



## **ARM-WRESTLING Tournament**

**October 7<sup>th</sup> 2021**

### **Location**

OAKA, Olympic Athletic Center of Athens “Spiros Louis” - Kassimatis Sports Hall

### **Competition Dates and Times:**

The event will take place on Thursday 7<sup>th</sup> of October 2021

### **Competition Schedule**

#### **Thursday 7<sup>th</sup> October 2021**

11.00	<i>Competitors Arrival</i>
11.30	<i>Weight in</i>
12.00	<i>Split into categories</i>
12.30- 15.00	<i>Competition</i>

### **Awards**

Medals, will be awarded to the three first pairs.

### **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).

### Information – Clarifications

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