



**XXX EUROPEAN ARMWRESTLING CHAMPIONSHIP**

**XXIII EUROPEAN PARA-ARMWRESTLING CHAMPIONSHIP**

**23.10.2021 – 01.11.2021, VILNIUS – LITHUANIA**







Dear EAF Members,

The European Armwrestling Federation (EAF) would like to officially invite you as an EAF member country to attend the **30<sup>th</sup> European Armwrestling Championship and 23<sup>rd</sup> European Para-Armwrestling Championship**, which will be held in **Vilnius – LITHUANIA**, from **23<sup>rd</sup> of October to 1<sup>st</sup> of November 2021**.

**2021 European Armwrestling & Para-Armwrestling Championship** will be hosted by **Lithuanian Armwrestling Federation** represented by President Vydas Mykelonis. They prepare to receive over 30 participating countries and over 1000 competitors and participants.

Teams are expected to make arrangements for receiving the VISA for each member of their team if is necessary. Once your visa has been approved, you need to contact the Lithuanian organizing team to make transportation and hotel arrangements.

You will find all the information you require in this package, should you require further information please do not hesitate to contact us at [vilnius.anna@gmail.com](mailto:vilnius.anna@gmail.com) (Russian, Polish, English) or [mircea@waf-armwrestling.com](mailto:mircea@waf-armwrestling.com) (English, Russian).

**Please respect the following deadlines:**

<b>Start date for online registration:</b>	<b>20 September 2021</b>
<b>Visa application:</b>	<b>10 October 2021</b>
<b>Hotel and transfers reservation:</b>	<b>10 October 2021</b>
<b>End of online registration:</b>	<b>10 October 2021</b>
<b>Para-Armwrestling Classification files:</b>	<b>10 October 2021</b>

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## Appendix A

# CHAMPIONSHIP SCHEDULE

### 23.10.2021 Saturday

Teams Arrival

### 24.10.2021 Sunday

09<sup>00</sup> Team Registration  
10<sup>00</sup> Referee Seminar  
12<sup>00</sup> Classification Seminar  
16<sup>00</sup> EAF Congress Meeting

### 25.10.2021 Monday

08<sup>00</sup> Classification & Weigh-in for not confirmed Para-athletes.  
09<sup>00</sup> Weigh-in for sub-junior15, junior18 and youth 21.  
14<sup>00</sup> Technical Meeting

### 26.10.2021 Tuesday

09<sup>00</sup> Opening Ceremonies  
09<sup>30</sup> 1st Competition Day, left hand for sub-junior15, junior18 and youth 21.  
16<sup>30</sup> Finals & Awards, Doping

### 27.10.2021 Wednesday

09<sup>00</sup> Weigh-in for Masters & confirmed Para athletes  
09<sup>30</sup> 2nd Competition Day, right hand for sub-junior15, junior18 and youth 21.  
16<sup>30</sup> Finals & Awards, Doping

### 28.10.2021 Thursday

09<sup>30</sup> 3<sup>rd</sup> Competition Day, left hand for all master classes and para classes.  
16<sup>30</sup> Finals & Awards, Doping

### 29.10.2021 Friday

09<sup>00</sup> Weigh-in for Seniors  
09<sup>30</sup> 4<sup>th</sup> Competition Day, right hand for all master classes and para classes.  
16<sup>30</sup> Finals & Awards, Doping

### 30.10.2021 Saturday

09<sup>30</sup> 5<sup>th</sup> Competition Day, left hand for Seniors  
16<sup>30</sup> Finals & Awards, Doping

### 31.10.2021 Sunday

09<sup>30</sup> 6<sup>th</sup> Competition Day, right hand for Seniors  
16<sup>30</sup> Finals & Awards, Doping  
21<sup>00</sup> Closing Ceremonies

