



ARMWRESTLING NEWS - NOVEMBER 2020

AASA NATIONAL CHAMPIONSHIPS 2020

DATE: SATURDAY, 29 NOVEMBER 2020

VENUE: STEVES PLACE, WITBANK

OFFICIAL WEIGHT CLASSES

Juniors—u/15

Boys: 45kg, 48kg, 52kg, 57kg, 63kg, 70kg, +70kg

Girls: 42kg, 45kg, 48kg, 52kg, 57kg, +57kg

Juniors—u/18

Boys: 52kg, 57kg, 63kg, 70kg, 78kg, 86kg, +86kg

Girls: 45kg, 48kg, 52kg, 57kg, 63kg, +63kg

Juniors—u/21

Boys: 57kg, 63kg, 70kg, 78kg, 86kg, 95kg, +95kg

Girls: 52kg, 57kg, 63kg, 70kg, 78kg, +78kg

Seniors

Men: 57kg, 63kg, 70kg, 78kg, 86kg, 95kg, 105kg, +105kg

Women: 52kg, 57kg, 63kg, 70kg, 78kg, +78kg

Masters—40 years & above

Men: 70kg, 86kg, 95kg, 105kg, +105kg

Women: 63kg, 78kg, +78kg

Grandmasters—50 years & above

Men: 70kg, 95kg, +95kg

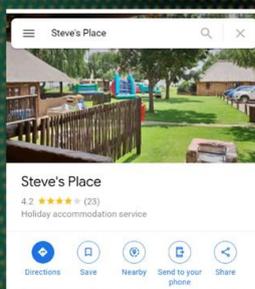
Women: 63kg, 78kg, +78kg

Senior Grandmasters—60 years & above

Men: 70kg, 95kg, +95kg

Women: 70kg, +70kg

Save
the
date



Click on map to get link to Google
Maps to get address link



Entry Fee: R100 per arm

Affiliation Fee: R100 p/p

(Please refer to October Newsletter
for more information regarding rules
and note regarding this event)



Competition Entry Fees

Arm Entry Fee is R 100 per arm (no discount given if you compete more than one arm). Please refer to the Affiliation fees in October newsletter for information. Above Affiliation fee is only for members who have not yet paid their affiliation fees for 2020.

Members who may have a financial constraint as payday may only be on the Monday 30/11, after the weekend, can contact rosemary@armwrestling.co.za and AASA will allow you to sign a Payment Agreement to pay for your arms by 2 December 2020.

Note: Assistants needed!

We need members to assist on the day of the event with various tasks such as Registration on Saturday morning from 07h30 – 08h30, Weigh-in assistants, Referees (must have understanding of rules), Computerised scorekeeping (training will be provided), Bullpen Co-ordinators, Runners to assist with small tasks during the day such as refilling chalk, sanitising assistance at Bullpens and Referees during day.

Any members who are prepared to assist can send application to rosemary@armwrestling.co.za and advise where can assist on day of event. Confirmed Assistants will be given discount on entry fees and

may be covered for the day depending on the amount of assistance provided. This will include a plate of food and bottled water.

Venue – Lapa @ Steve’s Place

Please note that there will be a **gate fee payable of R60 per person** to enter the venue and everyone will have to have access to the heated swimming pool and play areas for the children. This entry fee also allows entrance in OPENS class at no additional cost.

Accommodation

Options for accommodation in the area will be given through as soon as possible.

Weigh-in

Weigh-in on Friday night from 17h00 with Terence Opperman by appointment and members will also be able to pre-register at this time and therefore allow them to arrive slightly later on Saturday morning.

Weigh-in on Saturday will start from 07h30 – 08h30 – pre-registrations done via email with National Secretary can be done at rosemary@armwrestling.co.za but you will still have to weigh-in and thus must ensure to be on time for this process as you will be removed from the draw sheet until final weigh-in is confirmed.

Competition Programme of Event

Starting time of competition will start at 09h00 in sequence as follows:

Juniors u/15, u/18, u/21 then Masters, Grandmasters, Senior Grandmasters. Senior Class will be last.

Competition will start on the left arm and then will continue with the right arm. Opens Class will only be at the very end of the day.

