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# Wrist Wrestling Abridged Rules



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## General Information

### Guiding Bodies

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### Venue

The Forks

### Entry Deadline

July 28, 2023

### Event Information

#### Men

- Age Categories
  - 18+, 30+, 40+, 50+
- Weight Categories
  - 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)

#### Women

- Age Categories
  - 18+, 30+, 40+, 50+
- Weight Categories



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

**New Event:** Left handed event: (18 + years) only in above weight classes for Men and Women. .

*\*Events may be added or joined, based on the number of competitors and their respective ages and weights.*

## Competition Format

### Bracketing

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

### Scheduling

Scheduled for 1- 2 days of competition. See [sport schedule](#) for details.

This is an evening event which will start at 17:00 (5pm)

## Sport Rules

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

1. No watches or rings that could interfere with the contest on the 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. Wrestler's shoulders must be square to the table before a match will be started.
5. A wrestler's shoulder may not be less than a fist distance away from their hand on the start.
6. All starts will be "Ready, Go".



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7. To make a winning pin, wrestlers must touch their opponent to the touch pad or press their opponent's 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 violate rule # 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.
17. The wrestler's shoulder cannot go past the centerline 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 at 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.



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

### **Disciplinary Action/ Intervention**

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

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 WPFGF.