

[ARMSTRONG]

Organiser Guide

Run a tournament from one laptop. Step by step, with pictures.

Read This First

WHO THIS IS FOR: anyone running an arm wrestling event on Armstrong. Read it once from start to finish. After that, use the **Quick Reference** and the checklists at the back.

ABOUT THE PICTURES: every picture is a real screen. All the names are **made up** for training.

WORDS: **Bold** is the exact word on the screen. **Puller** means a competitor. **Organiser** means you.

Pick your path

I want to...	I use	Read
Run brackets only	The event page and the console	Chapters 1 to 12, 14 and 15
Run brackets and a live stream	The console, OBS, YouTube and a phone per table	Everything
Run brackets, stream it myself	The console, and my own stream link	Chapters 1 to 12, 14 and 15
Just list my event	The event page only	Chapters 1 to 4

NEW HERE: Read Chapter 1. Then do the **Practice Run** in Chapter 6 before your event. It takes 30 minutes and fixes most problems.

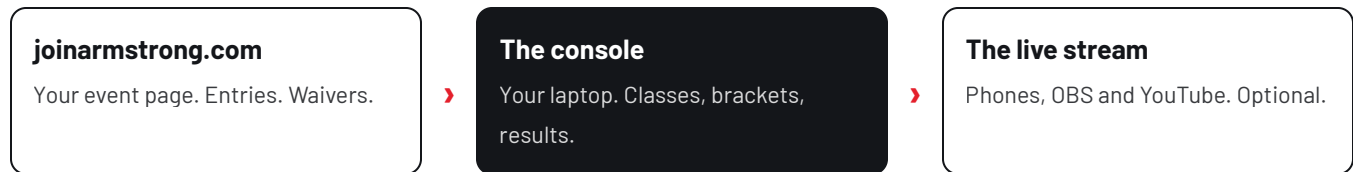
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How It Works

The big picture, before you click anything.

1. You create an event on **joinarmstrong.com**. It goes live after a quick review.
2. People enter online and sign the waiver. You get an email for each one.
3. On the day you open the **console** on your laptop and weigh people in.
4. Armstrong builds the classes and brackets. You tap the winner of each match.
5. Optional: viewers watch a **live stream** with names, rounds and scores on screen.
6. At the end you publish the results.



Words to know

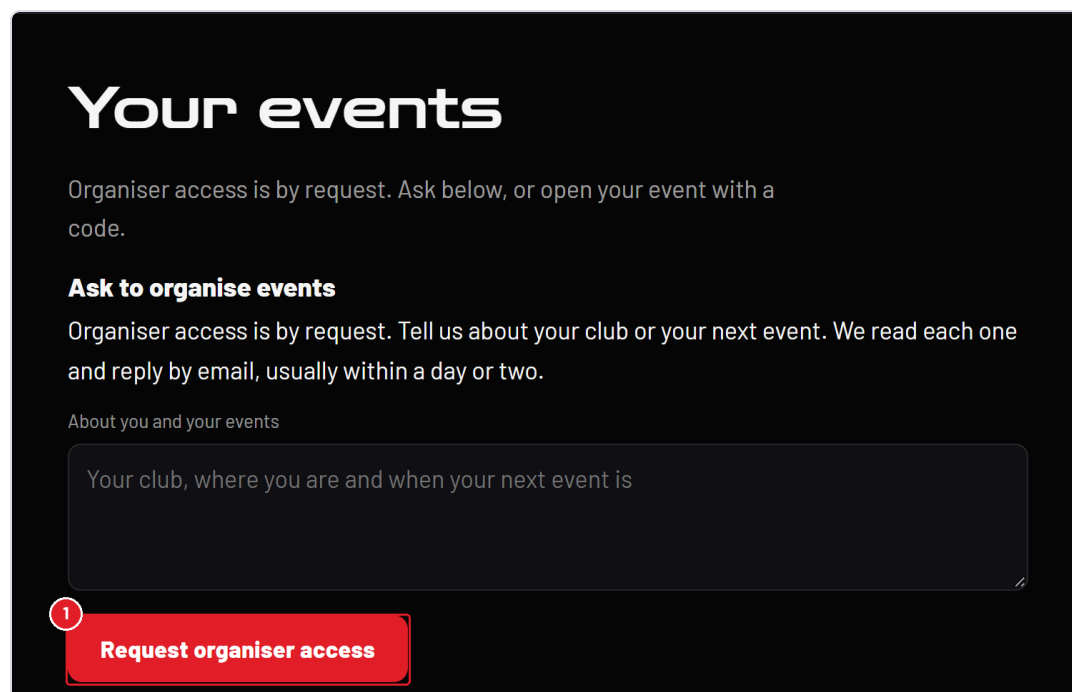
Word	What it means
Event page	Your public page. People find it, read it and enter.
Run code	A code like ARM-7KQ2MN-A . It opens your event in the console.
Console	The screen you run the day from. It runs in your browser.
Weigh-in	You weigh each puller and pick their arm. Classes are built from this.
Class	A group that pulls against each other: gender, age, weight, arm.
Bracket	The draw for one class.
Double elimination	Two lives. Lose twice and you are out.
Super match	Named pairings. Each is a best of 3, 5 or 7.
Armageddon	An open race after the main event. The winner stays on.
Overlay	The names, scores and rounds drawn on the live stream.
OBS	Free software that sends your stream to YouTube.

GOOD TO KNOW: Armstrong takes no money from entries. People pay **you**, directly. Free during Beta.

Get Organiser Access

Organiser access is by request. We read each one, usually within a day or two.

1. Go to **joinarmstrong.com** and click **Join free**. Sign in with Google.
2. Fill in your profile: name, date of birth, category and country.
3. Open **Your events**. Tell us about your club or next event.
4. Click **Request organiser access**.
5. You get a message in the app and an email: **You're an organiser**.



Your events, before you are an organiser.

- 1 **Request organiser access.** Send it once. We reply by email.

TIP: Say where and when your event is, and about how many pullers. It speeds up the answer.

GOOD TO KNOW: Using the live stream? You also need a YouTube channel. See Chapter 13.

Create Your Event

Open **Your events** and click **Create an event**. Fill in each box.

1 Who runs the day?

Armstrong runs it I run it myself, just list it

Brackets, entries, weigh-in and the live overlay run on Armstrong.

2 Event name

Hosted by (optional)

Start typing your club's name

Pick your club from the list and the event links to its page.

Poster (optional)

No poster Choose image

Your event flyer. It shows on the event page and in the events list.

