



Arm Wrestling Rules And Information

1. Decision of the Referee is FINAL.
2. Elbow must remain in cup area.
3. Left hand must not lose contact with the hand peg at any time until match is completed.
4. Hands must be centered. However, the center of the table is to be determined where the contestants mutually decide to set up.
5. One foot at all times must remain touching either the floor or foot rail.
6. To start the match, both shoulders must be parallel to the table.
7. The referee will clasp contestants hands and straighten the fists to a centered upright position; state the word "READY" then issue the command "GO", as he simultaneously release's contestants hands.
8. There will be no forward motion until the command "GO" is given. If anyone moves, one (1) warning will be given. The second movement will result in disqualification.
9. No part of the body will be allowed to touch the contestant's right hand to aid moving his/her arm.
10. Contestants must NOT let his/her wrist bend back or slip out of opponents grip in open hand fashion with fingers extended.
11. A win will be decided when either a hand, wrist, or forearm comes in contact with touch pad. Referee will decide the winner.

Weight Classes

	Men		Women
Feather	144 & Under	Light	144 & Under
Light	145 – 169	Open	145 & Over
Middle	170 – 193		
Light Heavy	194 – 219		
Heavy	220 & Over		

Trophies will be awarded to 1st, 2nd, and 3rd place in all classes.

Registration is at 7:30 p.m.

Contest starts at 9:00 p.m. in the Livestock Show Arena.