World Armwrestling Federation (WAF)
Rules of Armwrestling
Sit-down and Standing

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Technical Rules

Section 1

1.1 - Teams

Must be composed of Members of Country represented. If required, a team member or individual may have to produce any document demanded by WAF to establish proof of his/her nationality to so represent his/her Country. The term “team” for all intents and purpose, will mean all of the categories presented, both left and right arm, both female and male. A team trophy will be awarded, based only on total points accumulated for all categories in both genders. Teams can be broken down to determine points by gender, only to establish ranking of female and male teams from each country. Teams can be further broken down to left and right arm categories, again by gender to further establish rankings. Trophies will only be awarded in these categories if the host country wishes, but only with written permission from WAF.

1.2 – Number in a Team

Up to two competitors per Country in each right and left arm categories
This includes Senior, Masters, Grand Masters, Disabled and Youth Divisions.

1.3 – Weight Classes

SENIOR RIGHT & LEFT ARM

Men:	-55 kg, 60 kg, 65 kg, 70 kg, 75 kg, 80 kg, 85 kg, 90 kg, 100 kg, 110 kg, +110 kg.	(11)
Woman:	-50 kg, 55 kg, 60 kg, 65 kg, 70 kg, 80 kg, 90 kg, +90 kg.	(8)

MASTER RIGHT & LEFT ARM (40 years and over)

Men:	-60 kg, 70 kg, 80 kg, 90 kg, 100 kg, 110 kg, +110 kg.	(7)
Women:	-60 kg, 70 kg, 80 kg, +80 kg.	(4)

GRAND MASTER RIGHT & LEFT ARM (50 years and over)

Men:	-70 kg, 80 kg, 90 kg, 100 kg, +100 kg.	(5)
Women:	-60 kg, 70 kg, 80 kg, +80 kg.	(4)

SENIOR GRAND MASTER RIGHT & LEFT ARM (60 years and over)

Men:	-70 kg, 80 kg, 90 kg, 100 kg, +100 kg.	(5)

SENIOR SUPER GRAND MASTER RIGHT & LEFT ARM (70 years and over)

Men:	Open	(1)

SUB-JUNIOR 15 YEARS RIGHT & LEFT ARM (14-15 years old)

Boys:	-45 kg, 50 kg, 55 kg, 60 kg, 65 kg, 70 kg, 70+ kg	(7)
Girls:	-40 kg, 45 kg, 50 kg, 55 kg, 60 kg, 70 kg, 70+ kg	(7)

JUNIOR 18 YEARS RIGHT & LEFT ARM (16-18 years old)

Boys:	-50 kg, 55 kg, 60 kg, 65 kg, 70 kg, 75 kg, 80 kg, 90 kg, +90 kg	(9)
Girls:	-45 kg, 50 kg, 55 kg, 60 kg, 65 kg, 70 kg, +70 kg	(7)

YOUTH 23 YEARS RIGHT & LEFT ARM (19-23 years old)

Men:	-55 kg, 60 kg, 65 kg, 70 kg, 75 kg, 80 kg, 85 kg, 90 kg, 100 kg, 110 kg, +110 kg.	(11)
Woman:	-50 kg, 55 kg, 60 kg, 65 kg, 70 kg, 80 kg, 90 kg, +90 kg.	(8)

PARA-ARMWRESTLING RIGHT & LEFT ARM

Physical Impairment athletes (PID) sit-down table

Men:	-55 kg, 65 kg, 75 kg, 100 kg, +100 kg	(5)
Women:	-55 kg, 65 kg, +65 kg	(3)
Junior 23 years		
Boys:	open	(1)
Girls:	open	(1)

Physical Impairment athletes (PIU) stand-up table

Men:	-60 kg, 70 kg, 80 kg, 90 kg, +90 kg	(5)
Women:	-55 kg, 65 kg, +65 kg	(3)
Junior 23 years		
Boys:	-55 kg, 65 kg, +65 kg	(3)
Girls:	-50 kg, +50 kg	(2)

Physical Impairment athletes with upper limbs impairment (PIDH) sit-down table

Men:	-80 kg, +80 kg	(2)

Physical Impairment athletes with upper limbs impairment (PIUH) stand-up table

Men:	-85 kg, +85 kg	(2)
Women:	-65 kg, +65 kg	(2)
Junior 23 years		
Boys:	-60 kg, +60 kg	(3)

Visual impairment athletes (VI) stand-up table

Men:	-60 kg, 70 kg, 80 kg, 90 kg, 100 kg, +100 kg	(6)
Women:	-60 kg, 70 kg, +70 kg	(3)
Junior 23 years		
Boys:	-55 kg, 65 kg, +65 kg	(3)
Girls:	-50 kg, +50 kg	(2)