3 Venue name

e.g. City Hall

Full address

Street, town

Town or city

Where the event is

4 Country

United Kingdom

- 1 **Who runs the day?** Pick **Armstrong runs it** for entries, brackets and the live overlay. **I run it myself, just list it** only lists your event.
- 2 **Event name.**
- 3 **Venue, address and town.** People use these to find you.
- 4 **Country.** It also sets the money your fees are in.

1 Pulling starts (date and time)

yyyy/mm/dd --:--

2 Registration and weigh-in open at

--:--

Competitors plan their morning around this, so it shows next to the start time on your event page.

3 Parking

e.g. Free parking at the venue, or Street parking, R20 at

- 1 **Pulling starts.** Date and time.
- 2 **Registration and weigh-in open at.** People plan their morning around this.
- 3 **Parking.** Even if it is just **Free parking**.

Format, stream and entries

1 **Format.** Double elimination or Super match.

2 **How will it be streamed?** Armstrong's livestream, My own stream or No stream.

3 **Visibility.** Open lets anyone enter. Invite only does not.

4 **How people enter.** Online on Armstrong, They contact me, or No entries, watch only.

5 **Entry fee per arm.** Leave it blank for free.

6 **How can competitors pay?** Cash, card machine, bank transfer, a link, or other. They pay you.

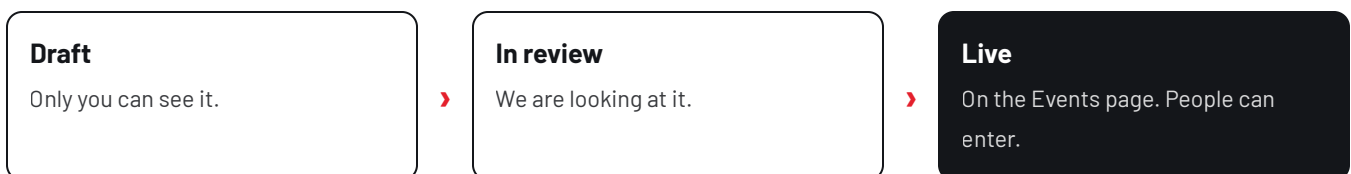
7 **Create event.** It saves as a draft.

Free during Beta. It saves as a draft. Send it for review from Your events. Once approved it goes live.

- 1 **Format.** Double elimination or Super match.
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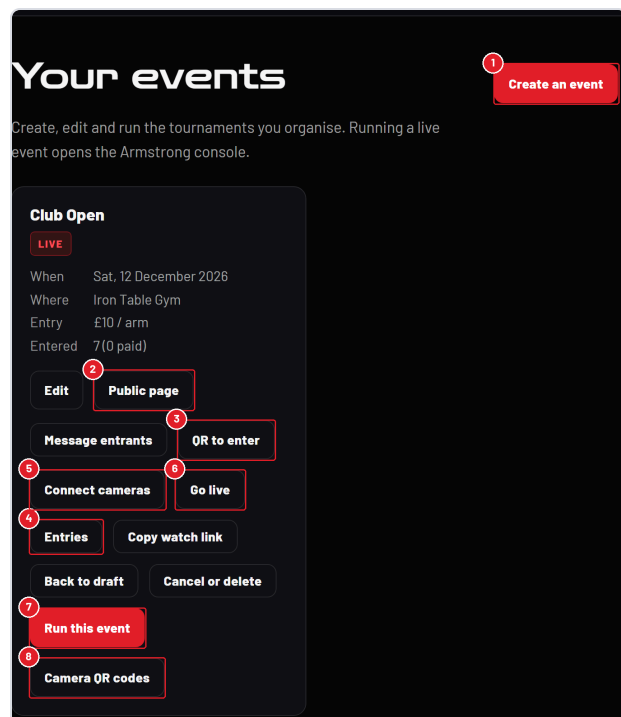
Then

1. On **Your events**, click **Send in for review**.
2. We check it. Your event goes live and appears on the Events page.
3. Need to change something? Click **Edit**. Changes show on the page.



Get Entries

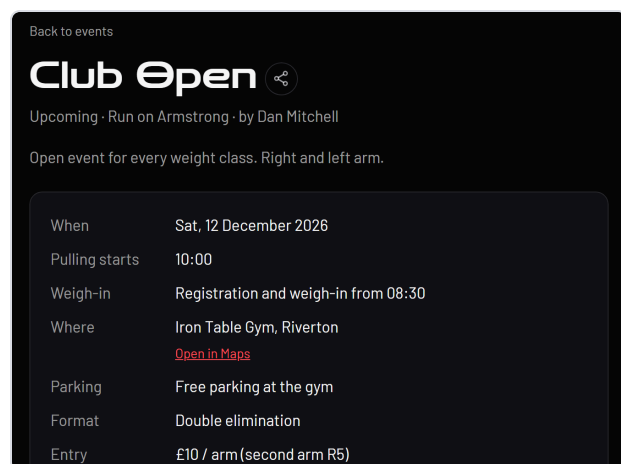
Share one link. Print one poster. People enter themselves.



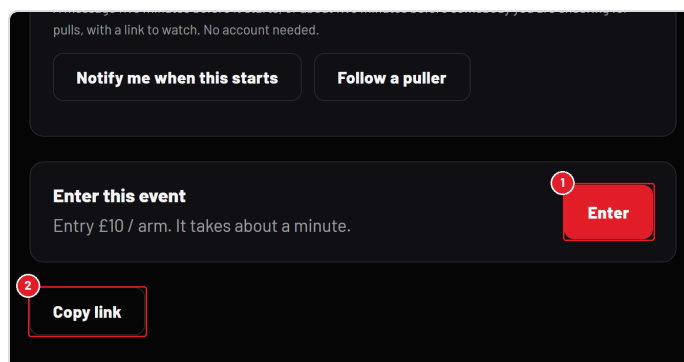
Your events, once your event is live.

- 1 **Create an event.** Start another one.
- 2 **Public page.** The page people enter from.
- 3 **QR to enter.** A poster to print or show on a screen.
- 4 **Entries.** Everyone who has entered.
- 5 **Connect cameras.** Live stream only. See Chapter 13.
- 6 **Go live.** Live stream only.
- 7 **Run this event.** Opens the console on the day.
- 8 **Camera QR codes.** A printable page of camera codes.

