

# **INVITATION PACKAGES**

## XXVIII EUROPEAN ARMWRESTLING CHAMPIONSHIP XXI EUROPEAN PARA-ARMWRESTLING CHAMPIONSHIP

26.05.2018 - 03.06.2018, SOFIA - BULGARIA

Start date for online registration: Visa application: Hotel reservation: End of online registration: Para-Armwrestling Classification files:

### Latest

26 March 2018 15 April 2018 15 April 2018 14 May 2018 14 May 2018



## XXVIII EUROPEAN ARMWRESTLING CHAMPIONSHIP XXI EUROPEAN PARA-ARMWRESTLING CHAMPIONSHIP

**The European Armwreslting Federation (EAF)** would like to officially **invite you** as an EAF member country **to attend the 28<sup>th</sup> European Armwrestling Championship and** 21<sup>st</sup> European Para-Armwrestling Championship which will be held in the city of Sofia in the country of BULGARIA, from 26<sup>th</sup> May to 3<sup>rd</sup> June 2018.

**2018 European Armwrestling & Para-Armwrestling Championship** will be hosted by Bulgarian Armwrestling Federation in the name of Assen Hadjitodorov as President of the Federation.

They prepare to receive over 30 participating countries and over 1000 competitors and participants.

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

You will find all the information you require in this package, should you required further information please do not hesitate to contact us at <u>asenhdj@mail.bg</u> or <u>mircea@waf-armwrestling.com</u>.

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Appendix	A SCHEDULE OF EVENTS / ПРОГРАММА СС	<b>ОРЕВНОВАНИЯ</b>
Friday / пят	ница 25.05.2018 Teams arrival / прибы	ІТЫЕ КОМАНД
Saturday / 09:00 12:00	суббота <b>26.05.2018</b> <b>ТЕАМ REGISTRATION / РЕГИСТРАЦИЯ КОМАНД</b> Classification Seminar	Park Hotel Park Hotel
08:00	оскресенье 27.05.2018 Classification for disabled athletes WEIGH-IN / взвешивание JUNIORS, MASTERS & DISABLED Referee Seminar / Семинар Арбитров Technical Meeting / Техническая встреча EAF CONGRESS MEETING/конгресс EAF	Venue Venue Venue Venue Park Hotel
09:00	понедельник 28.05.2018 Day 1 Opening Ceremony / Церемония открытия LEFT ARM / ЛЕВАЯ РУКА – Juniors 18 & Junior 21 Finals, awards, antidoping / Финал, церемония награждения, допинг тестирование	Venue Venue Venue
Tuesday / 09:30 16:30	вторник 29.05.2018 Day 2 RIGHT ARM / правая рука – Juniors 18 & Junior 21 Finals, awards, antidoping / Финал,церемония награждения, допинг тестирование	Venue Venue
Wednesde 09:30 16:30	ау / среда 30.05.2018 Day 3 LEFT ARM / левая рука – all Disabled & Master classes Finals, awards, antidoping / Финал,церемония награждения, допинг тестирование	Venue Venue
Thursday / 09:00 09:30 16:30	Учетверг31.05.2018Day 4WEIGH-IN/ взвешивание SENIORSRIGHT ARM / правая рука – all Disabled & Master classesFinals, awards, antidoping / Финал,церемония награждения, допинг тестирование	Venue Venue Venue
Friday / пят 09:30 15:30	тница 01.06.2018 Day 5 LEFT ARM / левая рука – Seniors Finals, awards, antidoping / Финал,церемония награждения, допинг тестирование	Venue Venue
Saturday , 09:30 15:30	<mark>Суббота 02.06.2018 Day 6</mark> RIGHT ARM / правая рука – Seniors Finals, awards, antidoping / Финал,церемония награждения, допинг тестирование	Venue Venue
Sunday / B	оскресенье 03.06.2018 Teams departure / Отбы	ЫТИЕ КОМАНД



