



# 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:

#### Men:

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

#### Women:

- 50 to 59
- 60 to 69
- 70+ 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



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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).