



# Guidelines To Hosting The Canadian National Arm Wrestling Championships (CAWF)



**“Remember the Spirit”**

## **Date of the Event:**

The National Championship must always be held on Canada Day Weekend (first weekend in July), or as close to it whenever possible. Only the CAWF Executive can change the dates of the Championships by a majority vote of the CAWF Executive Committee.

The event begins on Friday evening and runs until completion on Sunday.

## **Host Hotel:**

The host hotel must be able to offer the following:

- Adequate space to provide lodging to all officials and competitors, preferably held in a block with a time frame to accommodate for bookings.
- Competitive rates for the weekend (Fri-Mon) for the competitors, CAWF officials and executive committee, staff, volunteers and the families of the aforementioned.
- Hotel should be close to, if not inclusive of the rooms required to run the event as well as the competition venue
- Negotiations with hotel should allow for complimentary rooms as well as complimentary meeting and weigh-in rooms.
- It is the responsibility of the hosts to arrange for transportation of officials, from airport to hotel and from hotel to event venue if different from hotel.
- Athletes are responsible for their own transportation to and from the event.

## **Rooms & Personnel Required for the Event:**

**Competition Venue must offer the following:**

- Large enough to seat a minimum of 500 people
- A 16' x 40' x 12" high stage with **wheelchair access**
- The venue and washrooms must be accessible.
- 4-6 tables for scorekeepers and announcers (and chairs)
- Tables to display all the awards for each day
- Electrical service adequate for several laptop computers and a PA system
- A PA system appropriate to the room size
- An area to hang all the CAWF banners
- Concessions with food and drinks
- Ice water for officials
- 2 chalk stations for competitors



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## **Weigh-In / Registration Room:**

- A separate room must be provided for weigh-ins and registrations starting Friday evening at 4 pm (starting with CAWF Executive and Board of Directors) until Saturday at 6pm
- Approximately 800 square feet
- Privacy barrier to separate the scales from each other and the registration area
- Two scales that have been certified as accurate
- 4-6 tables and several chairs for officials
- 1 file folder for each class
- Printer capable of printing 8.5x11 paper (with paper)
- 650 adult entry forms and 200 junior entry forms. *Assorted color paper for the different classes. (Example: white for Senior classes, Grey for Master, Grand Masters, Disabled, Light green for Juniors)*
- *If not using paper, then you must have experienced people to enter the information into the computer system for registration. The Head Scorekeeper and staff will help support this process as well on the Friday weigh ins.*
- 2 men and 2 women to work on a rotating basis to weigh in competitors
- There must be gender matching when weighing in athletes (e.g. females weigh-in females)
- 2 people to cover registration
- 1-2 people to separate forms into respective class folders. *Each class must have a folder to hold the entries for that class (or input into the computer program)*
- Persons doing weigh-ins must be familiar with CAWF weigh-in policy and procedures
- Junior competitors must be weighed in by a person of the same sex and are forbidden to strip down to make weight. They are given a 1kg clothing allowance to compensate for this.

## **Mandatory Weight classes will be as follows (Updated 2025): (age classes are your age at the end of the calendar year of the competition)**

- Senior Classes Men's Right and Left: 60kg, 65kg, 70kg, 75kg, 80kg, 85kg, 90kg, 100kg, 110kg, 110+kg.
- Ladies Right and Left: 55kg, 60kg, 70kg, 80kg, 80+kg.
- Master's (40yrs+) Men's Right and Left: 70kg, 80kg, 90kg, 100kg, 100+kg
- Master Ladies' Right and Left: 70kg, 80kg, 80+kg
- Grand Masters (50yrs+) Men's Right and Left Hand: 75kg, 90kg, 90+kg
- Senior Grand Masters (60yrs+) Men's Right and Left Hand: 80kg, 90 kg, 90+Kg
- Para Men's Right and Left: 75kg, 75+kg
- Para Ladies Right and Left Open



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- Junior Classes: Mixed (10 yrs and under) 40kg, 40+kg Girls (12 yrs) open Girls (14 yrs) 60kg, 60+kg Girls (16 yrs) 65kg, 65+kg Girls (18 yrs) 70kg, 70+kg Boys (12 yrs) open Boys (14 yrs) 65kg, 65+kg Boys (16 yrs) 70kg, 70+kg Boys (18 yrs) 70kg, 80kg, 90kg, 90+kg

***\*Additional weight classes may be introduced based on entries taking into account both age and weight to promote fair and safe competition – Host to discuss with CAWF Executive when adding additional classes.***

### **Room for Annual General Meeting:**

The CAWF Annual General Meeting takes place on Friday from 6pm until 9pm. A room within the host hotel must be provided with the following:

- Tables and chairs to accommodate a minimum of 15 people
- Water for the meeting
- Food or snacks if possible

### **Room for Referee Seminar:**

A room is required for Saturday evening at 6pm for a referee seminar. This can also be held in the competition venue if a private setting can be guaranteed.

The following criteria should be met:

- Approximately 600 square feet
- 2 armwrestling tables for practical testing
- 6 tables, 6 feet in length
- Chairs for 15 people

### **Revenue:**

#### **Entry Fees:**

The host of the event is responsible for all financial costs of hosting the event. There is an entry fee that the host collects from the competitors in the event:

**\$80 per class (per arm) in the senior, masters, grand masters, and para-athlete divisions.**

**\$40 per class for the youth division.**

#### **Sponsorship:**

Sponsors help offset the costs of running the event. The CAWF will announce the sponsors throughout the day if the information is provided.



