

## 1. Arm Wrestling Rules for the Old State Armwrestling Challenge:

### 1. Grip Setup:

- Both competitors must grip each other's hand with their thumb knuckles visible. (For the open class if both competitors agree to cover their knuckle it will be allowed.) Wrist must be straight. No carving of the hands will be allowed.
- The Referees will set all matches in a fair grip position.
- The non-competition hand must always be in contact the hand post during the match.
- Elbows must always remain on their elbow pads.
- Before "Go" shoulders must be squared and parallel with the edge of the table. Shoulders cannot cross the centerline of the elbow pad.
- Hands must be center of the pegs and center of the table before "Go".
- One foot must remain on the ground during the match.

### 2. Start Signal:

- The referee will ensure the grip is fair and say "**Ready... Go!**" to start the match.

### 3. Broken Arm Position:

- If a referee observes a competitor entering or approaching the broken arm position, they will stop the match immediately to prevent injury.
- The match may be restarted, or the competitor in the dangerous position may be declared the loser if they are at fault.

### 4. Elbow Fouls:

- Two elbow fouls in a single round result in losing that round.

### 5. Elbow Position Gained:

- If a competitor uses the foul to move into a more favorable position (e.g., gaining height or better positioning) while lifting the elbow, a foul will be called.

### Rule Against the King's Move

- The use of the "King's Move" is strictly forbidden. This includes intentionally dropping the competing shoulder below the height of the elbow pad to extend the arm unnaturally or create an unfair advantage.
- **Referee Enforcement:**
  - If a competitor is observed using the "King's Move," the referee will immediately stop the match and issue a foul.
  - A competitor who persists in using this technique after a warning or foul will forfeit the round.

### 6. Winning:

- A win is declared when a competitor's hand touches the pin pad or there is a parallel pin or the table surface.
- For a strap match (if hands slip apart), straps are used to secure the grip. In the event of any kind of equipment failure using the strap, the match will stop, and the strap will be reset.

## 7. Fouls:

- Intentionally lifting the elbow off the pad (elbow foul).
- Starting before the referee's signal (false start).
- Letting the shoulder cross the centerline of the table.
- Touching one's body or the opponent's body, such as shoulder, chest, or hand.
- Dangerous Positions:
  - Competitor's hand or shoulder positioned outside their opponent's shoulder.
  - Dropping the competing shoulder below the elbow pad's height or causing potential injury.
- Failure to follow referee's instructions.
- Penalties:
  - Typically, two fouls result in disqualification from the match.

## 8. Match Restarts:

- If a foul occurs without a clear winner, the match is restarted.
- Two fouls result in disqualification.
- There are no running fouls in the tournament.

## 9. Safety in the setup or before “Go”:

- Competitors must not twist their wrists or intentionally apply side pressure in an unsafe manner.
- No sudden jerking motions are allowed.

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## Good Sportsmanship

### 1. Respect for Opponents and Officials

- **Handshake:** Before and after the match, competitors should shake hands as a sign of mutual respect.
- **No Verbal Abuse:** Competitors must refrain from insulting or intimidating their opponents, referees, or spectators.
- **Follow Referee Instructions:** Competitors must listen to and respect the referee's calls and directions without arguing or causing disruptions.

### 2. Honesty and Fair Play

- **No Cheating:** Using substances, unfair grips, or intentionally breaking the rules to gain an advantage is prohibited.

- **Proper Grip:** Competitors must follow the referee's guidance for a fair grip, ensuring both competitors start equally.
- **No Unsportsmanlike Behavior:** Actions such as intentionally slipping to avoid a losing position or unnecessarily delaying the match are not allowed.

### 3. Safety and Courtesy

- **Avoid Dangerous Moves:** Competitors must not use unsafe techniques that risk injury to themselves or their opponents (e.g., excessive side pressure, twisting motions).
- **Respect Boundaries:** Physical contact outside the designated arm wrestling grip is not permitted.
- **Help Each Other:** If an injury occurs, competitors should stop immediately and assist if needed.

### 4. Fairness During the Match

- **No Early Starts:** Both competitors must wait for the referee's "Ready... Go!" signal to begin the match.
- **Elbow Placement:** Elbows must remain on the pad without intentional lifting or sliding.
- **Equal Grip:** Competitors must not intentionally manipulate or twist their grip unfairly before the start.

### 5. Good Sportsmanship

- **Accept Outcomes Gracefully:** Competitors should respect the results of the match without protest or hostility.
- **Congratulate the Winner:** The loser should acknowledge the winner with a handshake or kind words.
- **Applaud All Participants:** Spectators and competitors should support good performances regardless of the outcome.

### 6. Behavior Towards Spectators and Team Members

- **No Taunting:** Competitors should avoid gestures, comments, or actions that provoke or disrespect spectators or other competitors.
- **Supportive Environment:** Teams and supporters should encourage positivity and refrain from booing or negative remarks.

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## Consequences for Violating Conduct Rules Consequences for Violating Conduct Rules

### 1. Warnings:

- For minor infractions, referees may issue a verbal warning.

### 2. Fouls:

- Unsportsmanlike conduct during a match (e.g., early starts, arguing) can result in a foul.
- Repeated violations can lead to disqualification.

### 3. Disqualification:

- Severe misconduct, such as physical altercations or cheating, results in immediate disqualification from the match or tournament.

#### **4. Suspension or Bans:**

- In extreme cases, leagues may suspend or ban competitors from this tournament and or any future events for serious violations of conduct.