## Appendix B

## WEIGHT CLASSES AND AGE GRUPS

						W	EIGH <sup>.</sup>		SS (k	g)			
JUNIOR 18	Μ		- 50	55	60	65	70	75	80	+ 80	kg		
BY: 2000, 2001, 2002	F	- 45	50	55	60	65	70	+ 70	kg				
YOUTH 21	Μ			- 55	60	65	70	75	80	85	90	+ 90	kg
BY: 1997, 1998, 1999	F		- 50	55	60	65	70	+ 70	kg				
SENIOR	Μ			- 55	60	65	70	75	80	85	90	100	110 +110
BY: all ages	F		- 50	55	60	65	70	8	0	+ 80	kg		
MASTERS	Μ				-		- 70	8	0	9	0	100	+ 100 kg
BY: 1978, 1977, 1976	F				- 60	7	0	8	0	+ 80	kg		-
GRAND MASTERS	Μ							- 75		90	1	100	+ 100 kg
BY: 1968, 1967, 1966	F							OPEN					-
Senior Grand MASTERS	Μ							- 75		90	I	100	+ 100 kg
BY: 1958, 1957, 1956													
Physical (PID) sitting	Μ			- 55	6	5		5	+ 75 k	g			
BY: all ages	F					- 65	+ 65	kg					1
Physical (PIU) standing	Μ				- 60	7	0		30	9	20	+ 90 k	(g
BY: all ages	F					- 65	+ 65	kg		1	1	1	
YOUTH 21 Physical (PIU)	Μ			- 55	+ 55 k	g							
BY: 1997, 1998, 1999 standing	F		- 50	+ 50	kg					1	1		
Physical (PIDH) sitting	Μ								- 80	+ 80 k	g		
Physical (PIUH) standing	Μ									- 85	+ 85	kg	
Visual (VI) standing	Μ				- 60	7	0	٤	80	9	20	100	+ 100 kg
BY: all ages	F				- 60	7	0	+ 65	kg	1		_	
Hearing (HI) standing	Μ			<u> </u>	- 60	7	0	8	80	9	20	100	+ 100 kg
BY: all ages BY: Birth Year	F				- 60	7	0	+ 65	kg				

er limbs impairment, standing <u>PIUH</u>: Physical Impairment athletes with upp <u>VI</u>: Visual impairment athletes, standing

HI: Hearing impairment athletes, standing

<u>BY</u>: Birth Year <u>PID</u>: Physical Impairment athletes, sitting <u>PIU</u>: Physical Impairment athletes, standing <u>PIDH</u>: Physical Impairment athletes with upper limbs impairment, sitting

AGE GROUPS						
2001, 2000	1999-1997	1996-1979	1978-1969	1968-1959	1958, 1957	
Juniors 18 (J, JW)	<b>Youth 21</b> (Y, YW)	Seniors (M, W)	Masters (V, VW)	Grand Masters (GV, GVW)	Senior Grand Masters (SGV)	
Seniors all ages (M, W)						



### TEAM TROPHIES for the EUROPEAN ARMWRESTLING CHAMPIONSHIP

- **Over all** (all classes except disabled classes)
- Junior Women and Men (Junior 18 and Youth 21 classes)
- **Masters** Women and Men (Master, Grand Master and Senior Grand Master classes)
- **Senior** Women and Men (Senior classes)

### TEAM TROPHIES for the EUROPEAN PARA-ARMWRESTLING CHAMPIONSHIP

- **Overall Women** (Youth 21 and senior classes for women)
- **Overall Men** (Youth 21 and senior classes for women)

### **POINTS DISTRIBUTION:**

According with the approved pointing system (WAF Congress 2016) from 2017, Team classification will be made based on Gold, Silver and Bronze medals.

Only in case that two teams have the same number of gold, silver and bronze medals the position of the two will be established by the following pointing system:

- $1^{st}$  place = 10 points $4^{th}$  place = 4 points $7^{th}$  place = 1 point $2^{nd}$  place = 7 points $5^{th}$  place = 3 points $2^{nd}$  place = 7 points $5^{th}$  place = 3 points
- 3<sup>rd</sup> place = 5 points 6<sup>th</sup> place = 2 points



### APPENDIX C

### **TRAVEL INFORMATION**

Population: 7.3 million | Language: Bulgarian | Currency: Lev (BGN) = 1,96 € | Dialling code: +359



Sofia guide: <u>http://visitsofia.bg/?lang=en</u>

### **GETTING TO SOFIA**

#### By plane:

International Sofia Airport (SOF)

#### Check your local low-cost operators, there are many cheap flights to Sofia. Here is a list of low-cost airlines flying to Sofia:

www.wizzair.com | www.aegeanairlines.gr | www.easyjet.com | www.airberlin.com | www.vueling.com

#### By car:

Driving distance from Sofia to:

Bratislava	960 km	Istanbul	710 km	Paris	2.250 km	Vilnius	2.100 km
<b>Bucharest</b>	350 km	Kiev	1.250 km	Prague	1.280 km	Tallinn	2.600 km
Budapest	770 km	Minsk	1.880 km	Riga	2.300 km	Warsaw	1.630 km
Frankfurt	1.720 km	Moscow	2.100 km	Roma	1.670 km	Tallinn	2.600 km

**By Train:** <u>http://www.raileurope-world.com/about-us/railways/article/bulgaria-bdz-4272</u> Check the link to see your connections or contact your local train company.

