

**Canadian Armwrestling Federation**  
**DRAFT ANNUAL GENERAL MEETING**  
**Friday, July 4, 2025 6:00 p.m.**  
**Comfort Suites Inn Regina**  
**4300 Diefenbaker Drive, Regina, SK, S4X 0M2**

Ryan Espey calls meeting at 6:00 p.m.

AGENDA

1. Roll Call

- a. Ryan Espey, President
- b. Vivian Santos, Secretary/Treasurer, MB
- c. Earl Wilson, ON
- d. Marc-Andre Campeau, QB
- e. Vince Squires, MB
- f. Logan Sowers, NB
- g. Rick Pinkney, Assistant Referee in Chief, NS
- h. Solomon Latimer, SK
- i. Mike Dumas, PEI
- j. Rob McNamara, NB
- k. Anthony Dall'Antonio, Communication Director, BC
- l. Kalen McCormick, Yukon
- m. Jason Tibook, AB
- n. Dave Knox, Referee in Chief, ON
- o. Tracey Arnold, Vice President, Acting Chair of E.A.C, SK

2. Approval of Draft Agenda. Amended to bring 2027 bids after financial statements and renumbered.

Moved by Tracey Arnold, seconded Dave Knox - carried.

3. Motion to approve minutes of the annual general meeting June 28, 2024.

Moved by Mike Dumas, seconded Jason Tibook - carried.

4. For information review of minutes of the bi-annual meeting January 30, 2025.

5. Motion to approve Financial Statements year ended February 28, 2025.

Moved by Mike Dumas, seconded Jason Tibook - carried.

6. 2027 Canadian National Armwrestling Championships Bids.

Frazier Benoit from Black Falls, Alberta presented a verbal bid. Hosted provincials, 256 entries, great venue, Anthony and Tracey attended. Would like to step up to do Canadian Nationals for 2027. Transportation to and from Black Falls is a bit of an issue. Referees will have sponsored vehicles. Shuttle bus from Calgary to hotels and must fly into Calgary as there are no shuttles from Edmonton. Sponsorship funds by Red Deer Tourism. Venue is new building in Black Falls. Hotel only has 63 rooms, and overflow at the Casino Hotel in Red Deer which is 15 minutes drive.

Does not want to create division amongst armwrestlers, understands that there is a WAF Qualifier Nationals being held in Ottawa Ontario, possibly May 2027.

Conflict with dates, move away from the July long weekend. Ryan suggests approving and then adjusting as we go, possibly at the bi-annual January 2026. Heard WAF there must be a national qualifier, and May was the date. Whoever was in charge in Canada set the date. Conflict in the CAWF nationals if Ottawa hosts WAF nationals. Question was posed about who sets the costs of entry per arm. Confirmed it is the board of directors of CAWF. Something to be discussed to increase. Provincials \$50 and \$30 for youth. An increase will help out with the expenses. Hope to have packages ready before bi-annual meeting held in January 2026.

**MOTION to accept Frasier Benoit's verbal bid to host 2027 Canadian National Armwrestling Championships in Black Falls, Alberta.**

Moved by Mike Dumas, seconded by Dave Knox - carried.

7. Ratification of amendments to the Constitution.

Discussion around appropriate team uniforms. It was brought up that "booty shorts" should not be allowed, however it is hard to define what is acceptable shorts. To keep things simple, long pants should be the only thing acceptable. Informal vote to keep shorts. Shorts and pants were both supported.

**MOTION to amend Page 18, Article 22, Section 8. Dress code. Add the following after black athletic shorts: "and/or shorts or pants that are part of a provincial team uniform". Delete the sentence "All types of athletic shoes or sandals are acceptable." and amend as follows: "Closed toe shoes and/or footwear are acceptable". All other amendments are accepted and ratified.**

Moved by Solomon Latimer, seconded Marc-Andre Campeau - carried.  
Earl Wilson in opposition.