Hearing impairment athletes (HI) stand-up table

Men:	-60 kg, 70 kg, 80 kg, 90 kg, 100 kg, +100 kg	(6)
Women:	-60 kg, 70 kg, +70 kg	(3)
Junior 23 years		
Boys:	-55 kg, 65 kg, +65 kg	(3)
Girls:	-50 kg, +50 kg	(2)

Cerebral Palsy impairment athletes (CPD) sit-down table

Men:	-55 kg, 65 kg, +65 kg	(4)

Cerebral Palsy impairment athletes (CPU) stand-up table

Men:	-60 kg, 70 kg, 80 kg, +80 kg	(4)
Women:	open	(1)

1.4 – Weigh-ins

There is no clothing allowance, therefore weigh-ins will be done in the nude if an athlete wishes to qualify for a certain weight class. (Weight has to register to zero, i.e.: if 70kg class it will have to zero to 70.0kg). Without prejudice or bias, if an athlete has artificial limbs or limb, they must weigh in with them on if they wish to compete with them on.

1.4.1 There will be no dispute regarding procedure during weigh-ins. Weigh-ins will follow registration roster by numerical order, i.e.: first team to register with WAF General Secretary, will be the first team weighed and so on. The WAF will have the right to disallow entry to any country not meeting WAF requirements or which creates disorder.

1.4.2 All weigh-ins to be done on WAF approved scales. Weigh-in will be done no sooner that 24 to 30 hours before the first day of competition start time. All participating referees are allowed to weigh-in with the Juniors & Masters before the 1st day of competition.

1.4.3 During weigh-in, an athlete may be accompanied by a team official of their own country.

1.4.4 More than one official weigh-in scale may be used.

1.4.5 The Director of weigh-ins is the final authority on all weigh-in procedures.

1.4.6 A competitor may weigh-in to their normal weight or jump one weight class higher.

1.4.7 Multiple entries registration rules:

- Sub-Juniors 15 cannot register in any other class.
- Junior 18 cannot register in Youth 23 classes.
- Juniors 18 & Youth 23 years can register in Seniors classes.
- Masters, Grand Masters, Senior Grand Master or Super Seniors Grand Masters can register only on their age group.
- Masters, Grand Masters, Senior Grand Masters and Super Senior Grand Masters can register in Seniors classes.
- Para-athletes cannot register in able athlete's classes.

1.5 – Age Groups, same for both Men and Woman

Please note: Age will be determined by calendar year.

Sub Junior	– 14, 15 years old
Junior 18	– 16 to 18 years old
Youth 23	– 19 to 23 years old
Senior	– any age
Masters	– 40 and above
Grand Master	– 50 and above
Senior Grand Master	– 60 and above
Super Senior Grand Master	– 70 and above

- If so required by WAF, proof of age will have to be given by producing a bona fide passport or medical certificate
- If so required by WAF, proof of gender may be required under qualified medical supervision by WAF appointed physicians
- If so require by WAF, proof of disability will have to give by producing a bona fide disability card or medical certificate.

1.6 – Team Points

Team classification will be made based on the number of Gold, Silver and bronze medals. In case that two teams have the same number of gold, silver and bronze medals the position of the two will be determined by the following pointing system:

1st – 10 points	2nd - 7 points	3rd - 5 points	4th – 4 points
5th - 3 points	6th – 2 points	7th – 1 point	

- WAF Minor officials are responsible for team point tabulation and break down of rankings in all categories.
- Team points will be counted individually for Senior Classes, Master Classes (Master, Grand Master & Senior Grand Master), Junior Classes (Junior 18 & Youth 23) and Disabled Classes.

Section 2 – Equipment Specifications

2.1 Table

Sit down: 71,1 cm (28") from floor to top of table.
Stand-up: 101,6 cm (40") from floor to top of table.
All other specifications are identical for both sit down and stand-up tabletops.

2.2 Tabletop

91,4 cm (36") across and 66,0 cm (26") deep.
Legs will be 71,1 cm (28”) minimum inside leg and 45,7 cm (18”) minimum from leg to leg.

2.3 Elbow Pads

17,8 cm x 17,8 cm (7"x 7") square shape. 5,1 cm (2") thick, made of heavy high-quality foam material, covered with a vinyl/rexin type cover. The foam and covering can be attached to a 3,2 mm (1/8") metal sheet, 17,8 cm x 17,8 cm (7"x 7") with two threaded bolts 0,6 cm (1/4") diameter x 4,4 cm (1 3/4") long, welded to the bottom to be able and attach your elbow pads to the table top.