#### By Bus: www.eurolines.bg

There are direct buses from all major cities in Europe to Sofia. Check connections with your local international transport companies.



### **VISITORS INFORMATION**



**Bulgaria** measures an area of **110.910 km**<sup>2</sup>. Bulgaria shares borders with Serbia, Macedonia, Romania, Greece, and Turkey. Two mountain ranges and two great valleys mark the topography of Bulgaria, a country the size of Tennessee and situated on the Black Sea. The Maritsa is Bulgaria's principal river, the Danube also flows through the country.

Population of Bulgaria is 7.33 million (2012) from which in Sofia lives ~1.11 million people.

**Ethnic groups**: Bulgarian (85 %), Turkish (10 %), Roma (4.7 %), others including Macedonian, Armenian, Tatar (2 %).

State Language: Bulgarian (Slavic language)

Government: Parliamentary Republic

**Religion:** Mostly Bulgarian Orthodox (83%), Islam (12%), other Christian (1%)

Membership: NATO (2004), European Union (2007)

**Sofia weather**, **1**<sup>st</sup> **week in June**: High 28°C, Low 15°C

Time zone: GMT+2 hours

National currency is Lev (BGN) 1 € = 1.96 Lev



### APPENDIX D

### VISA AND TRANSPORT INFORMATION

#### For VISA requirements please contact:

Ms. Lucy Mazhdrakova (Russian	and English speaking)	
⊠ <u>slony@mail.bg</u>	) +359 88 891 6282	Fax +35929461415

Ms. Veronika Bonkova (Russian and English speaking) Solony@mail.bg (1) +359 89 860 9293

Copy of passport is necessary for VISA requirements.

All <u>visa applications</u> should be sent <u>before 15<sup>th</sup> of April 2018</u>. After this date the Host Federation cannot be held responsible for visa formalities.

### CHAMPIONSHIP TRANSPORT

#### TRANSFER AIRPORT – HOTEL - AIRPORT

15 € per person round trip. Please book in advance at <u>slony@mail.bg</u>. Please provide following details: arrival airport, date and time of arrival and departure (flight time). **The transfer service is available only from 06:00 to 23:59**.

#### HOTEL – VENUE - HOTEL

The hotels are in vicinity of the Venue, walking distance less than 900 meters.



### APPENDIX E

### HOTEL AND VENUE INFORMATION

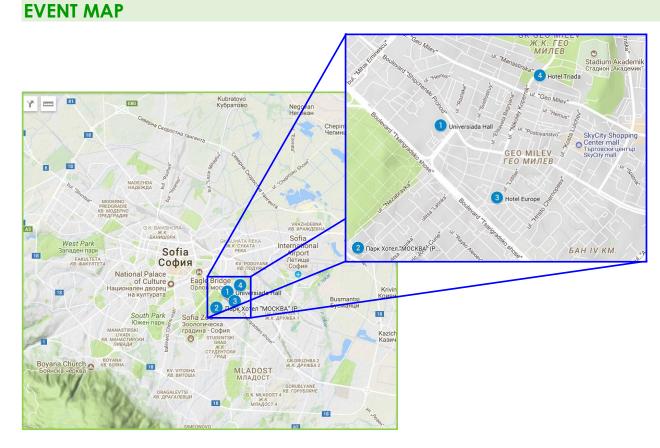
• All reservations will be made only at <u>slony@mail.bg</u>.

