



Mile High ArmSports Rules and Regulations

Mile High ArmSports is dedicated to the promotion of the sport of Armwrestling. Tournament Directors always reserve the right to determine eligibility of any competitor.

(Revised Nov.2013)

1.) Before competing:

- A.) Wrist wraps, straps, elbow bandages/supports or cups, protective wraps, and rings or bangles are not permitted on the competing arm. ***An arm is defined as that portion of the body from the shoulder to the fingertips.***
- B.) Fingernails should be trimmed to avoid injury to your opponent. Long hair must be tied or pinned to allow unobstructed viewing by the referees.
- C.) Long sleeves must be pulled up past the elbow, so the uncovered elbow is visible to the referees at all times.
- D.) Baseball caps, if worn, must be turned around so the bill of the cap is facing away from your opponent.
- E.) Belt buckles must be turned to the side so as not to damage the table.

2.) Handgrip:

- A.) The hand grip will be palm to palm. Non-wrestling hand will grip the hand peg at the table edge.
- B.) You may wrap up to two fingers over the thumb, with the thumb knuckle visible to the referee before the "GO". The referee will waive this rule if both competitors agree to grip over their thumb knuckles.

3.) Shoulders:

- A.) Wrestlers' shoulders must be square to the table before the match will be started.
- B.) There must be at least one hand width between the hand and forearm of each competitor as well as between the chin and hand prior to the start

4.) Starting straight:

- A.) Referees will align the hands with the wrists straight and arms centered on the tabletop.

5.) "Don't Move.....GO!":

- A.) The signal given by the Head Referee is "DON'T MOVE.....GO" in an unspecified cadence.

6.) Risers:

- A.) You may use a riser if your beltline is below the table, but you must place and return your own riser.

7.) Winning pins:

- A.) To make a winning pin you must touch your opponent's arm to the touch pad/pin line or make a parallel pin.
1.) You can only pin your opponent on the winning side of the table.

8.) **Parallel pins:**

- A.) A parallel pin is called when any part of your opponent's hand from the natural wristline to the fingertips goes below the top of the pin pad/pin line, either in front of or behind the pin pad.

9.) **Feet on the ground:**

- A.) Competitors must start with at least one foot on the ground before the "Go". A competitor's legs may be wrapped around the table leg or braced against an opposite table leg prior to the start of the match, provided they are not interfering with the opponent.
B.) Feet can be off the ground during competition and legs can be moved in any fashion as long as they don't interfere with the opponent.
C.) If you put your foot on your opponent's side of the table, your opponent is allowed to knock it off.

10.) **Warnings/Fouls:**

A.) Two warnings equal one foul. Two fouls equal a loss. The match will be restarted after a foul is called. Any foul in a losing position will constitute a loss. (Losing position is determined by being more than 2/3 rd of the way down to the pin pad.) There will be no coincidental fouls. The referee will determine who committed the foul first and administer the foul to that competitor.

- 1.) Any early movement with shoulders, arm, hand or fingers after the referee has said "Don't move" and prior to the referee saying "Go" will result in a warning unless competitors are in a referee's grip. In a referee's grip, early movement is a foul.
- 2.) If a competitor is causing a delay in the "lock up," the referee will give the offender a warning.
- 3.) Letting go of the peg will result in a warning being called to the offender, without stopping the match. If an advantage is gained prior to re-gripping the peg, the match will be stopped and the offender will be given a foul. Contact with the peg must be above the table. The wrestler must have contact with the peg when the pin is made. One armed or one hand persons do not have to grip the peg.

11.) **Back pressure:**

A.) Prior to the start of a match, back pressure to the extent that it pulls your opponent's arm across the center of the table will not be allowed. This infraction will be ruled a false start. You will be given a warning for the first infraction and fouls thereafter.

12. **One minute to get grip:**

A.) Competitors have one minute to get their grip. After one minute has expired a referee's grip will be applied by the referees.

B.) Any movement in the referee's grip may constitute a foul.

C.) Referee's (set grip) grip must be administered after 30 second time period has lapsed (gripping).

