



ASIAN ARMWRESTLING FEDERATION



24-th Asian Armwrestling Championship 23-rd Asian Para-Armwrestling Championship

(05.06-14.06.2026, Issyk-Kul, Kyrgyzstan)

INVITATION

Dear friends and colleagues!

Kyrgyzstan Armwrestling Federation "KNFA" invites you and your team to take part in the Asian Armwrestling Championship, which will be held in , from June 05-14, 2026, at the Conference Hall "Solemar" Hotel.

Our common goal is to attract as many countries as possible to the Asian Armwrestling Federation (AAF) to achieve a high level and compete with the strongest champions of other countries at the World Championship.

We strive for achieving higher level of our sportsmen's skills and do our best to increase competing capability of the Asian countries.

We will do our best to make your stay in Kyrgyzstan pleasant and unforgettable.

We will be pleased very much to meet all of you in our country and to make your staying here comfortable and nice.

With best wishes and thanks!

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PROGRAM

Friday – Saturday, June 05-06, 2026

Arrival and registration of teams. Classification (disabled) not confirmed by the AAF and WAF.

Location: "**Solemar Hotel**", Issyk-Kul region, village Korundu resort.

All teams are required to stay only in official hotels (according to the WAF & AAF rules).

Sunday, June 07, 2026

10.00 – 18.00	Teams registration.
10.00 – 13.00	Classification (disabled)
11.00 – 18.00	Weigh-in (all disabled and all masters categories)
15.00 – 20.00	Weigh-in (all classes and all categories) Location: " Solemar Hotel "
13.00 – 14.00	Lunch break for all participants
19.00 – 21.00	AAF Technical meeting in the "SOLEMAR HOTEL"
15.00 – 17.00	AAF Referee seminar in the "SOLEMAR HOTEL"
21.00 – 23.00	AAF Congress location in the "SOLEMAR HOTEL"

Monday, June 08, 2026

10.00 – 22.00	The beginning of the Championship – Competition day 1 Location: " Solemar Hotel " Disabled – left hand (all classes and all weight categories). Masters – left hand (all classes and all weight categories).
12.00 – 13.00	Opening ceremony and cultural events.
13.00 – 15.00	Lunch break for all participants
20.00 – 22.00	Finals

Tuesday, June 09, 2026

10.00 – 22.00	The beginning of the Championship – Competition day 2 Disabled – right hand (all classes and all weight categories). Masters – right hand (all classes and all weight categories).
13.00 – 15.00	Lunch break for all participants
20.00 – 22.00	Finals & Awards ceremony

Wednesday, June 10, 2026

10.00 – 22.00	Competition day 3 Sub-juniors (12-15 years) – left hand (all weight categories). Juniors (16-18 years) – left hand (all weight categories). Youth (19-23 years) – left hand (all weight categories).
13.00 – 14.00	Lunch break for all participants
20.00 – 22.00	Finals

Thursday, June 11, 2026

10.00 – 22.00	Competition day 4 Sub-juniors (12-15 years) – right hand (all weight categories). Juniors (16-18 years) – right hand (all weight categories). Youth (19-23 years) – right hand (all weight categories).
13.00 – 14.00	Lunch break for all participants
16.00 – 18.00	Weigh-in (for those fined)
20.00 – 22.00	Finals & Awards ceremony

Friday, June 12, 2026

10.00 – 22.00	Competition day 5 Women, (seniors), left hands (all weight categories). Men, (seniors), left hands (all weight categories).
13.00 – 14.00	Lunch break for all participants
20.00 – 22.00	Finals

Saturday, June 13, 2026

10.00 – 22.00	Competition day 6 Women, (seniors), right hands (all weight categories). Men, (seniors), right hands (all weight categories).
13.00 – 14.00	Lunch break for all participants
20.00 – 22.00	Finals & Awards ceremony

After the Championship: awards ceremony and closing of the Asian Championship

Sunday, June 14, 2026

Teams departure

Team places:

According to the new "WAF" rules, the team place will be determined by gold medals.

The teams places in the competitions will be determined in four subgroups separately and there will be one overall team place.

1-st subgroup - seniors, men and women.

3-rd subgroup – all masters.

2-nd subgroup - all sub-juniors, juniors and youth.

4-th subgroup – all disabled.

The team's overall ranking includes all four subgroups.

All teams must submit the completed documents, team list (passport details) no later than May 10, 2026.