8. E.A.C Report

A few incidents have occurred throughout the year. Unfortunately the incidents usually involve police or cannot attend tournaments where there is youth attendance. Do need to have an E.A.C committee and have support. Should not fall on CAWF executives, but it could. If we need to make changes, the policies need to be updated. V.P would sit as reviewer along with the E.A.C committee, the CAWF would institute disciplinary action. Hard to do that, and need an impartial review. Or CAWF can still review. Lots need to still be ironed out.

It was agreed that the Acting E.A.C would work with a small sub-committee to come up with a proposal for the board of directors review. Earl Wilson agreed to participate in the sub-committee.

9. Referee-in-Chief Report

Four provinces did referee clinics: QC, ON, MB, AB. Alberta: 6 Level 1; 2 Level 2. Quebec 6 Level 1. NB Level 2. Manitoba 1 Level 2; 4 Level 1. Ontario 1 Level 3; 4 Level 2; 13 Level 1

Discussion about a raise in honorarium for all referees and officials, including everyone that does score sheets. It should be \$400 a day and a hotel room to themselves. Possibly could share the rooms with another referee. Each referee would be \$200 more. Scorekeepers get paid \$600. An extra \$2000 honorarium, plus hotel rooms. Referees are not attending to make money, it is to assist with

expenses and to break even when attending Nationals. The CAWF covering the expenses for flights is separate and was already discussed at the bi-annual. There are concerns for the provincial host as it will impact their budget. Idea to table discussion for bi-annual. Reminded that this had already been tabled from last year's AGM. Hotel costs vary from province to province. The idea of an administration fee to the provincial host helps offset these costs. Charge the athlete \$10 to offset the costs. This is being done at the provincials to take the load off from the promoter.

**MOTION to increase the honorarium to \$400 a day for all referees and officials.**

Moved by Dave Knox, seconded Solomon Latimer - carried.

Further discussion about hotel rooms. Depending on the province, some provinces have very high room rates, so need to consider athletes will all bunk in the referees room to save on costs. Some hotels rely on bookings, so you cannot stack the rooms.

**MOTION that is effective for 2027 Canadian Nationals referees, officials and scorekeepers get a hotel room for themselves (limited sharing of the room to only one additional person).**

Moved by Dave Knox, seconded Rick - carried.  
Vincent Squires in opposition.

**MOTION to increase fees \$80 per arm for adults \$40 per arm for youth to be effective as of the 2026 Canadian National.**

Moved by Solomon Latimer, seconded Mike Dumas - carried.

Discussion to implement that referees from other countries can go for a level equal to what they have - up to level 3. There are more people moving to Canada and they are from IFA and WAF referees. If they are lvl 3 or masters in another country, they can go straight to test for the lvl 3 and score accordingly. What about the referees with TCAF and some other North America designation. Does not want to include them, only wants to take in new citizens.

**MOTION to allow new citizens with their Level 3 or Masters in another country to test for their CAWF Level 3 designation and score accordingly.**

Moved by Dave Knox, seconded Rick - carried.

**10. Provincial Reports**

**a. British Columbia**

Not a lot has changed from last year. Annual 5 events. Butcher has taken on the job for provincials. Numbers and participation are the same.

**b. Alberta**

All classes have gone up, women are down. A lot of leagues, a lot of privatizations of leagues. Lots of new members trying to do more private events.