- a. Referee's (set grip), No movement will be allowed with elbow, wrist, arm or hand during or immediately following administration of referee's grip, "unless advised from referee" to start the match. Thumb knuckle must be visible, 1st movement or covering of the thumb knuckle is a warning (during the closing your own hand), fouls will follow after a warning.
- b. Referee grip will be administered such as, **1)** Competitor #1 & #2 set your elbow (hands and webbing of thumb must be center of table).**2)** Competitor #1 & #2 set palm to palm (referee shall have hands on back of each hand and will insure the webbing are level and hands are centered, referee will move elbows if needed)**3)** Competitor #1 close your thumb, #2 close your thumb, #1 close your hand, #2 close your hand (referee shall have hands on the back of each wrest during this setting)

13. Audible signal given by referee shall be "DON'T MOVE.....GO"

13.) **Elbow Fouls:**

A.) A foul will be given when a competitor's elbow loses contact with the elbow pad. A competitor is considered to lose contact with the pad when:

1.) The elbow lifts vertically off the pad, no matter how insignificant, as long as there is visible clearance between the pad and the elbow, as determined by a referee.

a.) It is not considered an elbow foul if the tip of the elbow has lifted off the pad, but the competitor still has contact with the elbow pad with their triceps and/or their forearm.

2.) An elbow foul will be called if the tip of the elbow extends beyond any side of the elbow pad.

3.) Any obviously intentional action that causes your opponent to get a foul will result in no foul for the opponent and you receiving the foul instead. Example obviously intentionally pushing your opponent off the back of the elbow pad.

4.) No coincidental fouls including elbow fouls. The referee will determine who committed the foul first and administer the foul to that competitor.

14.) **Slip-outs:**

A.) Straps will be used when any match ends by way of a slip-out **that does not result in a foul**. A slip-out occurs when both competitors have lost complete contact with each other. If the official is uncertain as to who caused the slip or if it was caused by the actions of both competitors, then straps will be used and no foul will be given.

B.) When straps are employed, the officials will ask competitors to place their elbows to the back of their respective elbow pads, place their hands palm to palm, fingers extended and thumbs up. Opposite hand will grip hand peg. Only the official can adjust the strap. The strap cannot be lower than 1 inch below the natural wrist line.

15.) **Slip-outs resulting in a foul:**

A.) The referee will call one foul for "causing a slip out" when:

1.) A competitor lifts their fingers off their opponent's hand prior to a slip.

2.) A competitor closes their fingers, making a fist inside their opponent's hand.

3.) A competitor is in a break-wrist position, pulls their fingers inside their opponent's hand, and is unable to hold a grip.

B.) If a competitor intentionally slips out during the match, while in a losing position, that competitor will lose the match.

16.) **Crossing the centerline:**

A.) If a competitor's shoulder crosses the "centerline" between pegs during competition, this will constitute a FOUL.

17.) **Body contact:**

A.) If a competitor touches any part of their body to their hand, this will constitute a FOUL.

B.) If a competitor intentionally pushes their hand into their opponent's shoulder, this will constitute a FOUL.

18.) **Unsportsmanlike conduct:**

A.) Every competitor will conduct himself or herself in a sportsmanlike manner at all times. The referee can give a disciplinary foul for unsportsmanlike behavior and/or disqualify the competitor from the event. Any unsportsmanlike conduct may result in ineligibility to compete in future Mile High ArmSports events.

19.) **NEVER STOP WRESTLING** until the referee grabs the hands and/or says "Stop," signifying the end of the match.

20.) **Disabled competitors:**

A.) Provisions may be made for disabled competitors.

B.) If a competitor has an artificial limb or limbs, they must weigh in with them on, if they wish to compete with them on.

21.) **Referee decisions:**

A.) Referee decisions are final.

B.) Any "questionable match if deemed necessary the referee may restart the match".

C.) During the match the head referee can over ride a decision call based on a conference with the down side referees.

22.) **Hurt arm positions:**

A.) It is each competitor's responsibility to keep themselves in a safe position at all times while on the table. As with any sport there is an inherent risk participating and you must protect yourself at all times, if you feel unfit to compete in this event, you must remove yourself for the competition immediately or at referee's discretion.

B.) Once a competitor is in a "hurt-arm" or "dangerous position," the referee will stop the match and a FOUL will be issued.

1.) Competitors must never force their shoulder inwards, ahead of their arm or hand, towards the table. Competitors must never look away from their hands. Competitors must stay square to their arms at all times, with their arm between their shoulders.

2.) Competitors cannot drop the competing shoulder below the level of the elbow pad while in a neutral or losing position.