Lucy Mazhdrakova +359 888 916 282 (Russian and English)

Veronika Bonkova +359 89 860 9293 (Russian and English)

- ALL NATIONAL TEAMS MUST ACCOMMODATE ONLY IN THE OFFICIAL HOTELS APPOINTED BY HOST COUNTRY AND RESERVATIONS WILL BE MADE ONLY WITH THE HOST FEDERATION, OTHERWISE THE COMPETITORS WILL NOT HAVE THE RIGHT TO COMPETE IN THE CHAMPIONSHIP (WAF & EAF APPROVED RULE).
- The 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.
- The payment can be done only by bank transfer, 100% in advance, latest 15<sup>th</sup> of April 2018. After this date the prices may change and the organizer cannot guarantee the availability of accommodation.
- Reservations not confirmed or not paid will be automatically canceled.
- Payments made cannot be refunded.
- 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.





### 1. Venue – Universiada Hall

2 Boulevard "Shipchenski Prohod"

### 2. Park Moskva Hotel \*\*\*

25 Nezabravka str.

### 3. Europa Hotel Best Western \*\*\*\*

1 Liditse str.

#### 4. Triada Hotel \*\*\*

5 Venera str.



### HOTELS



PARK HOTEL MOSKVA 3\*\*\* www.parkhotelmoskva.net Sofia1113, 25 Nezabravka str. Reservations: +359888916282, slony@mail.bg



#### Congress Meeting

Located in the Borisova Garden, a direct metro ride from Sofia city centre, this hotel offers air-conditioned rooms and apartments with great views of the park and of Sofia. Its 2 restaurants serve Bulgarian and international cuisine. A summer garden and a lobby bar are available. Free Wi-Fi is provided in the entire property.

Rooms and apartments at the Park Hotel Moskva include cable TV, a minibar and a desk. A complimentary bottle of water is provided. Each bathroom has a shower or a bathtub, a hairdryer and toiletries. An individually controlled air conditioning system is available.

The Panorama Restaurant offers scenic city views. Further dining options are the Winter Garden Restaurant and the Moskva Restaurant.

A 5-minute walk takes you to Joliot Curie Metro Station. Buses are just 100 metres away.

More info:	
- Commercial Centre	0,2 km
- Best Western Hotel	1,2 km
- Old town	3,2 km
- Venue	0,8 km

#### Room prices / night:

Single room (1 guests)	45 Euro	
Double room (2 guests)	77 Euro	
Triple room (3 guests)	87 Euro	
Apartment 1 bedroom (3	3 guests)	120 Euro
Apartment 2 bedrooms (	4 guests)	120 Euro

Price include overnight, breakfast, tourist tax, tourist insurance and VAT. Hotel prices valid for 25.05.2018 – 03.06.2018.





BEST WESTERN HOTEL EUROPE 4\*\*\*\* www.hotel-europe-bg.com Sofia 1113, 1 Liditse str. Reservations: +359888916282, slony@mail.bg



Best Western Hotel Europe in Sofia is centrally situated near the Tsarigradsko Shose Boulevard, offering luxuriously equipped and stylish rooms and an outdoor swimming pool. Free WiFi is available in all areas. Private parking is also provided on site and is free of charge.

The majority of rooms have balconies with a panoramic view of Sofia and the Vitosha Mountain.

Restaurant Europe has a capacity of up to 120 seats, serving European and international dishes accompanied by fine wines. It can be used for a formal lunch or dinner, cocktails, family celebrations or weddings. There is also a Sky Piano Bar Europe on the rooftop. In addition, Best Western Hotel Europe offers a fitness centre.

The property is located 800 metres away from Sky City Mall, a 7-minute drive away from Arena Armeets and an 8-minute drive away from Boris Garden Park.

More info:		Room prices / night:		
- Commercial Centre - Park Hotel	0,8 km 1,2 km	Single room (1 guests)	100 Euro	
- Old town - Airport	3,2 km 5,1 km	Double room (2 guests)	120 Euro	
- Venue	0,8 km	Triple room (3 guests)	140 Euro	
		Apartment 1 bedroom (3	3 guests)	160 Euro
		Apartment 2 bedrooms	(4 guests)	180 Euro

Price include overnight, breakfast, tourist tax, tourist insurance and VAT. Hotel prices valid for 25.05.2018 – 03.06.2018.



## TRIADA HOTEL EUROPE 3\*\*\* www.hoteltriada.com/en/ ul. "Venera" 5, Sofia Reservations: +359888916282, slony@mail.bg





Surrounded by a beautiful green park and a scenic panorama view of Vitosha Mountain, Triada Hotel in Sofia offers stylishly furnished rooms with air conditioning and free WiFi. The city centre is located 1.8 km away, and a bus stop can be found within a minute walk from the hotel.