Your public page



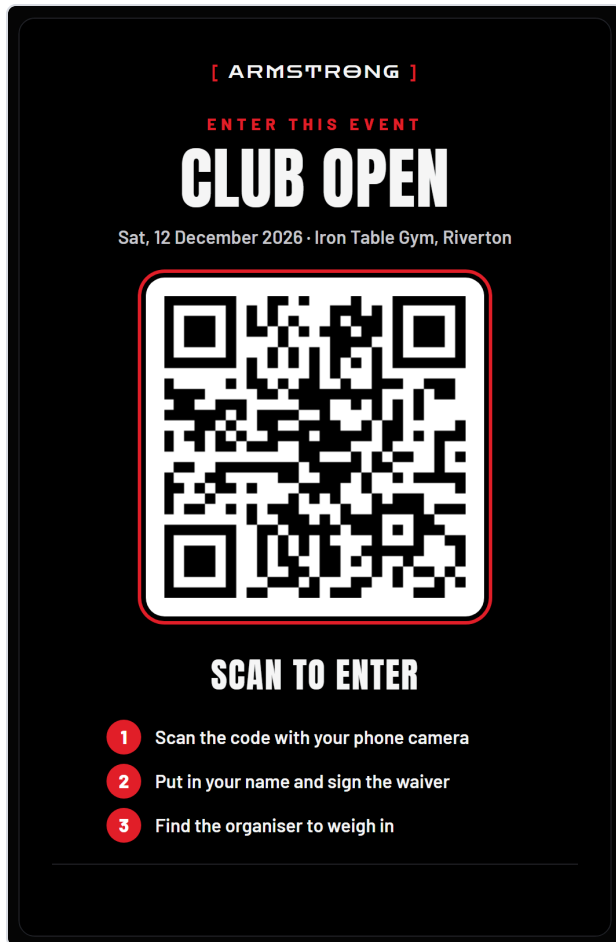
What people see first.



And where they enter.

- 1 **Enter.** It takes about a minute. No weight or arm needed. You weigh them at the venue.
- 2 **Copy link.** Send it on WhatsApp, Facebook, anywhere.

The QR poster



Print it, or show it on a screen at the door.

1. Click **QR to enter** on your event.
2. Click **Print this page**.
3. Anyone who scans it signs up and enters.

TIP: Put it at the door and the weigh-in table. Walk-ins enter in seconds.

What entrants do

1. Sign in and tap **Enter**.
2. Read the safety note. Add an emergency contact.
3. Type their name to sign the waiver. Tap **Confirm entry**.

What you get

- An email for every entry.
- The **Entries** list: waiver signed, here or not, how they will pay, emergency contact.
- **Message entrants** to send everyone a message.

IMPORTANT: The waiver is a starting text. Check it suits the law where you are, or add your own on the day.

GOOD TO KNOW: Cash? Tick **Paid** next to their name when they pay you. Armstrong never touches the money.

Internet and Kit

Most problems on the day are internet and power. Sort these first.

You need	Why
A laptop	Runs the console. Use Chrome or Edge. Keep it plugged in.
Internet	Brackets keep working without it. The live stream and the cloud copy do not.
Upload speed	For the stream. 6 Mbps or more is good. 3 to 6 is tight. Under 3 is too slow.
A cable	Wired internet beats wifi. If you can plug in, do.
A backup	A phone hotspot on standby. If the venue wifi drops, switch.
Power	Laptop and every phone on a charger.
Phones	One per table, as cameras. They use venue wifi or mobile data.
OBS	Free. Sends your stream to YouTube. Live stream only.
A YouTube channel	With live streaming turned on. Turn it on at least a day before.

GOOD TO KNOW: Armstrong tests your upload speed when you go live. It says **Connection good, OK but tight** or **Too slow**. Not sure it is right? **Test again**.

Phones as cameras

- Hold the phone **sideways**.
- Turn **auto-lock off** and keep it on a charger. A locked phone stops the camera.
- Give it some air. Phones overheat flat on a table.
- Phones only, over wifi or data. Cables are not supported yet.

Sound

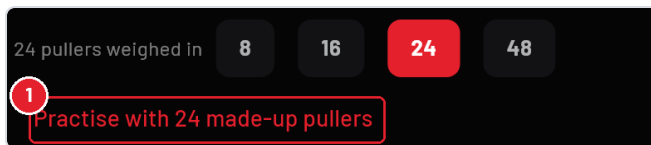
- Use **one** microphone. More than one makes an echo.
- The Stream window tells you if more than one is on. **Fix it** mutes the rest.

IMPORTANT: The stream needs a good connection **at the venue**. Test it there, at the same time of day, before the event.

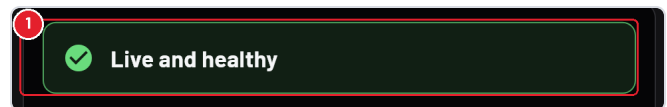
Practice Run

Do one practice run before the real event. Thirty minutes. Same laptop, same internet, same room if you can.

1. On **Your events**, click **Run this event**.
2. On **Weigh-in**, click **Practise with 24 made-up pullers**.
3. Look at the classes on the right. Change **People per class** and watch them change.
4. Click **Generate brackets & start**. Click **Start next bracket** on each table.
5. Tap the winner of a few matches. Press **Undo**. Open **Menu**, then **Classes**.
6. Click **Add puller** and add a late name.
7. Streaming? Turn **Livestream** on. Scan a table's QR code with a phone. Press **Start** on the phone.
8. Connect YouTube. Turn **Show it on my YouTube channel** off, so the test stays hidden.
9. Press **Go live**. Check it says **Live and healthy**. Then **End the stream now**.



- 1** **Practise with 24 made-up pullers.** On the Weigh-in step.



- 1** **Live and healthy.** What you want to see before you end the practice.

PRACTICE: Everything here is made up. Nothing is published and nobody is told.

TIP: On the real day, if the console says **Unfinished event**, tap **Start a new event**.

GOOD TO KNOW: Practise with a friend or two on the phones. Ask them to stand where the cameras will be.

Open the Console

The console runs in your browser. No download.

1. On **Your events**, click **Run this event**. Or go to **armstrong-354ca.web.app** and type your run code.
2. Use Chrome or Edge on a laptop.
3. See a yellow **Sign in as the organiser** button? Press it. Then you can publish results.

If	Do this
Your laptop dies	Open the console on another laptop. Type the same code. Tap Resume event . Close the first one.
You close the tab	Open it again. Everything is saved. Tap Resume event .
No internet at the venue	Install the console first: click the install icon in Chrome's address bar. Brackets then run offline.