### 01.11.2021 Monday

Team's departure



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## Appendix B

# OFFICIAL AGE GRUPS AND WEIGHT CLASSES

## ARMWRESTLING WEIGHT CLASSES (kg)

SUB-JUNIOR 15 (16) BY: 2007, 2006, 2005	M	-45	50	55	60	65	70	+70 kg				
	F	-40	45	50	55	60	70	+70 kg				
JUNIOR 18 (19) BY: 2004, 2003, 2002	M	-50	55	60	65	70	75	80	+80 kg			
	F	-45	50	55	60	65	70	+70 kg				
YOUTH 21 (22) BY: 2001, 2000, 1999	M	-55	60	65	70	75	80	85	90	+90 kg		
	F	-50	55	60	65	70	+70 kg					
SENIOR BY: all ages	M	-55	60	65	70	75	80	85	90	100	110	+110
	F	-50	55	60	65	70	80	90	+90 kg			
MASTERS 40+ BY: 1981 - 1972	M	-60	70	80	90	100	+100 kg					
	F	-60	70	80	+80 kg							
GRAND MASTERS 50+ BY: 1971 - 1962	M	-70	80	90	100	+100 kg						
	F	-60	70	80	+80 kg							
SENIOR GRAND MASTERS BY: 1961 ...	M	-70	80	90	100	+100 kg						
	F	-60	70	80	+80 kg							

## PARA-ARMWRESTLING WEIGHT CLASSES (kg)

Physical (PID) sitting	M	-55	65	75	+75 kg		
	BY: all ages F	-65			+65 kg		
Physical (PIU) standing	M	-60	70	80	90	+90 kg	
	BY: all ages F	- 65		+ 65 kg			
Youth 24* Physical (PIU)	M	-55	+55 kg				
	BY: 1997, 1998, 1999... standing F	-50	+50 kg				
Physical (PIDH) sitting	M				-80	+80 kg	
Physical (PIUH) standing	M				-85	+85 kg	
Visual (VI) standing	M	-60	70	80	90	100	+100 kg
	BY: all ages F	-60	70	+70 kg			
Hearing (HI) standing	M	-60	70	80	90	100	+100 kg
	BY: all ages F	-60	70	+70 kg			

**BY:** Birth Year

**PID:** Physical Impairment athletes, sitting

**PIU:** Physical Impairment athletes, standing

**PIDH:** Physical Impairment athletes with upper limbs impairment, sitting

**PIUH:** Physical Impairment athletes with upper limbs impairment, standing

**VI:** Visual impairment athletes, standing

**HI:** Hearing impairment athletes, standing

**M:** Male **F:** Female

**\*:** only this year

## AGE GROUPS

2007 – 2005	2004 – 2002	2001 – 1999	All years	1981 – 1972	1971 – 1962	1961, 1960, ...
Sub-Juniors 15 (16) (K, KW)	Juniors 18 (19) (J, JW)	Youth 21 (22) (Y, YW)	Seniors all ages (M, W)	Masters 40+ (V, VW)	Grand Masters 50+ (GV, GVW)	Senior Grand Masters 60+ (SGV)

Seniors all ages (M, W)



## Appendix C

### TRAVEL INFORMATION



### GETTING TO VILNIUS

#### By plane:

**Vilnius Airport**



International Vilnius Airport (VNO)

<http://vno.lt/en/>

#### By car:

Driving distance from Vilnius to:

Bratislava	1.150 km	Istanbul	2.670 km	Paris	2.040 km	Sofia	2.100 km
Bucharest	1.800 km	Kiev	720 km	Prague	1.140 km	Tallinn	600 km
Budapest	1.180 km	Minsk	190 km	Riga	300 km	Warsaw	460 km
Frankfurt	1.550 km	Moscow	950 km	Roma	2.280 km		

#### By Train: [www.litrail.lt](http://www.litrail.lt)

**You can arrive in Vilnius straight from these countries:** Russia, Belarus, Ukraine, Poland, Latvia, and Kaliningrad. You can come to Vilnius from other European Countries if you change trains in Warsaw.

