

## Arm Wrestling Rules

1. Free hand must grip the peg at all times.
2. Shoulders must be square to the table before start of match.
3. Competing elbow must be placed on the elbow pad at all times.
4. Thumb knuckles must be showing on competing hands before start of match.
5. Referee must be able to pass closed fist between biceps and forearm of competitor before start of match.
6. Competing wrists must be straight before start of match.
7. Gripped hands must be in center of table, in line with pegs.
8. Competitors must have one foot on the floor for stand up competition.
9. Competitors must equal their opponents die and/or back pressure before start of match.
10. A period of one minute will be allowed to grip properly.
11. Referee's grip must be administered after one-minute time period has lapsed.
12. No movement, discussion or time will be allowed after referee's grip has been administered.
13. Competitors may waive the one-minute time period if both agree, thereby starting the match before one minute has lapsed.
14. Audible signal given by referees must be "ready, go".
15. Competitors may walk away from the table during competition in order to "chalk up", but may not intentionally delay the competition.
16. A thirty second rest period may be permitted after a slip grip or foul upon referee's discretion.
17. Competitors must be warned and competition stopped within five seconds if in "break arm" position.
18. Competitors may not use any part of the body to pin their opponent.
19. Competitors may not intentionally slip grips.

### **Infraction for competition**

All must abide by and adhere to the following listed infractions that will result in fouls being called at all times. All competitors must receive any combination of two fouls in order to lose a match unless the competitor is in the losing position. Only one foul will constitute a loss if competitor is in the losing position.

1. Failure to grip the peg at all times.
2. Failure to square shoulders before start of match.
3. Failure to keep competing elbow on the elbow pad during the match.