GOOD TO KNOW: The event saves as you go, on your laptop and in the cloud. Camera QR codes stay the same for the whole event.

Set Up the Event

Five steps down the left. Everything saves as you go.

1. Event

Set up the event
Set everything up first, then weigh people in as they arrive. Everything saves as you go.

1 **Event**

- ☒ Format
- ☒ Tables and refs
- ☐ Livestream off
- 4** Weigh-in
- 5** Start

1 **EVENT**

2 Event name

3 Venue

4 Starts

5 **Event logo**
On the stream: the top left corner, always on. A PNG with a see-through background looks best. [Add logo](#)

6 **Sponsors**
Up to 3 logos, top right of the stream. One stays put; more take turns every 20 seconds. They stay on through the matches.
[+ Add a sponsor logo](#)

7 [→ Next: Format](#)

- 1 The steps.** Click any step. A green tick means done.
- 2 Event name.** Shown on the stream.
- 3 Venue.**
- 4 Starts.** Date and time.
- 5 Event logo.** Top left of the stream, always on. A PNG with a see-through background looks best.
- 6 Sponsors.** Up to 3 logos, top right. More than one take turns every 20 seconds.
- 7 Next.** Go to the next step.

2. Format

Set up the event

Set everything up first, then weigh people in as they arrive. Everything saves as you go.

✓ Event

✓ **FORMAT**

✓ Tables and refs

📺 Livestream off

✓ Weigh-in

5 Start

1 **Double elimination** **Super match**

2 WAF standard **COMING SOON** Armageddon event **COMING SOON**

3 **WEIGHT CLASSES**

3 **Dynamic brackets** Fixed classes Open weight Everyone together Custom classes

4 People per class: 4+ 0

2 3 4 5 6 8 10 12

5 **ENABLE ARMAGEDDON**

6 → Next: Tables and refs

Everyone gets two lives: lose twice and you are out. Winners and losers brackets, and a grand final between the two survivors.

Pullers weigh in on the day and the brackets shape themselves around who showed up. Thin weight classes and age groups merge into the next one up, so nobody travels to pull one match. You choose how many people a class needs to stand on its own.

Any weight class or age group smaller than 4 joins the next one up (Masters join Senior, lighter joins heavier). Children never move up a weight class and never join adults: Sub-Juniors and Juniors only merge with each other, and only when a class is too small. Nobody in a class of children is more than 3 years from the rest. The weigh-in list shows exactly what will run.

After the main event, anyone 16 and over pulls one open-weight race on a single table. Winner stays on, most pins when the clock runs out wins. Every person who signs up adds time to the clock, at least five people. Not rated.

- 1 **Format.** **Double elimination** gives everyone two lives. **Super match** is named pairings.
- 2 **WAF standard** and **Armageddon event** are coming soon.
- 3 **Weight classes.** Five ways to split people up. See Chapter 9.
- 4 **People per class.** A class smaller than this joins the next one up.
- 5 **Enable Armageddon.** An open race after the main event. See Chapter 12.
- 6 **Next.**

3. Tables and refs

Set up the event

Set everything up first, then weigh people in as they arrive. Everything saves as you go.

- ✓ Event
- ✓ Format
- ✓ **Tables and refs**
- 📺 Livestream off
- ✓ Weigh-in
- 5 Start

TABLES AND REFEREES

1 Tables at the venue

– 2 +

2 Referees optional

Two per table (head ref and down ref), cycled automatically, fewest stints first. A referee is never put on the table running their own class.

2 Name **Add**

3 Head ref Down ref ✓ Head or down

A head ref is always the main ref at a table, and only stands as a down ref beside another head ref.

No referees added yet.

4 → Next: Livestream

- 1 Tables at the venue.** Use + and - to change. You can add or remove a table later.
- 2 Referees.** Optional. Type a name and click **Add**.
- 3 Head ref, Down ref or Head or down.** A head ref is the main ref at a table.
- 4 Next.**

GOOD TO KNOW: Referees are rotated for you, fewest stints first. A referee is never put on the table running their own class.

Classes

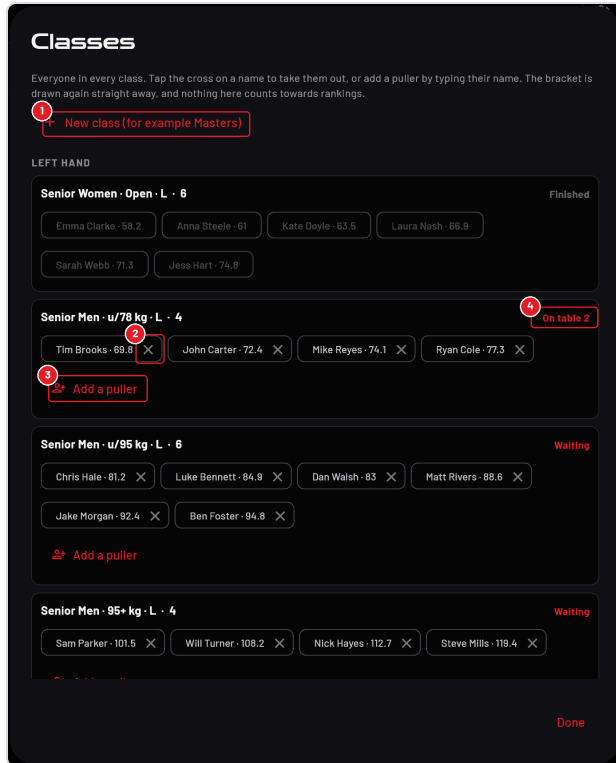
Pick how people are grouped. You can see exactly what will run before you start.

Choice	What it does	Use it when
Dynamic brackets	Weight and age classes shape themselves around who shows up. Thin classes join the next one up.	Most events. The default.
Fixed classes	Fixed international weight classes. Never merges. A puller alone is unopposed.	You want standard classes.
Open weight	One class per age group, gender and hand. Weight is ignored.	Small events.
Everyone together	One bracket per hand. No weight, age or gender.	Club nights and fun events.
Custom classes	Your own weight limits. Thin classes merge like Dynamic.	You have your own rules.

Rules that always apply

- Men and women never share a class.
- Children never face adults, and never move up a weight class.
- Sub-Juniors and Juniors only merge with each other, and only when a class is too small.
- Nobody in a children's class is more than 3 years from the rest.

Check the classes before each session



Menu, then Classes.

