



# PROCLAMATION

## Arm Wrestling

### **Class division**

- ❖ Men "Open Class"
- ❖ Women "Open Class"

### **Division**

1. The participants are divided in 5 classes according to age and 4 categories according to weights.
2. The grouping applies to both men and women

Class-A:	18 - 30 years
Class-B:	31 - 40 years
Class-C:	41 - 50 years
Class-D:	51 - 60 years
Class-E:	over 60 years

### **Competition**

- Stand-up Arm-wrestling

### **Weights Categories:**

- -50 to 50
- 60 to 79
- 80 to 99
- 100+ kg

### **Weight in of participants**

- ❖ Weight in of participants is carried out on the eve of the competition.
- ❖ Participants arriving to the weight in must have a valid ID document and the accreditation.
- ❖ The Master Referee, referees completing the weight in procedure and one official representative of each team are permitted to be present at the procedure.
- ❖ The Master referee is the final authority on all weigh-in procedures.
- ❖ There is no clothing allowance, therefore weigh-ins will be done in the nude if an athlete wishes to qualify for a certain weight class. (Weight has to register to zero, i.e.: if 70kg class it will have to zero to 70.0kg).
- ❖ In case the weight of an athlete exceeds the limit of his/her weight category, the athlete has the right to be weighted in again within the time slot designated for general weight in by the regulations of the competition.
- ❖ A competitor may weigh-in to their normal weight or jump one weight class higher.



# PROCLAMATION

## Rules

1. The grip is palm to palm, grip at thumb, thumb knuckle must be visible. Gripped hands should be level on a plain at the forefingers. Free hand will grip the hand peg provided at the table edge. This arm may or may not touch the tabletop.
2. Fingernails should be trimmed so as not to injure your opponent. The participants can't have valuables...etc
3. Stickum/ rosin/ chalk are permitted.
4. Competitors have 1 minute to return to the table platform after warning the referee for fingernails, valuables, clothing ... etc.
5. The shoulders of both players must be in a square position before the match starts.
6. All starts will be a "Ready...Go." The cadence will vary.
7. At the end of the match the referee will say "Stop" and indicate the winner by raising his arm towards him/her. All effort must be made by the referee that the competitors are aware the match is stopped.
8. Players must start with at least one foot on the ground. After the "Go" players may have both feet off the ground.
9. A pin cannot be made if the elbow is out of the pocket.
10. To make a winning pin player must touch opponent to the touch pad.
11. A false start is a foul.
12. Intentional slip-outs are fouls, which occur when both player's palm completely loses contact with competitor's palm.
13. Players will forfeit the match with a second foul.
14. Players may not, at any time, touch their body to their hand.
15. The competitors will always conduct themselves in a sportsperson-like manner while at the tournament.
16. In the event of an injury during competition, the competitor's name will continue to be brought forward until he/she has fulfilled the two-loss commitment. The match that a competitor was injured in will be regarded as a loss.
17. There is no time limit during an actual bout. However, if in the estimation of the Head Referee or an authorized physician, that a competitor is deemed unfit to continue, the match will be stopped.
18. Players are responsible for their participation in case of injury
19. The most important arm wrestling rule is the referee's decision is final.
20. Even a referee must apply the international rules.
21. The Master Referee makes final decisions regarding violations, protests, solve arising problems and enquiries/questions ...etc
22. Unless otherwise specified, the rules of the World Armwrestling Federation (WAF).
23. Competitors must be familiar with and adhere to the dress code of their country/company or sports precinct during the tournament and the awards.
24. The uniform of Competitors during the competition:



# PROCLAMATION

## Performance Uniform for Armwrestling Competitors

- ❖ Competitors must be familiar with and adhere to the dress code of their country/company or sports precinct during the tournament and the awards.
- ❖ Only short sleeve or sleeveless shirts & sport pants (no jeans) allowed during competition.
- ❖ Shoes are required as part of the uniform and to compete in the tournament.
- ❖ No competitor may compete out of uniform, no competitor may receive their award out of uniform. If a competitor comes on stage to compete out of uniform, they will forfeit that bout.