



Sport weekend PEPA Opava

RULEX: Armwrestling

Left hand and right hand

Category

Competitors compete at categories Men up to 85kg, Men over 85kg and Women open category. Participation of at least 8 competitors per category is required for competition otherwise categories will be joined up. Winners of Men categories and two best women advance to Saturday finale.

Competition suit

Only competitor with short or no sleeve shirt and sport shorts (no jeans) is allowed to enter the competition. Also shoes are required as a part of the competition suit.

Judges

Judges must judge professionally and fairly. Judges will not congratulate to single competitors, but they can congratulate both competitors when fight worked out.

Technical requirements

Wraps, wrist and elbow bandages, protecting plasters, rings and bracelets are disallowed. A hand is defined as a part of human body from shoulder to finger-end.

Competitors must come to a table in 60 seconds after call out of his or her name otherwise he or she loses the fight. Competitors come to the table shake hands with an opponent and than put a hold.

A hold is being exercised by palm. Thumbs must be coupled so that joints can be seen. Held hands must be aligned at line of forefingers. Free hand must snap handrail on the edge of the table. This hand can but don't has to touch on the table. Nails must be cut so that they don't hurt the opponent. Using of preparative like Stickum, rosin or chalk is allowed.

Back pressure, when a competitor warps opponent's hand through marked center of the table, is prohibited. This wrong-doing will be regarded as irregular start.

Competitors with long hair must have their hair tied. Headbands are allowed, hats are not.

Shoulders must been kept in vertical location to the table. Shoulders can inclin to the side of table only before start.

Prescribed distance between shoulder and forearm must be kept at every single competitor. The same is valid for distance between chin and competitor's forearm before start.

Chief Judge gives signal "Ready...Go!" before start and gives signal "Stop" at the end of a fight. Then he proclaims winner by raising winner's arm.

When a wrist-line touches or tails under touch pad, it means pin.

A competitor is allowed to twine his or her legs around table legs or hold legs onto facing table legs before the start of a fight on condition that he or she will not inhibit an opponent. A

competitor is also allowed to rise feet and move legs during fight on condition that he or she will not inhibit an opponent.

There is no time limit for a fight. When Chief Judge decides a competitor is not competent to continue in a fight, the fight will be finished.

There will be no breaks during and among fights as long as there are some equipment troubles or discrepancy in starting list. Then appropriate official is able to order a break.

No competitor will be standing against the same opponent more than once. An exception could be the fight at finale.

Notice: Two warnings mean one foul. Two fouls mean that competitor loses the fight.

Competitors have 1 minute to realize regular hold. If they don't realize that, they will be awarded a Judging hold.

Every move of competitors will be judged as foul of moving competitor.

Foul is also losing contact of competitor's elbow with elbow pad. Losing contact means:

- a) When elbow raises vertically from pad. When elbow raises, but triceps or forearm stays in contact with pad there isn't a foul.
- b) It is also foul, when triceps or forearm stays in contact with pad, but elbow slides outside the pad.
- c) When there is a foul also at opponent, opponent's foul will be judged as casual, a fight will be stopped and started again with canceled fouls.

Judge will proclaim foul "causing tripping" when:

- a) competitor puts up fingers from opponent's hand before trip
- b) competitor closes fingers so that there is set in fist in opponent's hand
- c) competitor is in position, when his/her wrist softens and fingers push in opponent's hand and so he/she can't keep the hold
- d) Competitor slides out of hold in losing position (this position is defined as slope bigger than $2/3^{\text{rd}}$ down to pin pad) then he/she loses the fight. Intentional slide is automatically judged as a foul.

Warning

- a) Warning follows after all early moves of shoulders, arms or fingers, only if competitors aren't in Judge's hold, then it is judged as a foul.
- b) When competitor causes delay in "locking up", he/she is awarded a warning.
- c) When competitor carries down non competition hand from handrail, he/she is awarded a warning. When competitor earns advantage before follow-up handrail hold, the fight will be stopped and competitor will be awarded a foul. Handrail must be held over the level of a table.
- d) Competitor's shoulder isn't allowed to cross the center line (tie-line between handrails) during the fight.
- e) Competitor isn't allowed to use other part of body (e.g. chin, shoulder or head) to pin the opponent.
- f) When competitor pushes a head against opponent's hand, he/she will be awarded a foul.
- g) When competitor brings his/her arm into position classified as "break arm – possible arm break" and "dangerous position", he/she will be warned as loud as competitor could understand the warning. Judge must instruct competitor about position of arms active in the fight. That means hand and shoulder must be in straight line. Competitors aren't allowed to push shoulders inside, ahead of arm or hand towards the table.

There is allowed 30 seconds break after proclaiming a foul.

Unfit talking, unfair behaving or bad language pointed to competent officials mean proclaiming a foul. If this behaving remains in continuing, the competitor or official will be banished from the tournament.