#### By Bus: [www.eurolines.lt](http://www.eurolines.lt), [www.ecolines.lt](http://www.ecolines.lt), [www.luxexpress.eu/lt](http://www.luxexpress.eu/lt)

**There are direct buses to Vilnius from the following countries:**

England, Austria, Belarus, Belgium, Bulgaria, Czech Republic, Estonia, Greece, Spain, Italy, Latvia, Poland, Holland, France, Russia, Slovakia, Switzerland, Ukraine, Hungary, Germany.

International routes and schedules are available at:

#### By Ferry: [www.krantas.lt](http://www.krantas.lt), [www.bts.lt](http://www.bts.lt)

**Via Klaipeda.** Klaipeda is located, about 320 km from Vilnius.

You can come to Klaipeda by ferry from: Kiel (Germany), Zasnica (Germany), Karlshamn (Sweden).



## A large, ornate Gothic church with multiple spires and a red-tiled roof, illuminated at dusk. The church features intricate brickwork and tall, slender towers. The sky is a deep blue with some clouds, and the overall scene is bathed in the warm light of the setting sun.



## Appendix D

# VISA, Covid-19 Restrictions, TRANSPORT INFORMATION



## VISA

The following EAF member countries need visa (light blu) to enter Lithuania:

**Armenia, Azerbaijan, Belarus, Lebanon, Russia, Turkey.**

**More info for the Lithuanian Schengen Visa:**

<https://www.onlinevisa.com/visa-policy/lithuania/>

**Apply for electronic visa**

<https://visa.vrm.lt/epm/index.xhtml>

Copy of passport is necessary for VISA requirements.

## COVID-19 RESTRICTIONS

Travellers must present one of the following:

- ✓ **a certificate of vaccination**  
The certificate is valid 14 days after taking the second dose of the vaccine (or the single dose, for vaccines with 1 dose only or the single dose for recovered from COVID-19 person, when diagnosis was confirmed by PCR test).  
Accepted vaccines: Janssen, Comirnaty (Pfizer/BioNTech), Moderna and Vaxzevria (AstraZeneca)
- ✓ **a certificate of recovery** from Covid-19, confirmed by a positive PCR test, valid for 180 days since the date of the positive test
- ✓ **a pre-departure negative Covid-19 test**  
Accepted tests:  
PCR taken within 72 hours prior to arrival or  
RAT (rapid antigen test) taken within 48 hours prior to arrival.

## CHAMPIONSHIP TRANSPORT

### AIRPORT – HOTEL – AIRPORT

20 € per person round trip. Please book in advance.

- All queries / requests on transportation are to be forwarded to [nuoma@toks.lt](mailto:nuoma@toks.lt), Silvija Peciukoniene, +37 062 066 068

- Please provide following details: arrival airport, date and time of arrival and departure (flight time).

### HOTELS – VENUE - HOTELS

Free of charge during competition days.





## HOTEL and VENUE Information

- The teams Organizing Committee will provide the hotel that best meets team`s needs. Reservations will be subject to availability and the payments received.
  - The Organizing Committee will dispatch rooms according to the number of participants of each team and the needs of accessibility. All room prices include breakfast and transport to/from event.
  - A deposit for the minibar may be requested by Hotels reception.
  - Team accommodation will be arranged before check-in with the Host Organizer to whom teams will pay accommodation balance if it is the case and other services ordered.
  - Teams arriving from the airport will wait at their hotels until check-in formalities are fulfilled with the organizer by their team captains.
- Check-in time is 14:00 and check-out time is 12:00. Early check-in or late check-out must be confirmed with the organizer. Extra costs may be requested by Hotels.



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## PANORAMA HOTEL \*\*\*

[www.mikotelgroup.com/en/panorama](http://www.mikotelgroup.com/en/panorama)

Sodu Str. 14, Vilnius, Lithuania

+370 5 233 8822, [vilnius.anna@gmail.com](mailto:vilnius.anna@gmail.com)



- Team Registration, Referee Seminar, Classification Seminar, Technical Meeting,
- EAF Congress Meeting
- 1<sup>st</sup> Weigh-in day

Panorama Hotel is situated in the Old Town of Vilnius next to the Gates of Dawn, the Town Hall Square, the Lithuanian National Philharmonic Society, and the main Old Town streets.

