



WORLD ARMWRESTLING FEDERATION

www.waf-armwrestling.com

OFFICIAL WORLD ARMWRESTLING FEDERATION CLASSES, AGE, GENDER, AND WEIGHT CATEGORIES

PARA-ARMWRESTLING CLASSES

(39)/ arm

PID sitting: Physical Impairment athletes

Men: -55 kg, 65 kg, 75 kg, +75 kg (4)

Women: -65 kg, +65 kg (2)

PIDH sitting: Physical Impairment athletes with upper limbs impairment

Men: -80 kg, +80 kg (2)

PIU standing: Physical Impairment athletes

Men: -60 kg, 70 kg, 80 kg, 90 kg, +90 kg (5)

Women: -65 kg, +65 kg (2)

Junior 23 boys: -55 kg, +55 kg (2)

Junior 23 girls: -50 kg, +50 kg (2)

PIUH standing: Physical Impairment athletes with upper limbs impairment

Men: -85 kg, +86 kg (2)

VI standing: Visual impairment athletes

Men: -60 kg, 70 kg, 80 kg, 90 kg, 100 kg, +100 kg (6)

Women: -60 kg, 70 kg, +70 kg (3)

HI standing: Hearing impairment athletes

Men: -60 kg, 70 kg, 80 kg, 90 kg, 100 kg, +100 kg (6)

Women: -60 kg, 70 kg, +70 kg (3)

Approved in 2022 to be inserted into the code

- women RID weight category up to 55 kg
- women RIU weight category up to 55 kg
- PIDI (spinal cord) asaaa 55,65, over 65 kg
- PIUD standing for cerebral palsy 60, 70, 80, over 80 kg



OFFICIAL CATEGORIES PROPOSED FOR THE PARALYMPIC GAMES 2028

LEFT ARM

MEN	WOMEN
SITTING ARMWRESTLING TABLE	
Physical Impairment sitting (PID)	
75 kg	65 kg
+75 kg	+65 kg
Physical Impairment with upper limbs impairment sitting (PIDH)	
80 kg	
+80 kg	
STANDING ARMWRESTLING TABLE	
Physical Impairment standing (PIU)	
90 kg	65 kg
+90 kg	+65 kg
Youth 23 years old	
55 kg	50 kg
+55 kg	+50 kg
Physical Impairment with upper limbs impairment standing (PIUH)	
85 kg	
+85 kg	
Visual impairment standing (VI)	
100 kg	70 kg
+100 kg	+70 kg
12	8
20	

RIGHT ARM

MEN	WOMEN
SITTING ARMWRESTLING TABLE	
Physical Impairment sitting (PID)	
75 kg	65 kg
+75 kg	+65 kg
Physical Impairment with upper limbs impairment sitting (PIDH)	
80 kg	
+80 kg	
STANDING ARMWRESTLING TABLE	
Physical Impairment standing (PIU)	
90 kg	65 kg
+90 kg	+65 kg
Youth 23 years old	
55 kg	50 kg
+55 kg	+50 kg
Physical Impairment with upper limbs impairment standing (PIUH)	
85 kg	
+85 kg	
Visual impairment standing (VI)	
100 kg	70 kg
+100 kg	+70 kg
12	8
20	