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WEIGHT CATEGORIES

Seniors (adults): - \$40 per hand

Men	(left & right hand):	55kg, 60kg, 65kg, 70kg, 75kg, 80kg, 85kg, 90kg, 100kg, 110kg, +110kg.	(22)
Women	(left & right hand):	50kg, 55kg, 60kg, 65kg, 70kg, 80kg, 90kg, +90kg.	(16)

Masters (veterans): - 40\$ per hand

Masters Men	(40-49 years old) (left & right):	60kg, 70kg, 80kg, 90kg, 100kg, +100kg.	(12)
Masters Women	(40-49 years old) (left & right):	60kg, 70kg, 80kg, +80kg.	(8)
Grand Masters Men	(50-59 years old) (left & right):	70kg, 90kg, +90kg.	(6)
Grand Masters Women	(50-59 years old) (left & right):	open..	(2)
Senior Grand Masters Men	(60-69 years old) (left & right):	open..	(2)

Sub-juniors (14-15): - 20\$ per hand

Boys	(left & right hand):	45kg, 50kg, 55kg, 60kg, 65kg, 70kg, +70kg.	(14)
Girls	(left and right hand):	40kg, 45kg, 50kg, 55kg, 60kg, 70kg, +70kg.	(14)

Juniors (16-18): - 20\$ per hand

Boys	(left & right hand):	50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 80kg, 90kg, +90kg.	(18)
Girls	(left & right hand):	45kg, 50kg, 55kg, 60kg, 65kg, 70kg, +70kg.	(14)

Youth (19-23): - 20\$ per hand

Boys	(left & right hand):	55kg, 60kg, 65kg, 70kg, 75kg, 80kg, 85kg, 90kg, 100kg, 110kg, +110kg.	(22)
Girls	(left & right hand):	50kg, 55kg, 60kg, 65kg, 70kg, 80kg, 90kg, +90kg.	(16)

PID sitting (Physical impairment athletes)

Men	(left and right hand): 55kg, 65kg, 75kg, 100kg, +100kg.	(10)
Women	(left and right hand): 55kg, 65kg, +65kg.	(6)
Youth (14-23) boys:	(left and right hand): 65kg, +65kg.	(4)
Youth (14-23) girls:	(left and right hand): 50kg, +50kg.	(4)

PIDH sitting (Physical athletes with upper limbs impairments)

Men	(left & right): 80kg, +80kg.	(4)
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PIU standing (Physical impairment athletes)

Men	(left and right hand): 60kg, 70kg, 80kg, 90kg, +90kg.	(10)
Women	(left and right hand): 55kg, 65kg, +65kg.	(6)
Youth (14-23) boys:	(left and right hand): 55kg, 65kg, +65kg.	(6)
Youth (14-23) girls:	(left and right hand): 50kg, +50kg.	(4)

PIUH standing (Physical impairment athletes with upper limbs impairment)

Men	(left or right hand): 85kg, +85kg.	(4)
Women	(left and right hand): 60kg, +60kg.	(4)
Youth (14-23) boys:	(left and right hand): 60kg, +60kg.	(4)

VI standing (Visual impairment athletes)

Men	(left and right hand): 60kg, 70kg, 80kg, 90kg, +90kg.	(10)
Women	(left and right hand): 60kg, 70kg, +70kg.	(6)
Youth (14-23) boys:	(left and right hand): 55kg, 65kg, +65kg.	(6)
Youth (14-23) girls:	(left and right hand): 50kg, +50kg.	(4)

HI standing (Hearing impairment athletes)

Men	(left and right hand): 60kg, 70kg, 80kg, 90kg, +90kg.	(10)
Women	(left and right hand): 60kg, 70kg, +70kg.	(6)
Youth (14-23) boys:	(left and right hand): 55kg, 65kg, +65kg.	(6)
Youth (14-23) girls:	(left and right hand): 50kg, +50kg.	(4)

CPD sitting (Cerebral Palsy impairment athletes)

Men	(left or right hand): 65kg, +65kg.	(4)
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CPU standing (Cerebral Palsy impairment athletes)

Men	(left or right hand): 70kg, 80kg, +80kg.	(6)
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122 categories

Total: 291 – Categories; 873-Medals; 888-Diplomas; 15-Cups.**The AAF Directorate, in accordance with the AAF rules, has the right, if necessary, to add or change weight categories, having previously notified the representatives of the Asian Federations.**

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