- 1 **New class.** Make your own, for example Masters.
- 2 **The cross.** Takes a puller out of the class.
- 3 **Add a puller.** Type a name.
- 4 **Status.** Finished, On table, or Waiting.

TIP: Open **Classes** before the left hand and again before the right. Read every name. Fix anything wrong before the class starts.

IMPORTANT: Once a class is running and somebody is out on two losses, Armstrong will **not** redraw it. You will see *Not now*. Finish the class, or use **Withdraw**. This stops a beaten puller coming back.

Weigh-In

Weigh each puller, pick their arm, add them. Armstrong builds the classes as you go.

The Weigh-in step. Classes build on the right as you add people.

- 1 **The form.** Name, weight, age, emergency contact.
- 2 **Gender and arm.** Left, Right or Both.
- 3 **Add puller.**
- 4 **Practise with 24 made-up pullers.** For your practice run.
- 5 **The list.** Everyone added. Use the search box to find a name. The cross removes them.
- 6 **People per class.** Drag to change how classes merge.
- 7 **What gets built now.** The exact classes that will run.

People who entered online

1 **3 entered online, waiting to weigh in**

Their waiver is on file. Weigh them in here and pick their arm to put them in the pool – you may also need their emergency contact, if this entry is from before that was asked every time.

Mike Reyes · Men, 31

Emma Clarke · Women, 27

John Carter · Men, 44

2 Here **3** Weigh in

Weigh in

Weigh in

At the weigh-in table. Start with whoever is Here.

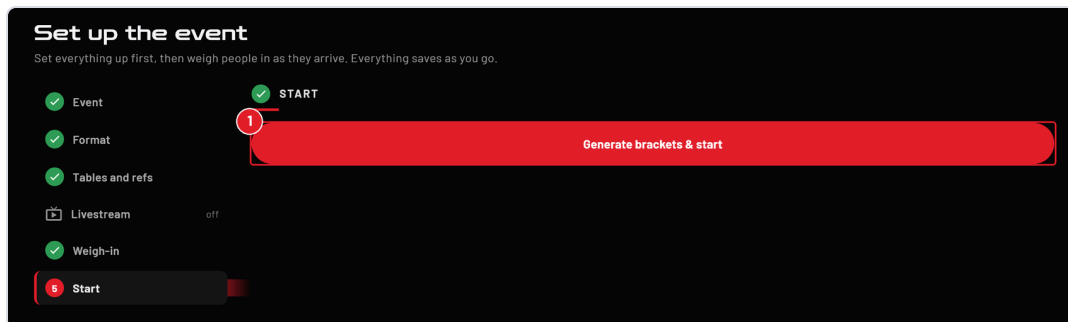
- 1** **Entered online, waiting to weigh in.** Their waiver is already on file.
- 2** **Here.** They tapped **I'm here** on the event page.
- 3** **Weigh in.** Enter their weight, pick their arm, add them.

Someone arrives late?

- Click **Add puller** at the top, even once the event is running.
- A running class can only take someone in its first round. Otherwise add them to a class that has not started.

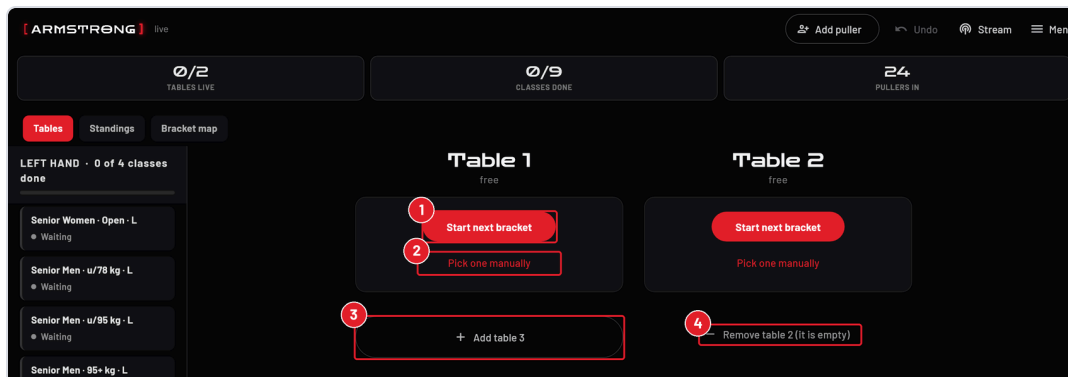
Run the Tables

Press **Generate brackets & start**. Then run each table.



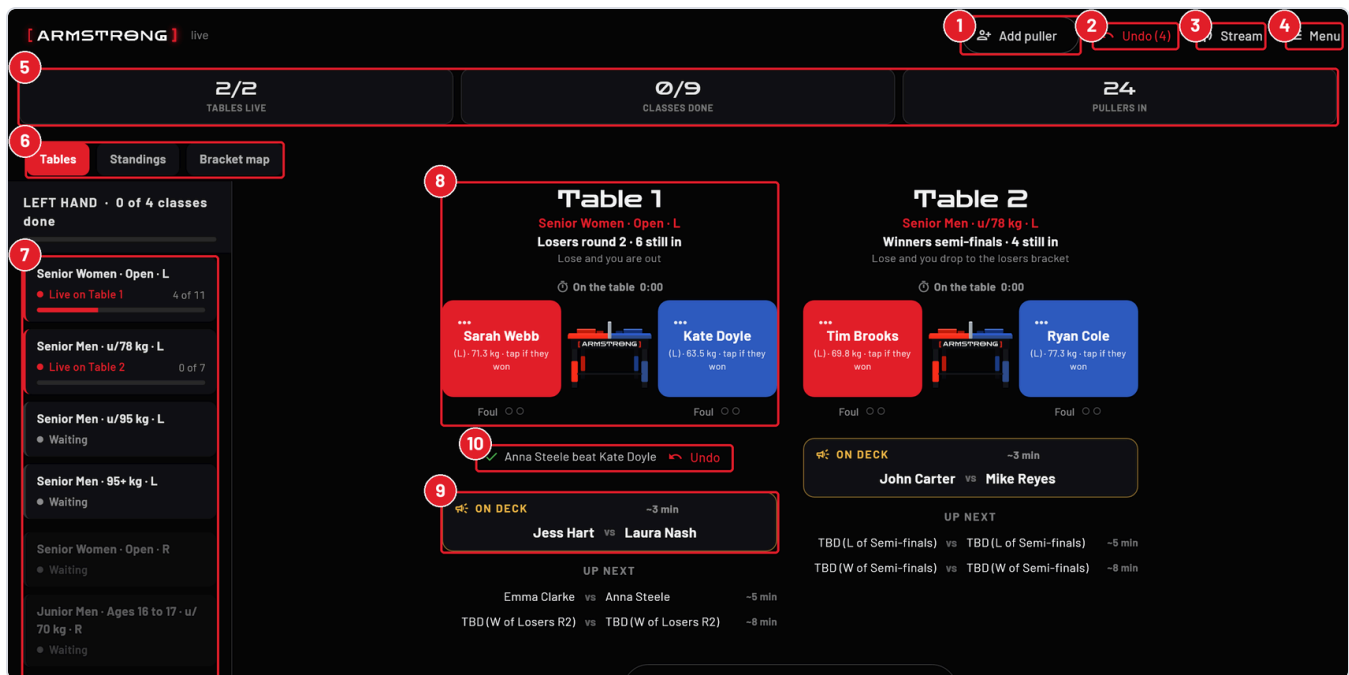
- 1 **Generate brackets & start.** Classes are built from your weigh-in.