224 rooms comply with requirements for 3 plus star hotels.

Impressive panorama of the Old Town and skyscrapers of Vilnius through the hotel windows.

Cozy and spacious restaurant to enjoy breakfast and a quick business lunch.

Restaurant a la carte menu offers classic European cuisine.

Modern conference center, one of the largest in the capital, offers 8 differently sized functional halls.

Hotel has a large coach and car parking.

### More Info:

- Train Station and Bus 100m
- Old town 100m
- City centre 500m
- Airport 5,5km
- Venue 1,5 km

### Room prices:

Single standard room	48 euro
Double / twin standard room	52 euro
Appartment (2 persons)	92 euro

For bookings: [vilnius.anna@gmail.com](mailto:vilnius.anna@gmail.com) . Mention in the subject: "EuroArm".



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## COMFORT HOTEL LT

[www.comforthotel.lt](http://www.comforthotel.lt)

Mindaugo Str. 27, Vilnius, Lithuania

+370 5 25 05 111, [Co.Vilnius@choice.lt](mailto:Co.Vilnius@choice.lt)



Comfort Hotel LT – Rock ‘n’ Roll hotel in Vilnius is a modern, music-themed hotel with its own rock radio. The best-looking hotel in Vilnius. Yes, we can pretty much promise you that. Within walking distance of the Old Town, the brand new Comfort Hotel LT has a 24-hour gym, four great meeting rooms and the popular Time restaurant. Experience the new Vilnius!

Rooms with an urban twist, 32-inch flat screens for all, individually air conditioned and heated bathroom floors. Your booking includes your room obviously, which has a bed. Standard stuff is private bathroom, breakfast, cleaning, access to our awesome gym, WiFi.

### More info:

- Supermarket IKI 50m
- Train Station 700m
- Old town 1,2km
- Airport 3,9km
- Venue 5,1km

### Room prices:

Single standard room	58 euro
Double / twin standard room	64 euro

For bookings: [vilnius.anna@gmail.com](mailto:vilnius.anna@gmail.com). Mention in the subject: “EuroArm”.





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## ZEMAITES HOTEL 3\*\*\*

<https://www.hotelzemaites.lt/3-star-hotel-in-vilnius/>

Zemaites g. 15, Vilkipede, LT-03118 Vilnius, Lithuania

+370 5 213 31 93, [info@hotelzemaites.lt](mailto:info@hotelzemaites.lt)



Located a 15-minute bus ride from the Vilnius' Old Town, Hotel Zemaiteis offers simple, air-conditioned rooms with cable TV, a refrigerator, a private bathroom and free Wi-Fi. Free private parking is available for cars and coaches.

The rooms of the Zemaiteis feature a classical hotel room design with bright colours and wooden furniture in wooden tones. All have a work desk. Each bathroom has a hairdryer and bathroom amenities.

The staff of the Zemaiteis is available 24 hours a day, and provides tour information and ticket service. Guests can rent a car or a bicycle directly at the hotel. They can also relax in the sauna or a swimming pool at an extra charge.

Vilnius's Old Town is 1.8 km from the hotel, but it can be easily reached thanks to the bus stop, which is right outside. The main railway station is 2.1 km away.

The restaurant serves European dishes. In the morning a breakfast buffet is available.

\*Room price is included breakfast buffet and taxes. Secured parking lot is free of charge.

### More info:

- Train Station 2,1km
- Old town 1,8km
- Airport 3,9km
- Venue 5,1km

### Room prices:

Single standard room	40 euro
Double / twin standard room	48 euro
Triple room	72 euro

For bookings: [vilnius.anna@gmail.com](mailto:vilnius.anna@gmail.com). Mention in the subject: "EuroArm".



