



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

Rules

1. The shoulder of both players must be in a square position before the match starts.
2. All starts will be a "Ready...Go." The cadence will vary.
3. Players must start with at least one foot on the ground. After the "go" players may have both feet off the ground.
4. A pin cannot be made if the elbow is out of the pocket.
5. To make a winning pin player must touch opponent to the touch pad.
6. A false start is a foul.
7. Intentional slip-outs are fouls, which occur when both player's palm completely loses contact with competitor's palm.
8. Players will forfeit the match with a third foul.
9. Players may not, at any time, touch their body to their hand.
10. The competitors will always conduct themselves in a sportsperson-like manner while at the tournament.
11. Players are responsible for their participation in case of injury
12. The most important arm wrestling rule is the referee's decision is final.
13. Unless otherwise specified, the rules of the World Arm-Wrestling Federation (WAF).