ARM WRESTLING

Sport Information & Rules

Date: Saturday, June 12, 2027

Sport Coordinator: Jeff Kirby
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Registration Fee:
$40.00 - Under 18
$50.00 - 18 and Up

Registration Begins: December 1, 2026
Registration Ends: Thursday, June 10, 2027

Divisions:

Right Hand & Left Hand

Mens	Womens
0-154	**0-154**
155-176	**155 & up**
177-198	
199-220	
221 & up	

Right Hand & Left Hand

Girls Age 5-7	Girls Age 8-10	Girls Age 11-13	Girls Age 14-17
Girls Age 5-12(left)	Girls Age 13-17(left)	Boys Age 5-12(left)	Boys Agee 13-17(left)
Boys Age 5-7	Boys Age 8-10	Boys Age 11-13	Boys Age 14-17

USG Athlete Packet Pick Up:
SUU Sorenson PE Building - 560 W University Blvd
Click for Date & Times

Event Check-in & Weight in:
8:00 to 9:00 A.M
SUU Sorenson PE Building
Room 101
No clothing allowance will be allowed.
If you can't make the weight that you have registered for, you will have the option to move up one weight class.

Venue:
SUU J.L. Sorenson PE Building
Room 101
560 West University Blvd Cedar City, UT 84720

Weather Policy & Refund Policy

All Participants are invited to attend our Utah Summer Games Community Events Including:

- ***State Bank of Southern Utah Community Pancake Breakfast***
- ***USG Block Party Presented by KSL.5 TV***
- ***Larry H Miller Utah Summer Games Opening Ceremony***
- ***Summer Street Fest Presented by Festival City Farmers Market***
- ***Return to the Athletes Village @ Brian Head***
- ***USG Night at the Shakespearian Festival***

EVENT INFORMATION

Schedule: 10:00 A.M

Approx Time	Divisions	Category
10:00 A.M	Left/Right Hand Youth Girls / Youth Boys	Youth Girls will compete first from youngest to oldest followed by Youth Boys from youngest to oldest
11:00 A.M.	Left Hand Women's / Men's	Women's Left hand will compete first From lightest to heaviest followed by Men's Left from lightest to heaviest, up to finals
12:00 P.M.	Right Hand Women's / Men's	Women's Right hand will compete first From lightest to heaviest followed by Men's Right from lightest to heaviest, up to finals
1:00 P.M	Left/Right Hand Women's/Men's	Following a brief intermission. The Finals will begin. Women's Left hand will compete first from lightest to heaviest followed by men's left from lightest to heaviest following will be women's right from lightest to heaviest finishing up with men's right from lightest to heaviest
2:00 P.M.	The Awards Ceremony will begin at approximately 2:00 P.M.	Gold, Silver, and Bronze medals will be awarded to 1st, 2nd, 3rd places in all divisions.