Start a bracket



- 1 **Start next bracket.** The next class in the running order goes on this table.
- 2 **Pick one manually.** Choose any class.
- 3 **Add table.** Open another table.
- 4 **Remove table.** Only when it is empty.

The tables screen



- 1 **Add puller.** Weigh in a late arrival.
- 2 **Undo.** Takes back the last result, at any table.
- 3 **Stream.** The stream window. See Chapter 13.
- 4 **Menu.** Classes, Find a puller, Print brackets, Referees.
- 5 **The numbers.** Tables live, classes done, pullers in.
- 6 **Tabs.** Tables, Standings and Bracket map.
- 7 **The classes.** Left hand first, then right. Each shows Waiting, Live on a table, or Done.
- 8 **A table.** The class, the round, and who is on the table.
- 9 **On deck.** Who pulls next, and about when.
- 10 **The last result.** With its own **Undo**.

Each match

1. Referees call the match. The two names are on the screen.
2. When it ends, **tap the winner's card**. That is all.
3. The next match moves up by itself.
4. Wrong card? Press **Undo** straight away.

Button	What it does
Foul	Optional. Tap a dot for each foul. At two, the card says the match is lost under WAF rules. You still tap the winner.
Strap match	Puts a Strap match ribbon on the stream. The match is pulled again.
Withdraw	Takes a puller out. Their opponent goes through.

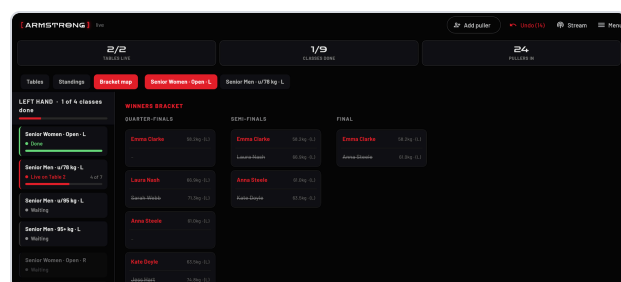
Left hand, then right hand

- The event runs in **two sessions**. Every left-hand class first.
- When the last left-hand class is done, a **Start right hand** button appears. Check the classes in **Menu, Classes**, then press it.
- It clears the tables and brings on the right-hand brackets, in the same order.
- The stream tells viewers: **Left hand complete. Right hand starts shortly.**

Two lives

Double elimination has a winners bracket and a losers bracket.

If you	Then
Win	You stay in the winners bracket.
Lose once	You drop to the losers bracket. You are still in.
Lose twice	You are out. Armstrong never calls you to a table again.
Are the last two	The winners and losers survivors pull in the grand final.

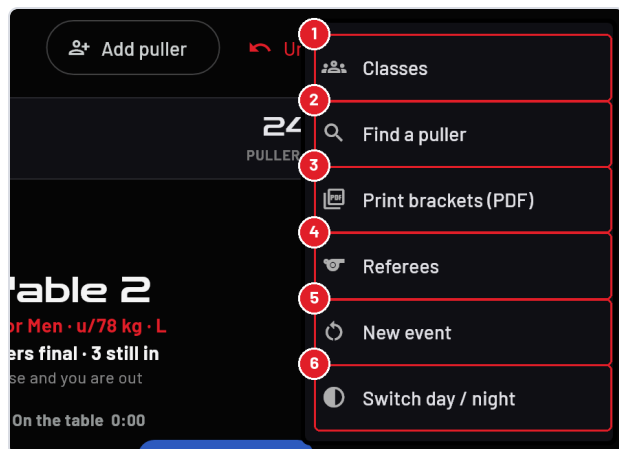


Bracket map. Every match in a class.

Standings and Bracket map

- **Standings** shows every class with places so far.
- **Bracket map** shows every match, winners and losers.
- Use them to answer "when do I pull?".

Menu



- 1 **Classes.** See and fix every class.
- 2 **Find a puller.** Search by name. Move, add or withdraw them.
- 3 **Print brackets (PDF).** Paper copies for the wall.
- 4 **Referees.**
- 5 **New event.** Starts again. Be careful.
- 6 **Switch day / night.** Light or dark screen.

Super Match and Armageddon

Super match

For big named fights. Choose **Super match** in Format. Step 4 becomes **The card**.

- 1 **Default best-of.** 3, 5 or 7. Each pairing can be changed.
- 2 **Rest between rounds.** 30 seconds to 2 minutes.
- 3 **Weigh them in.** Optional. Super matches are agreed between two people.
- 4 **Load 10 random.** For your practice run.
- 5 **Add pairing.** Type both names.
- 6 **Generate brackets & start.** Needs at least one pairing.

- No classes, no weights. Tap the winner of each round, like any match.

Armageddon

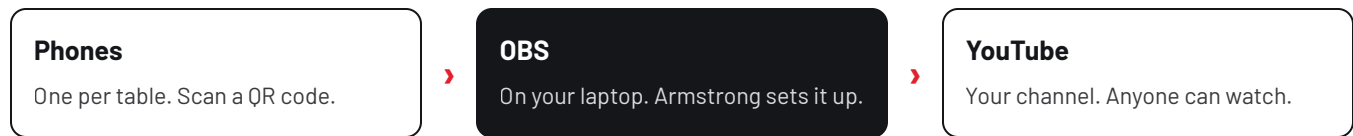
An open race after the main event. The winner stays on.