Note we will not delay the starting time of the competition for any reason other than technical difficulties that may be out of our control.

Note that at Nationals a member may only pull in ONE weight division with the following exceptions:

- Juniors / Masters classes may also pull in Seniors class.
- If an armwrestler is alone in their weight class they will be permitted to pull in a higher weight class and will receive their medal for their initial registered class.
- OPENS (R60 entry fee paid at venue gate gives you automatic entry allowance in this class) but you must still register to enter the Opens.

Remember that we will be offering **ALL** the weight classes and we hope to see a large number of our armwrestlers, juniors, seniors and masters joining us on the day.

The more the merrier!

Get to know the Rules of Armwrestling

Rules of the Tournament - Please read this thoroughly!

1. Athletes are obliged to show up at least 15 minutes before the start of their category for a check list verification. A category will be announced and a start list will be checked. Athletes who don't show up at the verification will not be allowed to participate. Remember we have a zero tolerance on drinking alcohol for athletes during the tournament and members will be tested on entrance to the Bullpen to compete.



2. Athletes are called to the stage when it is their turn to compete. They will be accounted for as per draw sheet. Then the matches will begin. As specified area (Bullpen) will be secured for the pullers whose class is being run. The officials will send these pullers to this specified area.
3. Athletes are not allowed to wear any type of wrist wraps, straps, elbow bandages/supports or cups, protective wraps, rings or bangles on the competing arm. An arm is defined as a portion of the body starting from the shoulder and continuing on and ending at the fingertips. *For religious reasons only a female competitor may have their arm covered. This covering must be made of a sheer material that cannot be so tight as to be considered as a tension bandage. Also it must be inspected by an appointed female to ensure there is nothing beneath the garment.*
4. Individuals (unless authorised by the Head referee at a table) may not approach a table to within 20 feet. Strict penalty may be enforced.
5. Poor sportsmanship will not be tolerated and it could lead to a penalty and including being barred from the tournament.
6. No challenge matches allowed during or immediately preceding the competition. No disruption of scheduled proceedings allowed (e.g. photoshoots, celebrity armwrestling challenges, etc. will not be allowed until AFTER the entire days programme is completed). This includes the Prizegiving Ceremony.
7. AASA tournaments can be refereed with a camera refereeing system instead an assistant referee. As per IFA Rules the following requirements have to be met:
 - The two elbow pads must be different colours from each other.
 - The size of the screen must be a minimum of 22" inches.
 - The size of the pad displayed on the screen must be at least 5" inches.
 - Recording equipment must have instant replay as well as recording.
 - There must be two-way microphone communication between the technical referees and the starting referee at the table.
 - The camera angles and display must be set up to the satisfaction of the Head Referee.
8. Video replay will be limited to protests only.

Competition General Guidelines

1. Contestants for each weight class will be announced and they will come to the stage to verify the categories and the draw.
2. Once a contestant's names are called, they will approach the table, shake hands with their opponent and then take a grip as instructed by the referee. Competitor has 60 seconds after his name has been announced to come to the table. Otherwise a loss will be called in this particular match.
3. Anyone with long hair will have to have their hair restrained properly as to not disturb the opponent or interfere with the referees. Headwear (including those for religious reasons) is allowed as long as this doesn't interfere with the opponent or interfere with the referees during the match (hats with brim or bill are not allowed)
4. A referee will lightly touch competitor hands and wrists to see that they are properly aligned, wrists straight, thumb knuckle is visible and arm centred to the table top, failure to comply will result in the competitor getting warnings.
5. No breaks are allowed during a match, unless there is an equipment failure, draw sheet mistake or authorised by officials.
6. No competitor will be matched twice against the same opponent unless for place standing.
7. Athlete can only pin their opponent on their winning side of the table. A person cannot win or lose in the neutral zone.
8. A competitor may protest any call by the table referees.