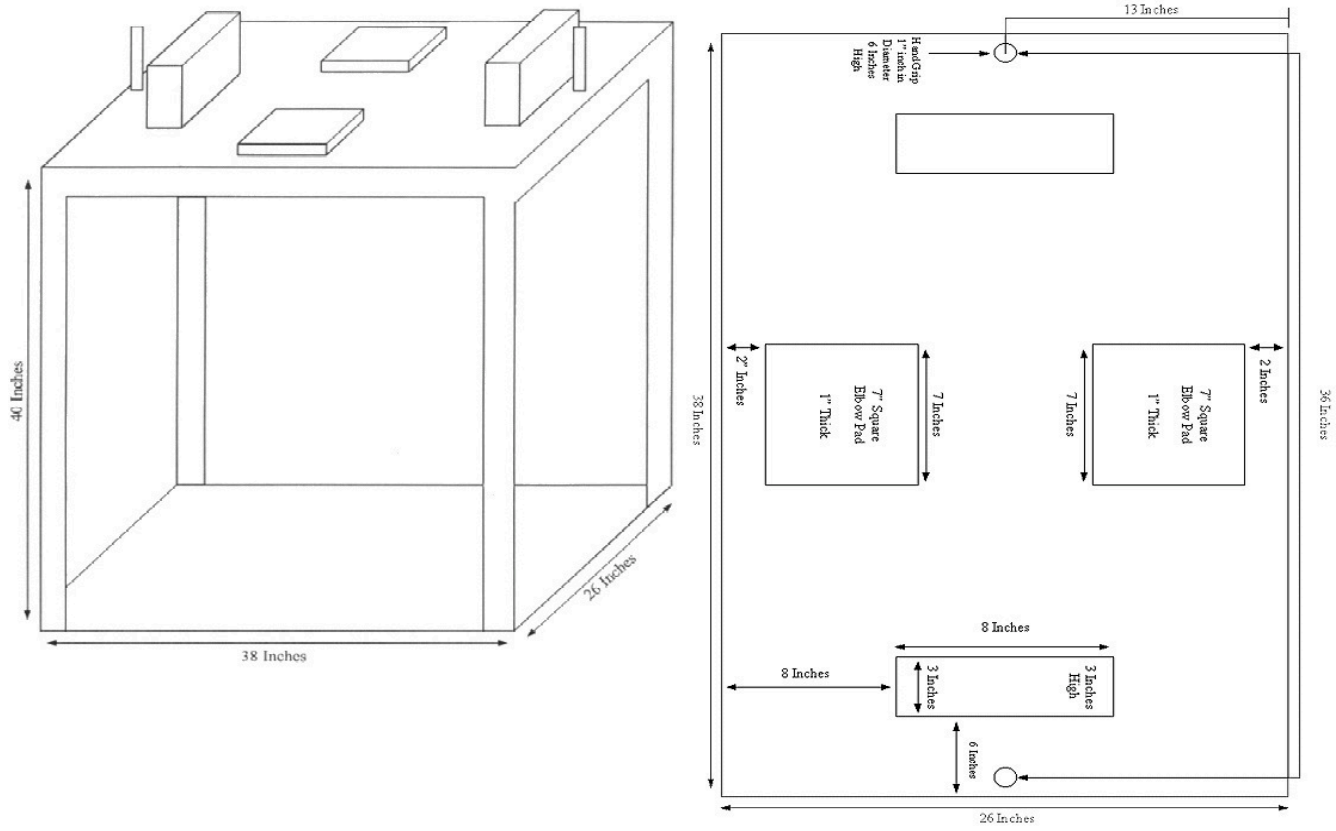
Times may vary due to number of competitors

FORMAT: Will be a stand up “unless disability prevents” double elimination tournament.

RISER PLATFORMS: Will be provided for adult and youth competitors. Riser platforms can be used by competitors who have a height disadvantage. Riser platforms can be used in combination with platform shoes or multiple platforms, to raise the competitor, to at least bring their waist to the table top. Competitors can use a personal riser with prior permission of the Head Referee, before the start of the contest. For consistency and ease of handling reasons, riser platforms will be built of 1/2" thick plywood, 4"high x 36" wide x 32" deep. They will be notched at the top part, as to fit the table legs on each respective side, to prevent them from slipping out during competition. Approximately 3" from the top, the notches on either side will be located. A hand slot will be cut in the center to facilitate the removal and installation of the riser platform. Youth risers will be custom for The Utah Summer Games Tournament.

TABLE: Will be a A.A.A. regulation stand up style, straight across pads for right and left handed competition.

TABLE SPECIFICATIONS:



RULES: U.S.A.A / W.A.F. Competition rules will apply. All competitors are expected to review the tournament rules. Referees will give a brief overview of rules prior to the competition. All referee decisions are final.

COMPETITION RULES:

ITEM 1 – DOUBLE ELIMINATION – SEEDING: USG championships will be double elimination. All contestants must lose twice. No seeding prior to championships. Contestants are placed on the draw sheet by luck of the draw.