**c. Saskatchewan**

Had the biggest provincials ever 159 entries. Clubs around the province are growing. Saskatoon and Estevan are up a lot. Very successful provincials and reffing. Few extra tournaments to raise money for the nationals. Women stay the same. SK bar is very strict with kids. Going

forward, trying to be more family friendly. Try to tie it in with other sports and cultural events to host tournaments and more eyes and support. Strongman comp and try to introduce armwrestling. Man/Sask every year and want to expand to other provinces, BC and AB. do a 4 provincial cup. Best of the best in each province. Just like the Atlantics. Do an East vs West but Canadian version.

d. Manitoba

MAWA focused on strengthening its governance, operational structure, and alignment with the Canadian Armwrestling Federation. We are proud to report that significant amendments were made to both the Constitution and bylaws to address long-standing concerns such as asset management and to more clearly define the elements of organized armwrestling. These changes bring MAWA closer in alignment with the CAWF Constitution and other jurisdictions. Provincials were average in attendance. New clubs in southern Manitoba, and getting the new pullers to the City of Winnipeg.

e. Ontario

Provincials were down, under 400. Implement a strict code of conduct. Implement a laminated business card with name, ID number bottom at the card, possibility to fix scorekeeping issues, try to get some feedback from other professional scorekeeping, maybe get an app. Got the website going. Implement youth puller of the year - male and female. Lottery structure for armwrestlers at provincials. In northern Ontario there is now northern provincial qualifiers for Nationals.

f. Quebec

Provincials 627 entries. 3 big changes for the provincials. Saturday was the open, Sunday was masters, grandmasters, youth. Finish all classes to the end, no finals. More junior classes, similar to nationals. Girls 13/15 two class, first 16/18 two class, guys 13/14 two class, boys 15/16 4 class, 16/17 5 class, boys 17/18 5 class. Very good for spreading it out. Over 20 promotions around Quebec, festivals and events. Still needing more referees with CAWF creates more competitions. Still around for another year, and nobody wants to take his place.

g. Newfoundland (fyi) no report.

h. New Brunswick

Last provincials had the best turnout. Now 5 clubs with 1 in St. John opening up. Several tournaments every year. Did have a lot of super match events. Like to see more referees in NB because they rely on NS alot. Consistent steady rise of new members.

i. Nova Scotia

Clubs are growing. New club starting and is going great. New website and can do online registrations for Provincials and Atlantic Canadians. There are discounts for signing online. NB won the team trophy for the first time in 19 years. Provincials was down in number but nothing too alarming.

j. PEI

Pretty steady and did Atlantics, it was fantastic. New clubs going up. About 40 pulls on the island. Still very new and not comfortable going to tournaments. Trying to get into the schools, and work with the school board. With Thomas going to high school there is a lot of exposure. Working with Strongman competitions to get into that event. Need to look into insurance. Not a lot of women.

k. Yukon (fyi)

Difficult due to territorial funding. Need to get a designation to get funding. Last time it was done was 25 years ago. Money mostly is a challenge. Where we live it is hard to get to tournaments. Only one other armwrestler. Got in with another event, disc golf is allowing an armwrestling tournament and helps front the costs. Other venues want insurance, could use CAWF insurance. Work with CAWF.

11. New Business

a. Proposing to amend the appropriate section of the constitution where venues for Nationals should be accessible, including stages (Tracy Arnold).

Already in the constitution and in the hosting guidelines. There is a push in para-sports. And there is funding for it. For this year nationals, trying to capture the disability.

b. Weigh-ins times for Nationals (Rick Pinkney).

Keep Saturday 10:00 a.m. - 6:00 p.m. weigh-ins for Sunday competitors. Want to take all the entries on Friday only for Saturday competitors and post it on Saturday morning to review - it will allow competitors to review and ensure they are in the right classes. Making the draw sheets when there are weigh-ins between 8:00 - 9:00 a.m. on Saturday morning, is very challenging and usually delays the start of the Saturday competition. A question was posed about flights that are delayed. It was agreed that there are exceptions to the rules.

**MOTION that effective 2026 Canadian Nationals to get rid of Saturday morning 8:00 a.m. to 9:00 a.m. weigh-ins for Saturday competitors. Revise Friday weighs-in to be between 5:00 p.m. until 10:00 p.m. for Saturday competitors.**

MOVED by Rick Pinkney, seconded Solomon Latimer - carried.

c. E.A.C's structure and authority, along with the question of provincial disciplinary powers (Tracey Arnold).

