round Robin system in each group, which means each Team is playing with all other Teams in the group. This we call GAMES.
Based on this, every Team has 3 GAMES in Group phase.

Example
Group A: Team1, Team2, Team3, Team4

1st round – Team1 vs. Team4, Team2 vs. Team3
2nd round – Team1 vs. Team3, Team2 vs. Team4
3rd round – Team1 vs. Team2, Team3 vs. Team4

In every Game there are 3 matches in each category. The Team who win more matches gets the 2 points for victory. Looser gets 0 poins.

Example
Team1: Puller11, Puller12, Puller13, Puller14, Puller15
Team4: Puller41, Puller42, Puller43, Puller44, Puller45

Matches:
Puller11 vs. Puller41 – 3:0
Puller12 vs. Puller42 – 2:1
Puller13 vs. Puller43 – 0:3
Puller14 vs. Puller44 – 2:1
Puller15 vs. Puller45 – 1:2

Result
Team1 vs. Team4 – 8:7

Points to the table
Team1 – 2 points (score 8:7)
Team4 – 0 points (score 7:8)

At the end of the Group phase two best teams from each group go into quarterfinal:
TeamA1, TeamA2, TeamB1, TeamB2, TeamC1, TeamC2, TeamD1, TeamD2

QUARTERFINALS

TeamA1 vs. TeamD2, TeamB1 vs. TeamC2, TeamC1 vs. TeamB2, TeamD1 vs. TeamA2

Semifinals
Winners from quarterfinal's games
WQ1 vs. WQ2, WQ3 vs. WQ4

3rd place game
LSF1 vs. LSF2

FINAL
WSF1 vs. WSF2

SCHEDULE OF THE CHAMPIONSHIPS:

THURSDAY	**26.11.2026** Teams arrival (all day)
FRIDAY	**27.11.2026** (Golden Coast Hotel)
	09:00 - weigh in all teams 16:00 – drawing of the groups 17:00 – meeting of team managers and referees
SATURDAY	**28.11.2026**
	Competition Events Hall - Elektra Events Hall Day 1 : Group phase on two tables
SUNDAY	**29.11.2026**
	Competition Events Hall - Elektra Events Hall Day2 : Quarterfinals on two tables; Semifinals, 3rd place game, Final on one table
MONDAY	**30.11.2026** Teams departure (all day)

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AWARDS:

INDIVIDUAL CLASSES:

1st, 2nd, 3rd places cup, medal and diploma

FEES:

There is no fees for participation

DRESS CODE – COMPETITORS:

Team shirts are the property of national teams. **ALL TEAM JERSEYS MUST BE**

IDENTICAL IN STYLE AND DESIGN. National federations may decide what to put on them. IFA requires that the name or logo of the country be placed on the back or front of the shirt. The competitor shirt may also have the National Association logo and country flag on them. The jersey may also have the player's name and surname (usually on the back). Sponsor logos can be placed freely. They cannot cover national country logo or name. LONG Sports Pants are also a requirement, **NO Shorts.**

WEIGH-IN PROCEDURE:

Weigh-in day: starts at 09:00 am

Weigh in order will be published at least two-days prior to 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.

PLACE OF THE CHAMPIONSHIPS:

Events Hall -Elektra Events Hall

State flag square

AZ1003 Baku, Azerbaijan

AIRPORT:

Heydar Aliyev International Airport

Baku, Azerbaijan

IATA: **GYD** / ICAO: **UBBB**

TRANSFER:

AIRPORT–HOTEL–AIRPORT

Transfer from the airport to the hotel will provided by organizer.

Contacts for transportation and hotel:

jamil.bunyataliyev@gmail.com

VISA PROCEDURE:

For those of you who need an invitation to be able to get a visa please visit https://visasforazerbaijan.com/

HOTEL INFORMATION:

All teams will be accommodated at the

Golden Coast Hotel.

The Organizer will cover the accommodation costs for athletes from **26 to 30 November 2026**. Each team will be provided with:

- **2 double rooms** for the male athletes, and
- **1 single room** for the female athlete.