ITEM 2 – GENERAL GUIDELINES:

a) Contestants, for each weight class, will be announced, and they will come to the stage to be verified against the draw sheet.

b) Contestants' names will be called, and they have 60 seconds to come to the table. Failure to appear in 60 seconds, will result in loss.
They will approach the table, shake hands with their opponent, and then take a grip.

c) There is no time limit during an actual bout. However, if in the estimation of the Head Referee or a WAF authorized physician, that a competitor is deemed unfit to continue, the match will be stopped.

d) No breaks in contest, during or between matches, unless there is equipment failure, draw sheet mistake, or authorized by officials.

e) No competitor will be matched twice against the same opponent unless for place standing.

f) The referee's may give a disabled puller some allowances for his handicap. Ex: A One arm/hand puller does not have to grip peg.
Hearing impaired having a choice of sides.

g) Anyone with long hair will have to have their hair restrained in some fashion. Head bands are permitted.

ITEM 3 – SETTING UP / START OF THE MATCH:

a) The grip is palm to palm, grip at thumb, thumb knuckle must be visible.

b) Gripped hands should be level.

c) Back pressure to the extent that it pulls your opponent's arm across the marked center of the table will not be allowed

d) Wrists straight and arms centered to the table top.
Wrists straight across table and perpendicular to the table top.

e) Free hand will grip the hand peg, *above the table*, provided at the table edge. This arm may or may not touch the table top.

f) Fingernails should be trimmed so as not to injure your opponent

g) Stickum/Rosin/Chalk is permitted

ITEM 3.1: Shoulders will be kept square to the table. They may slope to either side before the start.

ITEM 3.2: There will be a hand width between the shoulder and forearm of each competitor as well as between the chin and hand prior to the start.

ITEM 3.3: Competitor's legs can be wrapped around the table leg or braced against an opposite table leg prior to the start of the match, providing they are not interfering with their opponent. Feet can be off the ground during competition and legs can be moved in any fashion as long as they don't interfere with their opponent. When the referee instructs the competitor to take their foot off of the opposite leg of the
Table because of the objection of their opponent, the foot needs to stay down and if returned to the table leg of their opponent you will receive a warning.

ITEM 3.4 – REFEREES GRIP: Competitors have 30 sec. to "Grip Up". If in that time, they have not gripped up, they will be given a "referee's grip". A referees' grip consists of the following procedure;

Competitors' hands are placed palm to palm by the referee, center is determined, the thumbs are pushed down by the referee, and the fingers are wrapped by the referee, first one competitor, then the other. As they are wrapped, the referee asks competitor if he/she wants their thumb covered or not. Thumb knuckles will be showing, hands level, wrists straight and hands centered.

ITEM 4 - "READY……GO - STOP": The signal given by the Head Referee is "Ready...Go!" in an unspecified cadence. At the end of the match the referee will say "Stop" and indicate the winner by raising his arm towards him/her. All effort must be made by the referee that the competitors are aware the match is stopped.

ITEM 5: Referees are not there to use force or wrestle with you. A referee will lightly touch competitor's hands to see that they are properly aligned.

ITEM 6 – WINNING THE MATCH:

a) A Pin is when any part of the natural wrist line to finger tips, touches or goes below the touch pad.
b) Any 2 Fouls…..see "Fouls" section
c) Failure to report to table in 60 seconds.
d) Intentional Slip in a losing position (2/3 down to pin pad)
e) In the event of an injury during competition, the competitor's name will continue to be brought forward until he/she has fulfilled the two loss commitment. The match that a competitor was injured in will be regarded as a loss.
f) Any foul that is received when the competitor's hand is more than 2/3 of the way down to the pad is a loss.

ITEM 7: You can only pin your opponent on the winning side of the table. **Which is defined as the inner edge of your elbow pad.**

ITEM 8 - UNIVERSAL WORDS:

· **Each competitor should know the following words.** Ready go Knuckles Elbows down Wrist Shoulders Stop Warning Winner Dangerous Position Coincidental Referees Grip Back Thumb Down Don't move Center Grip Strap Foul Over Under

WARNINGS:

ITEM 1:

a) Back pressure to the extent that it pulls your opponent's arm across the marked center of the table will not be allowed. This infraction will be deemed the same as a false start.

b) Any early movement with shoulders, arm, hand or fingers will be a warning.

c) If one competitor is causing a delay "locking up" the referee will give the offender a warning. For the referee to call this it must be determined that one competitor is solely responsible for the delay in the grip.

d) Letting go of the peg will result in a warning being called to the offender, without stopping the match. Unless an advantage is gained or that is the second warning.

