



2026 IDAHO STATE

ARMWRESTLING CHAMPIONSHIPS



Date: SATURDAY, SEPTEMBER 5, 2026

Event Start Time: 4:00 pm

Location: IllumiLights Free Stage

Registration Begins: 2:00 pm

The Idaho State Armwrestling Championship, going on its 35th year at the Eastern Idaho State Fair, features competition for all ages. Kids as young as 3 years old compete in the youngest division, experiencing the excitement of the competition. Kids, teens and adults enjoy the “arm to arm” combat of the sport of Armwrestling, finding out who the stronger competitor is. Parents and Grandparents enjoy the entertainment of watching the children compete for the coveted Idaho State Title. There is competition for those who haven’t ever participated in an organized event, in the Novice Division. The ladies have their divisions as well. Idaho has one of the longest running State Championships in the nation and boasts a large turnout from Idaho as well as surrounding states. The Tournament Director is Elaine Blik, of Aberdeen, who started competing in 1991 and has held many National and World Titles. Co-Director is Shawn Kirkpatrick of Blackfoot, who started at a very young age and holds numerous State and National titles, is also the head referee of the event. Anyone who has ever wondered about their strength and how they would compare to others is encouraged to come enter this event. This is an event for all ages and great entertainment for everyone!

The first 75 competitors to sign up will get a FREE tournament shirt! Entry fees for youth are \$10 and entry fees for adults are \$20 then \$15 for the second entry. All ages are encouraged to participate in various divisions. The event is divided into subgroups based on age and weight. Registration opens at 2 p.m., the day of the event.

For more information TEXT: Elaine Blik, Tournament Director, at (208) 681-7312.

GENERAL RULES:

- Location: IllumiLights Free Stage
- Registration begins: 2:00 pm
- Competition begins: 4:00 pm

YOUTH ENTRIES:

- \$10 entry
- Awards given to top 3 winners in each weight division.
- Parent/guardian signature required on release form, or signed note from parents accepted with permission to compete.
- YOUTH COMPETITION WILL BEGIN FIRST! Cutoff for registration is 3:45 p.m.
- Divisions:
 - Age 6 & under, 7-8, 9-10, (boys/girls mixed) 2 weight divisions per age group.
 - Age 11-12 boys and 11-12 girls; 13-18 boys and 13-18 girls *2 weight divisions depending on individual weight of entrants.

ADULT ENTRIES:

- Entry fees - 1st entry \$20; 2nd entry \$15
- Divisions:
 - Men's Beginner/Novice Division:
Right arm- 0-154, 154-176, 176-198, 198-220, 221-over
 - Men's Open Right & Left Arm:
0-165, 165-187, 187-220, 221-242, 242-over
 - Men's Master Divisions (2 divisions):
Weight to be determined by entries (age 40 – over)
 - Ladies Right Arm:
0-154, 154-over
 - Open Ladies Left Arm Division
 - Open Ladies Masters Division (right arm)
- Awards given to top three in all divisions.
- Special Award for Champions.

Let's get "Back to the Basics" of Armwrestling! County and State Fairs are where many competitors got their start in the sport. Without those beginnings, we wouldn't have the competitors nationwide that we do today! Come out and support the future of the sport with youth and come out to compete for FUN and support of the sport, even if it's not for huge prize money...it's for the 2026 Idaho State Champion Title!