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# LOOP HOTEL

## LOOP HOTEL 4\*\*\*

<https://www.loophotel.aero/contacts/>

Dariaus ir Girėno st. 21, LT-02189 Vilnius, Lithuania

+370 661 77721, [info@loophotel.aero](mailto:info@loophotel.aero)



Situated in 2 km from Vilnius International Airport, Loop Hotel Vilnius is a design hotel offering 4-star accommodation. Free WiFi is available and on-site parking is provided at surcharge.

Set in a renovated factory building, all rooms of Loop Hotel Vilnius are air-conditioned and feature a desk. Some of the rooms have a split-level loft layout. The private bathrooms are fitted with a shower or bath.

A buffet breakfast is available daily at the property. The on-site restaurant Fat Cloud serves European cuisine. Guests can also prepare their own meals in the shared kitchen.

A gym is featured at the property. The design hotel also offers several lounge areas throughout the property, including two atriums. Guests can also use the self-service laundry and ironing rooms.

The area is popular for cycling, and bike hire and car hire are available at Loop Hotel Vilnius. Central Vilnius is located 3 km away.

\*Room price is included breakfast buffet and taxes.

### More info:

- Old town 3,7 km
- Airport 2,0 km
- Venue 3,1 km

### Room prices:

Single standard room	59 euro
Double / twin standard room	64 euro

For bookings: [vilnius.anna@gmail.com](mailto:vilnius.anna@gmail.com). Mention in the subject: "EuroArm".

### *Prices (Euro)*

	<b>PANORAMA</b> ***	<b>COMFORT</b> ***	<b>ZEMAITES</b> **	<b>LOOP</b> ****
Single room	48 €	58 €	41 €	59 €
Double room	52 €	64 €	49 €	64 €
Triple room	-	-	73 €	-

### *Distances (Km)*

	<b>PANORAMA</b>	<b>COMFORT</b>	<b>ZEMAITES</b>	<b>LOOP</b>
VENUE	1,7 km	1,1 km	0,4 km	3,1 km
OLD TOWN.	0,1 km	1,2 km	2,5 km	3,7 km
Airport	5.5 km	3.9 km	5,5 km	2,0 km
Panorama	-	0,5 km	2.1 km	2.9 km
Comfort	0,5 km	-	0,9 km	0,9 km
Zemaites	2,1 km	0,9 km	-	3,5 km
Loop	2,9 km	2,7 km	3,5 km	-

## **VENUE / SPORT HALL**

### **Dom Kultury Polskiej**



Address: Naugarduko g. 76, Vilnius 03202, Lithuania





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## Appendix F

# PROTOCOL for TEAM REGISTRATION

## ONLINE Registration

Team Registration will be made before the championship ONLY ONLINE at <http://registration.waf-armwrestling.com>

**TEAMS THAT DO NOT REGISTER ONLINE WILL NOT BE ACCEPTED IN THE COMPETITION!**

Technical support will be assured during the online registration upon request at [mircea@waf-armwrestling.com](mailto:mircea@waf-armwrestling.com)

The online registration will be open on 20<sup>th</sup> of September 2021 and will close on 10<sup>th</sup> of October 2021.

## TEAM REGISTRATION

**PANORAMA HOTEL, Sunday 24<sup>th</sup> of October 2021 between 09<sup>00</sup>-15<sup>00</sup> according with the schedule.**

**TEAMS THAT DO NOT MAKE THE TEAM REGISTRATION AT THE HOTEL WITHIN THE SPECIFIED TIME WILL HAVE TO PAY A LATE REGISTRATION FEE IN VALUE OF 250 € / TEAM / APPOINTMENT.**

### Procedure

#### **Team representing person:**

Only one person will register their team.

The Representative will bring the final Team Registration form, stamped and signed.

#### **EAF Representative will then:**

Check and accept the Registration Form, collect all registration fees, prepare official receipt, deliver the Weigh-in tickets needed by athletes at weigh-in.