FOULS*

Note: Two warnings will equal one foul.

Two fouls, competitor will lose that particular match.

ITEM 1: If an advantage is gained prior to fixing a Warning, the match will be stopped and the offender will be given a foul.

ITEM 2: Any movement by **any** competitor in a refs grip will result in a **foul** being given against the one that moves. Examples of movement are fingers re-gripping, back pressure, bending wrists, early start or elbow lifting off the pad. The down side referee will firmly hold the two wrists of the competitors and if during the setup of the referee's grip, either wrist moves, he or she (either referee) will call the foul for Movement in the referee grip.

ITEM 3: 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:

a) The elbow lifts vertically off the pad, no matter how insignificant, as long as there is clearance between the pad and the elbow. It is **NOT** considered an elbow **foul** if the elbow has lifted off the pad, but the competitor still has contact with the elbow pad with their triceps or their forearm.

b) An elbow **foul** will be called if the competitor is riding on their triceps or forearms and the elbow extends beyond any side of the elbow pad.

c) Intentional slip is a foul.

ITEM 4:

a) A competitor's shoulder must not cross the "centerline" between pegs during competition. This will be a **FOUL.**

b) A competitor cannot touch any other part of their body such as chin, shoulder or head. A **FOUL** will be given.

c) Intentionally pushing of your own hand into an opponent's shoulder will result in you getting a

FOUL.

d) 1) When a competitor starts to put themselves in a "Break Arm" or "Dangerous

Position", the referee will caution the competitor loudly so that the competitor understands the caution. The referee will instruct the competitor to face their competitive arm, so as to keep the hand, arm and shoulder in a straight line. Competitors must never force their shoulder inwards, ahead of their arm or hand, towards the table.

2) Competitors cannot drop the competing shoulder below the level of the elbow pad when in a neutral or losing position. This will be considered a dangerous position. The neutral position is defined as the starting position down to 2/3 of the way to the losing side of the table.
The humerus bone of the competing arm will not be inclined down and therefore elevating the elbow and dropping the shoulder below the elbow pad.

e) 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.

f) Any foul given when a competitor is more than 2/3 of the way down to the pad is a loss (new 2008)

ITEM 5: Any foul that occurs simultaneously with a foul by your opponent will be considered Coincidental, the match will be stopped and restarted and no fouls will be given.

ITEM 6: 30 second rest is permitted after a **FOUL.**

ITEM 7: Foul language, poor sportsmanship or abuse towards an official will result in a **FOUL**. **IF IT CONTINUES, COMPETITOR OR OFFICIAL WILL BE BARRED FROM THE TOURNAMENT.**

Slips and Straps

The referee will call one foul for "Intentional slip out" when:

a) You lift your fingers off your opponent's hand prior to a slippage

b) You close your fingers as to make a fist inside your opponent's hand

c) You're in break wrist position and you pull your fingers inside your opponent's hand, therefore you are unable to hold your grip.

d) Straps will be used when any match ends by way of a slip-out **not resulting in a foul.** A slip- out occurs when both competitors have lost complete contact with one another. The official must be certain of the circumstances preceding the actual slip out before calling a foul. If the official is uncertain as to who caused the slippage or it was caused by the actions of both competitors, then straps will be used and **NO FOUL** will be given.

e) 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. In this position the strap can be quickly installed. Only the official can adjust the strap. Competitors may ask to loosen it or move it if it's uncomfortable. The strap cannot be lower than 1" below the natural wrist line.

f) After the strap is installed, competitors may take their grip and place their elbow to their choice of position unless in a refs grip.

g) If a competitor intentionally slips out during the match in a losing position (losing position is determined by being more than 2/3rd of the way down to the pin pad), the competitor will lose that particular match. Any intentional slip is an automatic **FOUL.**