- Turn it on in **Format: Enable Armageddon**.
- Anyone **16 or over** can join. It is not rated.
- One open-weight race on a single table. Most pins when the clock runs out wins.
- Every person who signs up adds time to the clock. You need at least **five** people.
- When every class is done, the finished screen shows Armageddon. Open it from there.

GOOD TO KNOW: Armageddon shows on the live stream with its own flames and clock.

Live Stream

Optional. Viewers watch on YouTube with names, rounds and scores on screen.



You need

- A YouTube channel with live streaming on.
- **OBS Studio**, free from obsproject.com, installed and open.
- A phone per table. A good connection. See Chapter 5.
 1. In setup, open **Livestream** and turn the switch on.
 2. Type a **YouTube video title**.
 3. **Download OBS Studio** if you need it. Open it. If its wizard appears, click **Cancel**.
 4. Choose **A camera for each table** or **One camera sees every table**.
 5. Scan each table's QR code with that table's phone. Press **Start** on the phone.
 6. See every camera in the preview. Click **Yes, I can see every camera above**.
 7. Click **Connect YouTube**. Sign in with the channel's Google account.

IMPORTANT: Google may warn you: *Google hasn't verified this app*. Click **Advanced**, then **Go to joinarmstrong.com**. It is safe. It only lets Armstrong start and end your broadcast.

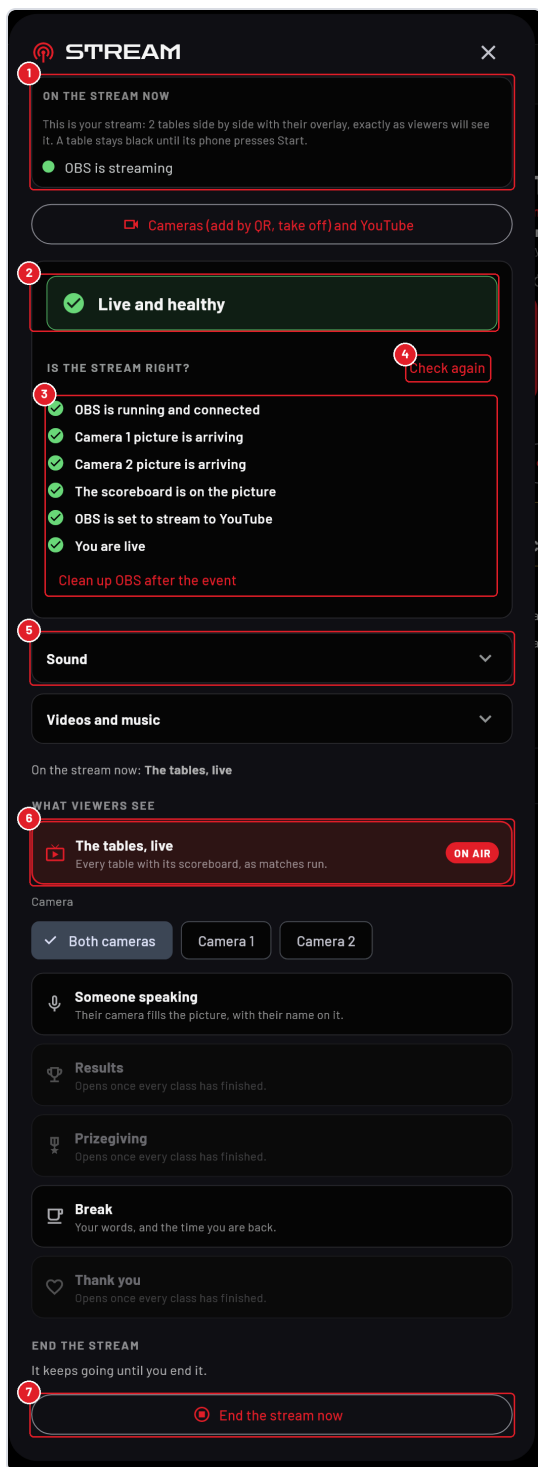
Camera QR codes

- Each table has its own code. It stays the same for the whole event, even after a reload.
- **Table not showing up? Get a new link** makes a fresh one.
- **No camera for table** leaves a table off the stream.
- Hold phones sideways. Auto-lock off. Charger on.

Going live

1. Open the console. Click **Stream** at the top.
2. Click **Cameras (add by QR, take off) and YouTube**.
3. Press **Go live**. Armstrong checks your upload speed, then sets up OBS and starts the stream.
4. Back in the Stream window, check **Live and healthy** shows.

GOOD TO KNOW: Console says OBS is not running, but it is open? In OBS choose **Tools**, then **WebSocket Server Settings**. Turn on **Enable WebSocket server**. Untick **Enable authentication**. Then press **Check again**.



- 1 On the stream now.** Exactly what viewers see.
- 2 Live and healthy.** Green means you are fine.
- 3 Is the stream right?** OBS, each camera, the scoreboard, YouTube and live.
- 4 Check again.** Run the checks again.
- 5 Sound.** Pick the one microphone viewers hear.
- 6 What viewers see.** Switch the picture.
- 7 End the stream now.** It keeps going until you end it.

What viewers see

Pick	Viewers see
The tables, live	Every table with its names and scoreboard, as matches run.
Someone speaking	Their camera fills the picture, with their name on it.

Pick	Viewers see
Results	The results card. Opens once every class has finished.
Prizegiving	The podium. Opens once every class has finished.
Break	Your words, and the time you will be back.
Thank you	A thank-you card. Opens once every class has finished.

- **Both cameras, Camera 1, Camera 2.** Show one table full screen.
- **Videos and music.** Add a clip or song before the event. Play it from the Stream window.

When it is over

1. Press **End the stream now**.
2. Optional: **Clean up OBS after the event** takes Armstrong's sources out of OBS.
3. Tell people they can close the phone cameras.

TIP: Not streaming with Armstrong? Choose **My own stream** when you create the event. Stream however you like and paste the link under **Where to watch**. Viewers watch, but without the names and scores on screen.

