



**SILVER OAK UNIVERSITY**  
**DEPARTMENT OF SPORTS**



**ARM WRESTLING SPORTS COMPETITION FOR 1st,**  
**2nd, 3rd and 4th Year**

**Arm Wrestling**



**GENERAL RULES:**

- At any point of time, the decision of the Referee will be considered final.
- Any kind of abusive/physical misbehavior of any player will lead to disqualification of the whole competition with immediate effect.
- I card is compulsory at the time of participation in any event.
- Sports Wear is mandatory (short sleeve or sleeveless tshirt and sports pants/No jeans are allowed)
- No Oil, Ointments or any kind of creams is allowed to be applied on the body.
- Nails should be properly cut.
- No accessories are allowed to be worn by the team or player.
- Faculty coordinators have rights to make changes in General rules, Specific rules and schedule of all matches as per the requirements.
- Waiting time after reporting is 5 minutes and not extra. Reaching prior to your reporting time is advisable or else it can cause immediate disqualification.
- The University/Sports Department is not responsible for any kind of injury or accident caused while playing.

## **Rules of Arm Wrestling**

- There is no time limit to a match but a referee may call a halt to the match if one or both competitors are in his opinion not in a fit state to carry on.
- The competitors should approach the table, make themselves comfortable and then grip their opponent's hand. The grip should be palm to palm with the thumb knuckle visible. The competitors' other hands should grip their respective hand peg.
- Competitors can choose to start a match in the referee's grip or in a strip but both competitors must agree to this.
- Once the referees are happy with the grip from both competitors, the contest will begin. Each competitor should attempt to pin their opponent's arm onto the touch pad.
- Pressure should be in a sideways capacity to force their opponent's hand to the touch pad. Back pressure in an attempt to drag the opponent off toward the centre of the table is not allowed.
- The match is won when one competitor pins their opponent's hand onto the touch pad. At this point, if the head referee is happy that it is a valid pin, they will shout 'Stop!' and indicate the winner by immediately raising their arm.
- A valid pin is when any part of the competitor's natural wrist touches the touch pad.
- There are numerous fouls that can be committed in Arm Wrestling. These include touching a part of your own body during the match, crossing their shoulder into the opposition area, dropping the shoulder below the height of the touchpad, foul language, abuse or poor sportsmanship to name a few.
- One warning = one foul and two foul equals disqualification meaning that their opponent immediately wins the match.
- The competition will be conducted as per weight category wise. For boys- 50-55, 55-60, 60-65, 65-70, 70-75, 75-80 and 80+. And for girls- below 45, 45-50, 50-55, 55-60, 60-65, 65-70, 70+

**COORDINATORS - FACULTY & STUDENT**

	<b>FACULTY COORDINATOR</b>	<b>PAYAL VANIYA</b>	<b>7802067849</b>
<b>2</b>		<b>HARISH DATANIA</b>	<b>9998824493</b>
<b>3</b>	<b>STUDENT COORDINATOR</b>	<b>DHRUMIL PATEL</b>	<b>9313550349</b>
<b>4</b>		<b>KRISHNA VAGHELA</b>	<b>6354985702</b>
<b>5</b>		<b>AYUSH YADAV</b>	<b>9998020309</b>
<b>6</b>		<b>KARISHMA BHABHOR</b>	<b>8140559913</b>