

Armrestling Utrecht Ranking System

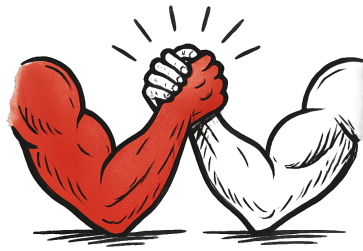
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Two Important Notes

- No one is obligated to participate in the ranking system.
- The rankings exist to motivate progress and create fun competition, not to determine someone's worth in the club. In armrestling, everyone is both teacher and apprentice.

ARMWRESTLING  **UTRECHT**



Initial Ranking

Tournament Setup

To decide the initial rankings of our club, a tournament will be hosted on 07-07-2026 starting 19:00 and will last until 23:00 the latest. This tournament will make use of a 5-round **Swiss** system. This means that after every round, participants with the same scores will be matched against one another. Explanations of the Swiss system exist online if you wish to understand it fully.

Match Setup

All matches are **best-of-one**.

Tiebreaks

Tiebreaks will be decided in the following order:

1. **Record**

Example: A participant with a 5–0 record ranks above a participant with a 4–1 record.

2. **Head-to-Head**

Example: If participant A and participant B are both 4–1, but faced each other during the tournament, the winner of that match ranks above the other.

3. **Strength of Schedule**

Example: If participant A and participant B are both 4–1 and have not faced each other, but participant A faced opponents with stronger overall records, participant A ranks higher.

4. **Additional Match**

If none of the methods above resolve the tie, another match will be held.

Open Challenges

Definition

An open challenge is a match that can happen at any time if both parties agree. Everyone receives **four open challenge tokens** per calendar year. These tokens are not assigned per arm; you have four tokens in total, which can be used in any combination, so 2 right / 2 left, 3 right / 1 left, 1 right / 3 left, or all 4 on the same arm. Only two tokens are granted for the remainder of 2026.

Match Setup

All matches are **best-of-five** unless both parties agree otherwise.

Challenging

In order to climb the ladder, one may challenge any participant ranked above them.

Declining a Challenge

Declining an open challenge is, although discouraged, allowed for any reason for **six** months after having last defended. Afterwards, declining a challenge results in the participant becoming **unranked**. A declined challenge means the challenger gets their token refunded.

New Rankings

After an open challenge, the ladder is updated immediately.

If the challenger wins:

- The challenger inherits the opponent's rank.
- The opponent and everyone below them, down to the challenger's original rank, shift down one position.

If the defender wins, the rankings remain unchanged.

General Statements

Rules

Matches follow the rules of the World Armwrestling Federation (WAF) as closely as possible. The referees will not be professional WAF referees, but will obviously try to act as fairly as possible.

Official WAF Rules:

- <https://www.waf-armwrestling.com/wp-content/uploads/2022/06/2022-WAF-Rules.pdf>
- <https://www.youtube.com/watch?v=Xf-p8E94u64>

Both Arms

There are two separate ladders:

- Right Arm
- Left Arm

Weight

At present, rankings are **open-weight**. Weight classes may be introduced later if participation grows sufficiently.

Referees

The referees will be some of the more experienced members of the club. If you wish to help referee, please contact Hein.

Unranked to Ranked

Unranked armwrestlers are treated as if they are on the bottom of the ladder. Newcomers are unranked and may participate after safety approval from Hein.