



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 Jan 1, 2016)

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.) **"Ready...Go!":**

- A.) The signal given by the Head Referee is "Ready...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 or obtain 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 wrist to the fingertips goes below the top of the pin pad 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:**

A.) Two warnings equal one foul. Two fouls equal a loss. 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.)

1.) Any early movement with shoulders, arm, hand or fingers after the referee has said "Ready" 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 or disadvantage takes place 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.

11.) **Back pressure:**

A.) Prior to the start of a match (after the referee says, "Ready?" but before he/she says, "GO".) 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 a foul for the following infraction.

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 constitutes a foul.

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.) If at the beginning of, or during the match, the elbows of both competitors lift off simultaneously, the

match will be stopped and restarted. This will be considered coincidental infractions, whereby no foul will be given.

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 warning or foul at his/her discretion 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.) **Appeals (Protests):**

A.) Competitors have the right to appeal a call or non-call made by the referees. Appeals must be made before leaving the table. Once the next match has started, it is too late to make an appeal.

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