Discrepancy about who was involved. After reviewing the E.A.C and the updated the policy and processes, there are gaps btw the EAC and CAWF. Once a decision is made, who enforces it? Sitting V.P. Appeals on cases, VP would assist. Would like E.A.C back with support from CAWF. Are provincial policies in place? Created to help with the flow of the provincial bodies aligned with the E.A.C and CAWF. Power at provincials for implementation at provincials and appeals at National level. Need to have CAWF take it all or partially with E.A.C. Bring volunteers into E.A.C that have the education and background. No other armwrestling organization has an E.A.C. Decisions should not fall on one person of the Executive.

Previous E.A.C took all the historical documents away (such as suspension decisions were made) and have not been able to recover them. Too costly to take legal action. Should be within and coordinate and pick 3 ppl that are not in the province where the complaint came from. Education would continue to flow provincially to create expectations. For

CanSport, we need to recognize we are doing E.A.C. It was interesting that they had voting powers in armwrestling. It suggests that the appeals should be at the provincial level with notification to CAWF. Need a standard across the province. 3 members for EAC were across Canada. If there is police involved, then the suspension is held until the police issue is rectified.

Inter provincial discussions need to exist of suspensions so that it can be upheld in other provinces. Do we uphold suspensions from another province the next. Then everything needs to come to the CAWF. CAWF can manage the communications. Provisional suspension exists only and is only upheld at sanctioned events.

Need to have a few ppl on the CAWF board to review E.A.C and come up with a proposal for CAWF board of directors consideration. Earl Wilson offered to assist.

- d. Administrative fee per person around \$10 collected the national table to help offset costume referees and administrator personnel (Earl Wilson).

Discussed and dealt with earlier. No further action required.

- e. Hotel & Airfare recovery costs in the amount of \$500 for each Secretary-Treasurer, Vice President & President to assist with travel costs to prepare for and attend Annual General Meetings. (Vivian Santos)

Discussion that in the last 5 years as Secretary/Treasurer, costs have risen tremendously such as airfare and hotels. Similar cases were made by the referees about added cost. As well, in the constitution it is stated that the Secretary-Treasurer and President is compulsory to the AGM in person. It is important to note that the Vice-President acts as President when he/she is not available. Concerns about double dipping for President and V.P. who are referees and officials. It is not an issue because the reimbursement is from CAWF account and the honorariums are paid from the provincial host of nationals.

**MOTION that \$500 will be expensed from the CAWF bank account to the Secretary/Treasurer, President and Vice-President to assist with escalating travel costs, such as airfare and hotel, to attend and host the annual general meetings.**

Moved by Vivian Santos, seconded by Earl Wilson - carried.

- f. Newfoundland Arm Fighting League Inc. - membership (Ryan Espey).  
Letter from Perry Brauhm about the name and its representation of armwrestling in Newfoundland. It was noted that they still need to pay for the membership fee to have a vote but can attend meetings.

**MOTION to accept the league as a representation of the CAWF in Newfoundland.**

Moved by Rick Pinkney, seconded Earl Wilson - carried.

- g. Discussion around low membership provinces / territories and fees to CAWF (Ryan Espey).

Discussion around if the province has less than 20 members, cut the fee in half or maybe less. Must be a threshold to impose a membership fee. \$50 was proposed. The territory is part of Canada, it is very cost prohibitive to travel. There was an idea to waive the fee because it is important for these smaller groups to be part of the discussion.

**MOTION to add a new section 2 in Article 19: Application for the CAWF Membership the following: “In recognition of the cost barriers faced by some territories and provinces due to limited athlete participation, membership fees for Yukon, Northwest Territories, Nunavut, and Newfoundland shall be waived for the years 2026 and 2027, with a re-evaluation to take place in 2027.” All other sections will be renumbered accordingly.**

Moved by Rick Pinkney, seconded by Solomon Latimer - carried.

12. Adjournment 8:13 p.m.