



NEWSLETTER

ISSUE # 2



NEWSLETTER

As we prepare to say goodbye to 2024, the South Africa Armwrestling Federation wishes you a Happy New Year for 2025!



SAAF wishes to thank each and every athlete and supporter for standing behind us in our endeavour to take armwrestling to the next level in South Africa.

We cannot do this without your support and co-operation. 2025 will see more higher profile competitions taking place and teams going to the AFA African Championships and WAF World Championships to represent Team South Africa.

HOW TO QUALIFY FOR NATIONALS
- Step by step guide on page 3

CONGRATULATIONS TO TEAM SOUTH AFRICA

SAAF sent a team of 8 athletes and 2 officials to the WAF World Championships held in Moldova.

Our athletes :

Tyler Austin - Sub-Junior Boys - 70kg+
Alexander Hoy - Junior Boys - u/90kg
Davie Stemmet - Junior Boys - u/90kg
Leandro Maritz - Junior Boys - 90kg+
George van Rij - Youth Men - u/70kg
- Senior Men - u/70kg
Dirk Aldrich - Youth Men - u/80kg (Left only)
John Mackechnie - Senior Men - u/100kg
Johnny Meyer - Grand Master Men - 100kg+

Our officials:

James Austin - Team Manager
Stephen Hoy - Assistant Team Manager



Our Protea Capping ceremony will be at the SAAF National Championships 2025 to be hosted in Gauteng.





NEWSLETTER

HOW TO QUALIFY FOR THE SAAF NATIONAL CHAMPIONSHIPS.

Although many of our athletes have already qualified for their Provincial Championships in 2025, there is still confusion regarding the process.

ALL athletes must compete in their Provincial Championships to be held **BEFORE** the National Championships in April 2025 in Gauteng at Madhouse Waterpark, Pub & Grill Armwrestling Hall.

PLEASE NOTE that it is the athletes responsibility to ensure they keep up to date on news and obtain the relevant correct information to allow them to compete.

PROCESS TO QUALIFY FOR NATIONALS

- Compete at your Regionals event to qualify for Provincials.
- *From 2025 an athlete will have to at least competed at TWO Club competitions (in any province or region) and a Regionals prior to Provincials for 2026.*
- This event **MUST BE endorsed** and approved by the SAAF Executive Committee and will be easily verified, as it will show on the SAAF Events Calendar shared periodically on the Armwrestlers United WhatsApp Group.
<https://chat.whatsapp.com/HzLVSSmiJhFn8owmvKB42>
- On competing at Provincials athletes will be permitted to register for Nationals. *(You do not have to take a podium position to qualify for National Championships, due to not all classes being represented at Provincials).*
- Click on link below to update your **ATHLETE REGISTRATION** for 2025.
<https://forms.gle/fenR3FKwCshKR36C7>

Want to become a Referee?

Now is your chance!

Contact Rosemary Botha @ 082 928 8075 or president@saaf-armwrestling.co.za to book your training seminar and certification course.

We already have 50 referees on our books ranging from Youth-Junior to Master Referees.

You can also do the online starter course to learn more about the WAF rules and different hand signals given by referees.

Click link to take the Online Referee Starter Course > <https://forms.gle/wDgxvUeeyv6ZYiLy8>

PROVINCIAL COLOURS / NATIONAL COLOURS / PROTEA COLOURS

As armwrestling continues to grow in South Africa we want to ensure that our athletes receive the recognition they are working so hard for.

Not by competing in Pro Events that are not sanctioned by SAAF but rather with teamwear on provincial and National levels.

This includes the ultimate of Protea Colours should you represent your country overseas at the WAF World Championships.

Each Provincial Committee will be tasked with designing and distribution of their Provincial Team wear.

National teamwear will be the Protea Teamwear to be worn at the AFA African Championships and the WAF World Championships. Note that National teamwear can only be purchased through SAAF as there are limited national suppliers that may provide Protea Teamwear.



NEWSLETTER

2025 CLUB REGISTRATION NOW OPEN

Register your club now > <https://forms.gle/RrW2wTbEsBV58JwK8> - remember to include your club logo on the submission. in jpeg format.

Clubs that have previously registered are requested to also re-register and submit their information to ensure we have the correct information for every club in South Africa.

SOUTH AFRICA ARMWRESTLING FEDERATION

SAAF Club Registration Form

As of 2025 clubs will be required to formally register with SAAF.

This is to ensure that we have up to date information of our members and clubs in South Africa.

This will be posted on our official SAAF website - www.saaf-armwrestling.co.za



Part of the SAAF mission for 2025, will to grow the sport of armwrestling amongst our youth, female and disabled athletes.

If anyone is interested in joining us please feel free to contact us on secretary@saaf-armwrestling.co.za or president@saaf-armwrestlingco.za for more information.



MEET CLARISSA OOSTHUIZEN

Being born into an armwrestling family, Clarissa has proven to be a formidable and ferocious competitor on the table.

Don't let her small frame or kind face fool you. She goes for gold every match and shows her joy and respect openly with every match.

At the ERAU (East Rand Armwrestlers United) event held on Saturday, 7 December 2024 at Madhouse Waterpak, Pub and Grill, Clarissa was nominated for the "Most Improved Female Armwrestler" in South Africa.

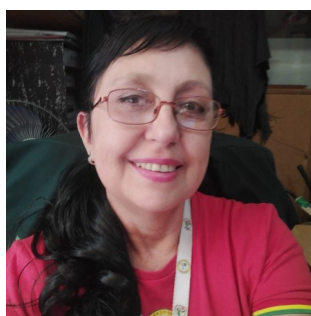




NEWSLETTER

KNOW YOUR NATIONAL EXECUTIVE COMMITTEE

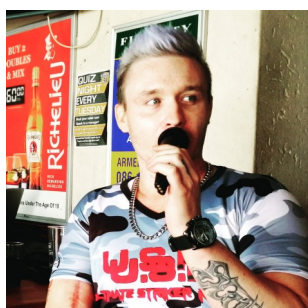
AS VOTED IN FOR 2024 / 2025 (*NOTE NEXT ELECTIONS IS IN 2026*)



Rosemary Bötha
NATIONAL PRESIDENT



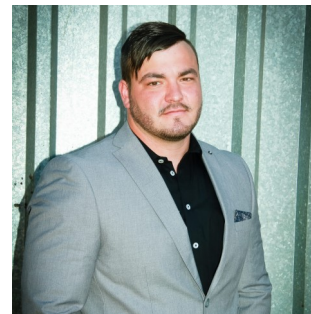
Niekie Fourie
VICE- PRESIDENT



Jonty Jacobs
NATIONAL SECRETARY



James Austin
NATIONAL TREASURER



Ruan Nel
REFEREE-IN-CHIEF



Konrad Conradie
PR & MARKETING



Noel Lancaster
DEVELOPMENT