All teams are obliged to fill online registration (<http://registration.waf-armwrestling.com>) form and send their registration forms (PDF file) to the General Secretary of WAF until **11<sup>th</sup> of October 2021**.

The registration order depends on the first log in request received by the General Secretary.

#### **Multiple entries registration:**

Sub-Juniors 15 years cannot register in Junior 18 years or Youth 21 years classes. Juniors 18 years cannot register in Youth 21 year classes.

Sub-Juniors 15 years, Juniors 18 years and Youth 21 years can register in Seniors classes. Masters can register in only one master class.

Disabled athletes can register in any able athlete's classes if the Classification Panel approve.

### Fees:

**Annual membership: 300 Euro / member**

**Senior fee: 40 Euro per class per arm**

**Junior fee: 20 Euro per class per arm**

Fees paid due wrong registration of multiple entries will not be refunded.



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## Appendix G

## PROTOCOL for WEIGH-IN

**1<sup>st</sup> Weigh-in Monday 25<sup>th</sup> October 2021, starting 09:00 at the Panorama Hotel. (sub-juniors 15, juniors 18, youth 21, not-confirmed para-athletes)**

**2<sup>nd</sup> Weigh-in Wednesday 27<sup>th</sup> October 2021, starting 09:00 at the Venue. (all masters and confirmed para-athletes)**

**3<sup>rd</sup> Weigh-in Friday 29<sup>th</sup> October 2021 starting 09:00 at the Venue (all seniors).**

The weigh-in order depends on the first log in request received by the General Secretary if the team send by e-mail on time the Registration form.

A schedule will be available 7 days before the weigh-in.

Team Captain must be present with the Team during weigh-in procedure in order to answer any questions.

**Each competitor will have the original and a copy of the his/her passport or ID with picture, Covid19 Vaccine proof or Valid PCR Test (72h) or rapid test (48h) (in copy)..**

Each team captain will prepare the team for weigh-in in the following order: Ladies 50, 55, 60 kg and continue...

Men 55, 60, 65 kg and continue...

### Please note:

If a competitor does not make weight, they have time until 15:00 to come back to the scale.

A test scale will be available for competitors.

A competitor has the right to go at the official weigh-in scales only two times. A competitor may only do the second weigh-in between other countries.

A competitor may weigh-in to their normal weight or register one weight class higher.

### Official Event Badges:

Once the competitor has weighed-in, they will have a picture taken for their Official Competitor Badge.

After finishing the procedure, the competitor must then leave the Weigh-in room.

The Team Captain will wait until all the team athletes will be registered and pictures taken. Once the full Team is completed, the Team Captain will receive all competitor badges at the evening of the weigh-in day.

Any Team Officials (Referee, Presidents and Coach) with a Country must be present at Weigh-in to have photo and badge prepared. Badges must be worn all the time during competitions days.

### WEIGH-IN PROCEDURE FOR ATHLETES

1. *The athlete must provide to EAF weigh-in officers:*
  - a) *Photocopy and original of the identity document (Passport, Photo ID)*
  - b) *Weigh-in ticket received by the Team Captain at the Team Registration.*
2. *If necessary athlete can undress before step onto the official scale.*
3. *The athlete does the weigh-in and his weight is written down in the official WAF forms.*
4. *If the athlete did not manage to make the weight for the needed category, he has the right to do a second weigh-in till 15:00.*
4. *If an athlete managed to do the weight for the needed category, after having his weight registered in the WAF forms, he must go to the free weigh-in officer to take a photo.*
7. *Athlete takes his official competitor badges from his Team Captain.*

## CLASSIFICATION FOR PARA-ATHLETES

**The classification and weigh-in for not-confirmed para-athletes will be held on Monday 25<sup>th</sup> of October 2021, starting 08:00 at Panorama.**

All the para-athletes who have to be classified must arrive on time for the classification session.

Classifiers will not accept in the schedule teams arriving on classification day. Classification will only be held for registered participants of the championship.