- a. Protest procedure: The competitor has until the start of the next match to lodge their protest. The next match has begun when both competitors have arrived at the table. The competitor must inform their Team Captain and pay the protest fee for the Protest to commence. The Referee in Chief or their designate will write down the Protest and collect the protest fee. The protest will be decided based on the conversation with the table referees or/and video playback, if it's available.
 - b. The Referee in Chief or their designate will then discuss with the table referees if their call stands. If the table referees disagree on the call or they are not completely sure about their call, then the protest will be upheld and the match will be restarted with no fouls given. If the table referees stand by their call and no video is available then the protest will be denied.
 - c. In case of reviewing a video playback:
 - # Video playback must be conclusive for the protest to be upheld. If the video footage does not clearly show that the table referees made a mistake or missed the Protested call, then the call stands.
 - # If a Protest concerns a foul and it is observed during the video playback then the foul will be issued to the offending party. If any other infraction is observed during the video playback that doesn't involve the Protest that infraction will be disregarded.
 - d. If the Protest is upheld the competitor or their Team Captain will be reimbursed. If the Protest is denied the money will be forfeited.
9. Setting up / Start of Match:
- a. The grip is palm to palm, grip at thumb, thumb knuckle must be visible. The grip should be at the centre of the table. Free hand will grip the hand peg provided at the table edge. This arm may or may not touch the table top. Fingernails should be trimmed so as not to injure your opponent. Stickum/ rosin/ chalk are permitted.
 - b. Back pressure to the extent that it pulls your opponent's arm across the marked centre of the table will not be allowed. Referee will instruct the athlete to release the back pressure to centralize the grip or a warning will be given for delaying the fair setup.
 - c. Shoulders must be square. Difference in heights for left and right shoulder is allowed.
 - d. There should be at least 1 fist size between hand and chin, shoulder, chest before the "Ready?..Go!".
 - e. The signal to start a match given by the Head Referee is "Ready?...Go!" Athletes are only allowed to start on "GO" and only stop the match when referee give verbal "STOP" and hold the competitors hand. Referee will then show signal either foul or winner to the athlete.
 - f. A pin is when any part of the natural wrist line to fingertips touches or goes below the touch pad.
 - g. Competitor's legs can be wrapped around the table leg or braced against an opposite table leg prior to the start of the match, providing they are not interfering with their opponent. Feet can be off the ground during competition and legs can be moved in any fashion as long as they don't interfere with their opponent. At least 1 leg must touch the ground before the "GO".
 - h. In case of injury during competition, the competitor's name will still continue in the double elimination system until he/she has fulfilled the two loss commitment. The match that the competitor was injured will be regarded as a loss.
 - i. There is no time limit during a match.
 - j. Competitors can start a match in strap or in referee's grip or referee's grip in strap if both athletes agree to do so.

Clubs and Registered Members

We have 25 Registered Clubs and over 200 registered members in our armwrestling community and the number is growing every day as new members register.

Be prepared – know the rules

Get to know the rules and guidelines to ensure you are prepared.

Poor sportsmanship will not be tolerated and it could lead to a penalty and including being barred from the tournament. Further disciplinary action may also be taken against any member who is found guilty of poor sportsmanship that may influence their participation in other competitions.

Competition will be double elimination and will work on random draw set up on the electronic drawsheet programme. Members from the same club will NOT be set up against each other in the first round only, thereafter you may be set up with any armwrestler at least once during the competition.

You may pull against the same armwrestler a second when pulling for a place, i.e. Fourth, Third, Second and First Place.

Covid 19 Protocol implementation

Note that we will follow Covid_19 protocols and competing armwrestlers will be required to have a mask with them. We encourage athletes to wear their masks, and if you opt to wear a mask, your nose may be exposed however you may compete without a mask if you prefer.



Head Referees will wear a transparent mask to allow members to see their mouth for the starting call and will sanitise between matches. Downside Referee may wear a standard mask only.

Note we will supply a bucket with a water/sanitiser mix for armwrestlers to wash their hands after a match if they wish to do so. This will be located within the Bullpen area.

We wish to keep our armwrestlers and supporters safe during this pandemic and although things are looking up we have to ensure the safety of our members both on and off the table.

Be safe and see you on Saturday, 28 November 2020!

Armrestling greetings

ROSEMARY BOTHA
NATIONAL SECRETARY
rosemary@armwrestling.co.za

TERENCE OPPMERAN
ACTING PRESIDENT

REF: Newsletter – November 2020/rb