If Something Goes Wrong

The connection drops

A bar tells you. Brackets keep working. When the internet is back, press **Reconnect**. Armstrong does these steps for you, one by one:

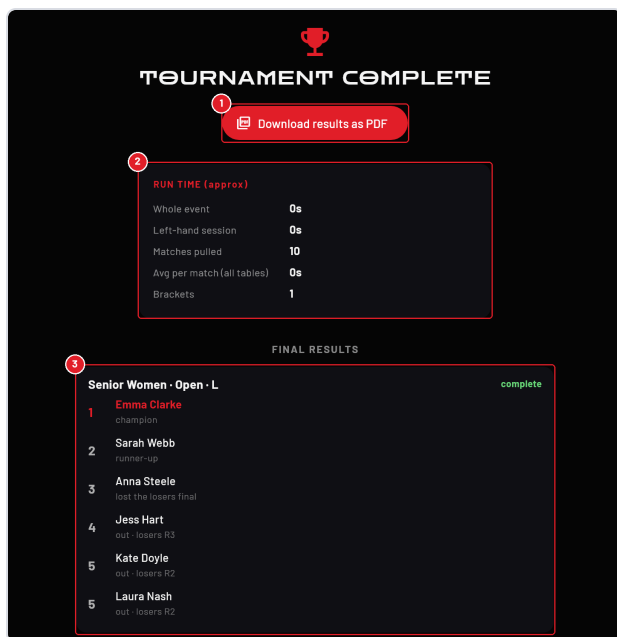
1. **Checking the internet**
2. **Reconnecting to YouTube**. A new broadcast, because YouTube ends the old one.
3. **Connecting OBS**. The new key goes in.
4. **Connecting the phones**
5. **Going live**. It says **You are live again**.

TIP: If it stops, it says where. Fix that one thing and press **Reconnect** again. Choose the channel's Google account if Google asks.

Problem	Try this
OBS is not running.	Open OBS. In OBS: Tools, WebSocket Server Settings , turn on Enable WebSocket server , untick Enable authentication . Press Check again .
Camera has no picture.	On the phone, open the link again and press Start . Check auto-lock and charger. Try Get a new link .
More than one microphone is on.	Press Fix it , or pick one in Sound .
YouTube is not connected.	Open Cameras and YouTube . Press Connect YouTube .
Connection too slow.	Plug in a cable, or move closer to the router. Test again . Go live anyway if you must.
Wrong result tapped.	Press Undo .
A puller arrives late.	Add puller. A running class can only take someone in its first round.
Not now: somebody is out on two losses.	That class can't be redrawn. Finish it, or use Withdraw .
Laptop died.	Open the console on another laptop. Same code. Resume event .
Stuck?	Contact your Armstrong helper: _____. Even on the day.

Finish the Event

When the last class is done, the console says **Tournament complete**.



- 1 **Download results as PDF.** A branded results sheet.
- 2 **Run time.** How long it took, and how many matches.
- 3 **Final results.** Every class, every place.

1. Check the results.
2. Click **Publish results**. They go on your event page.
3. End the stream, if you were streaming.
4. Tell people thank you.

GOOD TO KNOW: **Publish results** needs you signed in as the organiser. You will see a yellow **Sign in as the organiser** button if you are not.

TIP: Print brackets from **Menu** any time. Paper on the wall saves a lot of questions.

The Day, Step by Step

One page to follow on the day.

When	Do this
A week before	Share your event page. Check your entries. Do the Practice Run (Chapter 6).
The day before	Charge everything. Test the venue internet. Print the QR poster. Open the console once. Tick the Event-Day Checklist .
Two hours before	Set up tables, phones, laptop and power. Open OBS. Connect YouTube. Scan each camera's QR code.
One hour before	Open the console with your run code. Check the Stream window says Live and healthy , or go live at the start. Weigh-in table ready.
Weigh-in	Weigh each puller. Pick their arm. Add puller . People who entered online: Weigh in .
Before you start	Menu, Classes . Read every name. Fix anything wrong. Then Generate brackets & start .
Left hand	Start next bracket on each table. Tap each winner. Watch On deck .
Between hands	When the last left-hand class is done, check Classes again. Press Start right hand .
Right hand	The same again.
The end	Download results as PDF . Publish results . End the stream now . Thank everyone.

TIP: Give one person the job of watching the stream. Not you. You run the tables.

Quick Reference

When you want to...	Do this
Get access	Join free, Your events , Request organiser access .
Make an event	Create an event , fill it in, Create event , Send in for review .
Share it	Public page , Copy link . Or QR to enter and print.
See entries	Your events , Entries .
Open the console	Run this event .
Practise	Weigh-in, Practise with 24 made-up pullers .
Weigh someone in	Fill in the form, pick the arm, Add puller .
Start	Generate brackets & start , then Start next bracket .
Record a result	Tap the winner's card. Undo if wrong.
Check classes	Menu , Classes .
Late arrival	Add puller at the top.
Go live	Stream , wait for green, Go live .
Internet dropped	Reconnect .
End the stream	Stream , End the stream now .
Finish	Publish results .
Remember	
Two lives	Lose twice and you are out. Never called again.
One microphone	More than one makes an echo.
Phones	Sideways. Auto-lock off. On a charger.
Speed	6 Mbps upload or more for the stream.
Practice	Do one before the real event.
Money	Entry fees go to you. Armstrong takes nothing.

Event-Day Checklist

Tick each one the day before, and again on the morning.

- ☐ Laptop charged and plugged in. Chrome or Edge.
- ☐ Venue internet tested. Cable and hotspot backup ready.
- ☐ Console installed, and the event opened once at home.
- ☐ Run code written down.
- ☐ Printed: QR poster, waivers if you use paper, brackets.
- ☐ Tables set. Referees told.
- ☐ OBS open. YouTube connected.
- ☐ Phones on stands, sideways, charged, auto-lock off.
- ☐ One microphone chosen.
- ☐ Camera QR codes scanned. Every picture showing.
- ☐ Weigh-in table ready. A scale that works.
- ☐ Classes checked in **Menu, Classes**.
- ☐ Someone told to watch the stream. Not you.

Organiser: _____ Event: _____ Date: ____/____/____

Practice-Run Checklist

Do these once, before the real event. Tick each one when you can do it without help.

- ☐ Opened the console with the run code.
- ☐ Used **Practise with 24 made-up pullers**.
- ☐ Changed **People per class** and watched classes change.
- ☐ Started a bracket on every table.
- ☐ Recorded results. Used **Undo**.
- ☐ Added a late puller with **Add puller**.
- ☐ Opened **Menu, Classes**.
- ☐ Scanned a QR code. Saw the camera picture.
- ☐ Connected YouTube. Passed the Google warning.
- ☐ Checked the upload speed message.
- ☐ Went live. Saw **Live and healthy**. Ended the stream.
- ☐ Closed the tab. Opened it again. **Resume event**.
- ☐ Pressed **Reconnect** once, after unplugging the internet for a moment.

Organiser: _____ Helper: _____ Date: ____/____/____