All rooms at the Triada are fitted with a flat-screen TV with satellite channels, and a minibar. The bathrooms feature a shower or a bathtub, bathrobes and free toiletries.

On site, guests can make use of sports and beauty centre, and conference halls. The reception is available 24/7. Limited free parking around the hotel is possible and reservation is not possible. Private parking is available upon additional charge and reservation is needed.

Each morning, there is a diverse breakfast served. For lunch and dinner, the in-house restaurant offers a choice of international and local cuisine. The Sky Bar on the 6th floor opens to scenic city and park views.

Triada Hotel is set 4 km away from Sofia Airport. Festivalna Hall is set 50 m away, while the multifunctional Arena Armeets events hall can be reached in 2 km.

More info:		Room prices / night:	
- Commercial Centre - Park Hotel	0,8 km 1,2 km	Single room (1 guests)	43 Euro
- Old town - Airport	1,8 km 4,0 km	Double room (2 guests)	55 Euro
- Venue	0,9 km	Triple room (3 guests)	60 Euro

Price include overnight, breakfast, tourist tax, tourist insurance and VAT. Hotel prices valid for 25.05.2018 – 03.06.2018.



### **VENUE / SPORT HALL**



Team Registration, Referee Seminar, Technical Meeting, EAF Congress Meeting, All Weigh-ins, Classification for disabled athletes.

### **UNIVERSIADA HALL**

#### http://universiada-bg.com/index.php?lang=en

2, Shipchenski Prohod Blvd.

Universiada Hall is one of the architectural landmarks of Sofia. It was built in 1961 and its name is associated with Universiada 61 World University Summer Games of 1961, hosted by Sofia.

Universiada Sport Hall was designed by architects A. Barov, D. Vladishki, I. Tatarov, I. Ivanchev, among others. Since its foundation, Universiada Hall has become an established centre of prestigious international and national sport events, congresses, trade and industrial exhibitions and bazaars, concerts and shows.

In the course of the years, over 4,500 sport and cultural events have been taken place at the hall.



### **APPENDIX F**

### **TEAM REGISTRATION PROCEDURES**

### **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

The online registration will be open on 24<sup>th</sup> March 2018 and will close on 14<sup>th</sup> of May 2018.

### TEAM REGISTRATION

PARK HOTEL MOSKVA, Saturday 26.05.2018 between 0900-1500 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 / APPOINTMEMT.

#### 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

#### 14<sup>th</sup> of May 2018.

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

#### Multiple entries registration:

Juniors 18 years cannot register in Youth 21 year classes.

Juniors 18 years can register in Seniors classes.

Juniors 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.

#### Fees:

Annual membership:	200 Euro / member
Senior fee:	30 Euro per class per arm
Junior fee:	15 Euro per class per arm

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



### WEIGH-IN PROCEDURES

1<sup>st</sup> Weigh-in Sunday 27<sup>th</sup> of May 2018, starting 09:00 at the Venue. (juniors 18, youth 21, all masters, all disabled)

2<sup>nd</sup> Weigh-in Thursday 31<sup>st</sup> of May 2018 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.

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 from 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.



### APPENDIX G

### CLASSIFICATION FOR DISABLED ATHLETES

The classification and weigh-in for disabled athletes will be held on Sunday 27<sup>th</sup> of May 2018, starting 09:00 at the <u>Venue</u>.

All the disabled 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 official 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 <u>14<sup>th</sup> of May 2018</u> at <u>classification@waf-armwrestling.com</u>

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.

### **CLASSIFCATION TRAINING**

The classification training seminar will be held on Saturday 26<sup>th</sup> of May 2018 starting 12:00 in <u>Park Hotel Moskva</u>.

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 <u>14<sup>th</sup> of May 2018</u> at <u>classification@waf-armwrestling.com</u> 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

### **ORGANIZER'S COMMITTEE**

### Bulgarian Armwrestling Federation

Lucy Mazhdrakova (Ru	ussian and English speaking)	
⊠ <u>slony@mail.bg</u>	) +359 888 916282	Fax +35929461415

European Armwrestling Federation (EAF):

Mircea Simionescu-Simicel – General Secretary (English speaking) ⊠ <u>mircea@waf-armwrestling.com</u> ① +40 746 22222 9