Athletes will also receive meals, including **breakfast and dinner**.

Additional persons traveling with the team may also stay at the hotel at the following rates:

- **110 AZN per night** for a **double room**,
- **90 AZN per night** for a **single room**.

Golden Coast Hotel
Mikail Useynov Street 14
Baku AZ1003, Azerbaijan
www.goldencoast.az

Reservations:
Bakhtiar Ibrahimli:
bakhtiyaribrahimli@gmail.com

jamil.bunyataliyev@gmail.com

Distance to Heydar Aliyev International Airport: on car 30 - 40 minutes (about 30 km)

This modern 3-star hotel with views of the Caspian Sea is located in Baku. It features an indoor pool, a fitness center and a spacious spa.Guests can enjoy regional and international specialties at the Golden Coast Hotel's restaurant.In addition, you will enjoy a wide selection of drinks, which you can order at the bar and on the outdoor terrace.The spacious, air-conditioned rooms are decorated in a classic style. They feature a TV with satellite channels, a seating area and a private bathroom with slippers.The spa area includes a sauna, steam room and massage room. The Old Town is 3.5 km from the Golden Coast Hotel, and the National Flag Square is just 550 meres away. Free parking is available on site.

PROMOTION AND MEDIA

The Championships will be covered and broadcast on television.

By participating in the event, all athletes consent to the use of their image, likeness, and name for the promotion of the Championships. They also agree to provide photographs and any other materials required for the preparation and implementation of the promotional campaign.

ORGANIZATIONAL COMMITTEE:

International Federation of Armwrestling

Hegibachstrasse 47
8032 Zurich, Switzerland
marian.capla@armsportfederation.com

Azerbaijan Federation of Bodybuilding and Fitness

Nizami str. 164 B, AZ1010 Baku, Azerbaijan
Phone: +994 12 4930081

President, Organizer
Rauf Bunyataliyev
azfbbf@gmail.com

PRESS OFFICE:

Anna Mazurenko

anna@mazurenko.pl

ABOUT BAKU, AZERBAIJAN

Azerbaijan is a ten-million-strong country located at the crossroads of Europe and Asia, on the shores of the Caspian Sea. It is a land of fire and contrasts, where East meets West and modernity blends with a rich history. The country captivates with the futuristic architecture of its capital, Baku, as well as the picturesque landscapes of the Caucasus Mountains. Known for its oil and gas production, Azerbaijan is also rapidly developing its tourism and technology industries.

In recent years, Azerbaijan has become an important destination on the global sports map. With its modern infrastructure, strategic location, and the warm hospitality of its people, it is an ideal venue for hosting international sporting events.

Baku's international airport, offering connections to numerous countries, ensures easy access for athletes and fans from around the world. High-class hotels, professional services, and a well-developed transportation network make organizing sporting events in Azerbaijan

highly convenient and efficient.

Baku – The Pearl of Azerbaijan on the Caspian Sea

Baku, the capital of Azerbaijan, is a dynamic and modern city that mesmerizes with its contrast between history and futuristic architecture. Located on the shores of the Caspian Sea, it is the largest city in the Caucasus region and one of the most important cultural, economic, and sporting hubs in this part of the world.

Modernity and Tradition

Baku seamlessly blends the oriental charm of the Old City (Icherisheher), a UNESCO World Heritage site, with modern skyscrapers such as the Flame Towers. Walking through the historic streets, visitors can admire landmarks like the Palace of the Shirvanshahs, the Maiden Tower, and bustling bazaars filled with the aromas of spices and local delicacies.

On the other hand, the modern district is known for its bold architecture, symbolized by the futuristic Heydar Aliyev Center, designed by Zaha Hadid. The city pulses with life thanks to its numerous art galleries, museums, and major cultural and sporting events.

Baku – A City You Must See

Baku is a city that fascinates at every turn—from the historic streets of the Old City to the vibrant seaside boulevards and the stunning skyscrapers that symbolize Azerbaijan's modernity. Whether you are a history enthusiast, a culture lover, a sports fan, or an admirer of cutting-edge architecture, Baku has something special for you.