

# ABRIDGED RULES-WRIST WRESTLING 2022 - Page 1

## **GUIDING BODIES**

World Police and Fire Games Federation (WPFGF)  
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Office Hours: Monday – Thursday 9.30AM to 5.30PM

**WEIGHT CATEGORIES:** Weight divisions are in Kilograms as per WAF categories. APPROXIMATE weights in pounds are provided below as a convenience for some competitors. Weigh-ins will be conducted in Kilograms only. (One Kilogram = 2.205 Pounds)

## **EVENTS**

WEIGHT CLASSES; MEN: 18+, 30+, 40 + & 50 + yrs

70 kg (155 lbs.) and under  
80 kg (177 lbs.) and under  
90 kg (199 lbs.) and under  
100 kg (221 lbs.) and under  
110 kg (243 lbs.) and under  
Over 110 kg (243 lbs.).

WEIGHT CLASSES; WOMEN: 18 +, 30 +, 40 + & 50 + yrs

55 kg (123 lbs.) and under  
65 kg (144 lbs.) and under  
75 kg (165 lbs.) and under  
Over 75 kg (166 lbs.)

**NEW EVENT:** LEFTHANDED EVENT; (18+ yrs) ONLY IN ABOVE WEIGHT CLASSES

As noted: Events may be added or joined, based on the number of competitors and their respective ages and weights. WPFG strives for a set of fair competitions, with not too many or too few competitors.

## **BRACKETING**

Double Elimination: Each competitor can lose two times, before his/hers combat ends.

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### **GENERAL SPORT RULES for Wrist Wrestling**

Wrist Wrestlers will compete at the weight at which they weigh-in.

1. No watches or rings that could interfere with the contest on fighting hand. Nothing shall be worn on either arm, on the hand, wrist or arm from the elbow or below during competition, nor any substance applied to the hand or wrist, except chalk. Any violation can be grounds for disqualification
2. Caps must be turned around or removed.
3. Large belt buckles must be removed.
4. Wrestlers' shoulders must be square to the table before a match will be started.
5. Wrestlers' shoulder may not be less than a fist distance away from their hand on the start.
6. All starts will be "Ready, Go".
7. To make a winning pin, wrestlers must touch their opponent to the touch pad, or press their opponents arm at or below parallel to the table Physical limits are accepted: i.e., short arms.
8. Wrestlers may touch any part of their opponents' fingers, wrist, or forearm to the pad to constitute a win.
9. Wrestlers may not, at any time, touch their bodies to their hand.
10. If wrestlers touch their body to their hand or their opponent's hand and position is gained, there will be a restart and a foul given.
11. If wrestlers touch their body to their hand or their opponent's hand, stopping the momentum of their opponent, there will be a restart and a foul given.
12. If a wrestler violates rules #10 or #11 in a definite losing position, the match will be awarded to their opponent.
13. Wrestlers will forfeit the match with their second foul.
14. If wrestlers intentionally open their hand and a slip occurs the referee will restart the match and a foul will be given.
15. If a wrestler violates rule 14 in a definite losing position and the referee feels that if the wrestler had not slipped he/she would have been pinned, the referee will then award the match to their opponent.
16. If the grip comes apart for whatever reason, wrestlers will be strapped together.

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17. The wrestlers' shoulder cannot go past the center line of the table.
18. If a wrestler is in a position that may hurt his/her arm the referee will warn the wrestler.
19. Wrestlers must keep a least one foot on the ground.
20. If a wrestler's elbow comes off the elbow pad, and he or she gains position, there will be a foul given and the referee has the option to give a restart or award the match to the opponent.
21. A false start is a foul.
22. "Loading up" must be mutually agreeable.
23. The wrestler must maintain contact with the peg at all times. Failing to do so will result in a foul.
24. If the elbow is off the elbow pad when the pin is made, there will be a foul given and the match will be restarted.
25. NEVER stop wrestling until the referee stops the match.

All referee decisions are not to be discussed. If a competitor disagrees with the (final) referee decision and is certain of his claim, a protest can be made to the Sport Coordinator present. See the Protests and Appeals section of the General Rule Book

### **DISCIPLINARY ACTION / INTERVENTION**

*The WPF GF may impose Disciplinary Action on any person or persons under the auspices of the WPF GF and may take immediate action known as Intervention, for violations of WPF GF Rules, for reasons of safety or security or for inappropriate or unprofessional conduct not in the best interest of the WPF GF.*

Allegations of Misconduct/Incidents that do not require immediate Intervention will follow the "APPEALS AND PROTESTS" section of the GENERAL RULE Book or may be independently brought by the WPF GF.