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## **Merchandise:**

The competitors enjoy purchasing event merchandise. It is up to the hosts to decide if they want to have merchandise. The responsibility and the subsequent revenue from merchandise is that of the host. Type and quantity of merchandise offered is the decision of the host (examples T-shirts, mugs, hats, etc.)

## **Expenses:**

### **Officials Required:**

The host is required to provide the cost for referees and scorekeepers. These officials will be appointed by the Referee in Chief and the Head Score Keeper of the CAWF:

9 officially sanctioned CAWF referees for competition at \$800 each (determined based on expectation of entries for event)

\$800 for the head scorekeeper

\$600 each for 2-3 additional scorekeepers

Individual accommodations for the 9 referees and 3-4 scorekeepers over the 3 nights of the event (**EFFECTIVE 2027 Nationals**)

***\*The number of officials and score keepers can change depending on the projected number of athletes competing***

Official Videographer – room for 3 nights and \$500 (CAWF will help cover the \$500)

Official Master of Ceremony: A Master of Ceremony is an important aspect of the tournament. This person must have knowledge and background of arm wrestling to accurately represent the sport and its competitors. Expenses for the MC will be covered by the host.

## **Awards:**

The following awards are the responsibility of the host:

- Medals for 1st through 3rd in all categories, suitable of a National Championship
- Youth Team Award based on tallied points
- Award for Best Match of the Day (optional by host)
- Award for Most Sportsmanlike Competitor (optional by host)

## **Equipment:**

The host will be responsible to provide the following:



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- 4 CAWF certified arm wrestling tables
- 2 tables for competitors to warm up on
- 2 risers for each table
- Chalk and 2 chalk stands
- 2 Approved and calibrated scales
- Sound system which will carry throughout the venue
- 3-4 hand held microphones

## **Procedures and other information:**

### **Schedule of Events:**

<b>Friday</b>	4 pm – 5 pm	Weigh-ins -Executive and Directors
	5 pm-10 pm	Weigh-Ins (All Competitors)
	6 pm-9 pm	AGM (Executive, Directors and Delegates)
<b>Saturday</b>	10 am – 6 pm	Weigh-ins – Day 2 (Senior Open Classes)
	9:30 am	<b>Opening Ceremonies</b> – National anthem, Provincial parade in, any VIP speeches
	10 am	<b>Start of Tournament</b> – Juniors start to finish  Hand out awards for juniors  Commence Masters, Grand Masters, etc. commence  Awards ceremony upon completion of the competition
	6 pm (Completion of Saturday tournament)	Referee Seminar
<b>Sunday</b>	10 am	Start of Open Tournament



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		Awards ceremony will commence upon completion of the tournament, including overall team award
	8pm	After Party

## Day 1 Opening Ceremony Outline

**Date:** [Insert Date]

**Time:** [Insert Time]

**Location:** [Insert Venue Name]

**Host:**

### 1. Welcome & Opening Remarks

**Presenter:** MC or Host

- “Good morning, everyone, and welcome...”
- Acknowledge the excitement, participation from across Canada, and thank all partners:
  - Organizing committee and volunteers
  - Provincial Organization
  - CAWF
  - Sponsors
  - Family, fans, and community

### 2. Parade of Provinces / Athlete Introduction

**Presenter:** MC or Announcer

- Introduce provinces/territories one by one as two athletes from each region walk in to be acknowledged.

*Optional: Background music or upbeat instrumental during introductions.*

### 3. Land Acknowledgement

**Presenter:** MC or Designated Speaker



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- Deliver full Land Acknowledgment
- Emphasize values of inclusivity, reconciliation, and unity

## 4. National Anthem – O Canada

### Instructions to Audience:

- “Please rise if you are able for the singing/playing of our national anthem.”

*Live singer or instrumental track as preferred*

## 5. Opening Speeches & Introductions

- **CAWF President or Vice President:** National welcome & sport vision
- **Head scorekeeper or Rep:** Introduction of scorekeepers
- **Referee in Chief:**
  - Introduction of referees
  - Safety, sportsmanship, and key expectations

## 6. Tournament Format Announcement

### Presenter: MC

- **MC:** Review of flow of traffic on stage & competition logistics
- **Morning Session:**
  - Begin with Youth Classes (Right Arm)
  - Progress through all youth categories to finals
  - Awards presented immediately after each class finishes

### Break between Youth and Adult Classes Sessions: CAWF Special Awards Presentation

### Presenter: President or Vice President of CAWF

- **John Miazdyk Award**
- **Hall of Fame Inductees**
- **Afternoon Session (Post-Break):**



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- Start with Senior Grand Masters
- Continue with Grand Masters, Masters, and Para Classes
- All right-arm matches, run to completion
- Awards presented per class after finals

*Warm-up and staging areas to be briefly reviewed.*

## **7. Official Declaration of Opening**

**Presenter:** MC or CAWF President

- **"On behalf of the Canadian Arm Wrestling Federation and the Provincial Arm Wrestling Association...  
I now declare the Canadian Arm Wrestling National Championships officially open!"**

*Cue music, crowd applause, energy builds into the first matches!*