For athletes that need to be classified, a medical intake form, translated in English, is mandatory. It must be emailed to the chief classifier by **10<sup>th</sup> of October 2021** at [classification@waf-armwrestling.com](mailto:classification@waf-armwrestling.com)

If this information will not be submitted by email before this date, the athlete will not be classified and therefore, will not be eligible to participate in the Championship.

There will be only 1 panel of VI classifier. In case of protests, it will not be possible to have a new classifications on place. It would be done on another event with a VI classification session.

## CLASSIFICATION TRAINING

**The classification training seminar will be held on Sunday 24<sup>th</sup> of October 2021 starting 12:00 in Panorama Hotel.**

Training, testing and certification.

The course is open to any interested person with a medical or physiotherapy/ sports Science backgrounds who wish to become classifier.

In order to take part, participants must register to the course latest **10<sup>th</sup> of October 2021** at [classification@waf-armwrestling.com](mailto:classification@waf-armwrestling.com) and ask for confirmation.

Trainee classifiers who wish to complete their International Classifiers training will be required to attend other WAF competitions.

Coaches and other trainers who are interested in classification may attend for information and education purposes.



## Appendix H

# PROTOCOL FOR OPENING & AWARDING CEREMONIES

## OPENING CEREMONIES

The Official Opening Ceremony is scheduled for 26<sup>th</sup> of October 2021, 09<sup>00</sup>.

The Para-Armwrestling Ceremony is Scheduled for 28<sup>th</sup> of October 2021, 09<sup>00</sup>.

**Two members from each country** wearing the official team dress, **are requested to be present at the venue on 26<sup>th</sup> of October 2021 at 08:45**. They will hold their country flag.

### The Opening Ceremony will feature:

- ❖ Opening speeches / protocol
- ❖ Video and media content presenting the event
- ❖ Artistic show linked to local culture
- ❖ A parade of all national teams present
- ❖ Presentation of the event referees

## AWARDING CEREMONIES

The Awarding Ceremonies will be scheduled after each day finals.

Medalists must wear official team dress on the podium. No other team member is accepted on the stage during the awarding ceremonies. They must have prepared the Passport or the National ID for the doping testing.

Medalists will receive medal and certificate from VIP's and officials.

Athletes shall be placed on the podium according to the following order (2, 1, 3).

Each athlete having won a medal must be present at the ceremony and receive the medal personally. It could be considered inappropriate for athletes on the podium to have items other than the official flag and fixed on their uniform. Religious, political, personal, or commercial connotation or wearing a cap or any similar covers on the head is not permitted.

## Appendix I

# PROTOCOL FOR DOPING CONTROL

## DOPING CONTROL

Antidoping Control will take place after each category podium ceremony. After the ceremony, all medalists must go to the anti-doping committee desk near the stage and pick card for random testing. They must have prepared the Passport or the National ID.

The World Anti-Doping Rules, and where necessary the WADA Code of the World Anti-Doping Agency, shall apply throughout the championships.

Random and/or targeted Anti-doping tests will be conducted In Competition. WAF and/or WADA may carry out random and/or targeted out-of-competition testing prior, during or after the championships.

## TUE (THERAPEUTIC USE EXEMPTION)

Athletes who take any substance or medicine listed in the “Prohibited List” of the World Anti-Doping Agency (WADA) for therapeutic purposes are requested to visit WAF website <http://www.waf-armwrestling.com/anti-doping/forbidden-substances/>.

**TUE applications must be sent to [antidoping@waf-armwrestling.com](mailto:antidoping@waf-armwrestling.com) by no later than 10<sup>th</sup> of October, 2021.**

## More info and forms

<http://www.waf-armwrestling.com/tue/>



**WORLD  
ARMWRESTLING  
FEDERATION**  
[www.waf-armwrestling.com](http://www.waf-armwrestling.com)



## Appendix J

## ORGANIZER'S COMMITTEE

### Federation Armwrestling Lithuania

Vydas Mykelionis – President of Lithuanian Federation (Russian speaking)

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