A line, either painted, upholstered or taped from hand grip to hand grip to establish centre of the table will always be used at WAF tournaments.

2.4 Touch Pads

25,4 cm (10") long x 10,2 cm (4") high. Made of good quality touch pad.

2.5 Placement

Elbow pads should be set 5,1 cm (2") from their respective edge.
They should overlap each other by 1/2 to the right of centre for a right arm table and overlap each other by 1/2 to the left of centre for a left arm table.

2.6 Touch Pads

Should be on an angle, 12,7 cm (5") out from the inside corner of the elbow pad to the inside corner of the pad and 1,3 cm (1/2") from its respective edge measured to the outside corner of the pad. Running at an angle towards the hand peg it should measure 7,0 cm (2 3/4") from the hand peg to the outside corner of the touch pad.
If it’s for a right arm table, these measurements should be made on the left side of the elbow pad and reversed if it’s a left arm table.

2.7 Hand Pegs

Should be placed midway at 33,0 cm (13") on each edge of the table, 1" in from the edge.
The peg itself should be 2,5 cm (1") in diameter and 15,2 cm (6") high form the tabletop.

2.8 Seats

They should be 45,7 cm (18") square and 45,7 cm (18") from floor surface to seat top surface. The front edge should be exactly in line with the table edge. The seat and table should be secured to a platform or floor.
Both competitors should sit on seats at 71,1 cm (28”) high tables.

2.9 Material

The best material to use is square tubing although tubular steel, flat iron or angle iron may be used, but not more than 5,1 cm (2") in diameters or width. The tabletop and seat top are normally made of 1,9 cm (3/4") thick plywood.

The tabletop and seat may have a thin sheet of foam, covered with vinyl/ rexine type material to add a comfortable finished look. No plexi-glass or reflective tape is to be used on the tabletop or seats.

2.10 Chalk Stand

A stand suitable for chalk/rosin or stickum should be placed on either side of the table but at a suitable distance away so as not to bother referees or minor officials with the dust floating in the air or with competitors preparing for a match.

2.11 Staging

If raised staging is used, hosts are responsible for supplying or installing protective railing around the perimeter, to prevent competitors from accidentally falling off.

The staging must contain a step down of 43,2 cm (17") to 53,3 cm (21") with a minimum width of 100,0 cm (39,3”) for the second referee to stand down on to help lower them from obscuring the view of spectators / TV.

If the drop from the referees staging is more than 1 meter high off the ground the hosts are also responsible for supplying and installing protective railing around the perimeter to prevent competitors and officials from falling off.

Stages should also be planned with the intent to keep non-participants away from the competition table and draw sheet table.

2.12 Riser Platforms

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 tabletop. Competitors can use a personal riser with prior permission of the Head Referee before the start of contest.

For consistency and ease of handling reasons, riser platforms will be built of 1,3 cm (1/2") thick plywood, 10,2 cm (4") high x 91,4 cm (36") wide x 81,3 cm (32") deep. They will be notched at the top part, as to fit the table legs on each their respective side, to prevent them from slipping out during competition. Approximately 7,6 cm (3") from the top, the notches, on either side will be located.

A hand slot will be cut in the centre to facilitate the removal and installation of the riser platform.

2.13 Straps

When used, they will be of a standard 2,5 cm (1”) style with a plastic or metal buckle and not of velcro. The straps used by WAF will be 2,5 cm (1”) wide.

2.14 Uniforms

2.14.1 All participants, including athletes and officials, must be familiar with and adhere to the WAF costume code. Each country must be identifiable and each competitor identifiable to its country.

2.14.2 Only short sleeve or sleeveless shirts & sport pants (no jeans) allowed during competition. Very limited advertising is allowed on shirts only.

2.14.3 Shoes are required as part of the uniform and to compete in the tournament.

2.14.4 No competitor may compete out of uniform, no competitor may receive their award out of uniform. If a competitor comes on stage to compete out of uniform, they will forfeit that bout. A country without uniform may request in writing before the start of the competition to the Executive Committee for a solution or leniency.

2.15 Equipment Certification

WAF Referee Panel and Continental Federations Referee Panels can certify Official Armwrestling Tables, platforms and straps following the WAF Rules. Certification will be valid at Certifier level. WAF for all championships, Continental only for continental and national championships within continent and national only at national level.

Section 3 – Referees

3.1 Director of Referees

3.1.1 is responsible for referee assignments at and during WAF competition.

3.1.2 is responsible to supervise the referees during the competition and issue a performance report card at the end of the tournament to each participating referee.

3.1.3 is responsible to remove any referee that is deemed irresponsible or technically unfit to referee a WAF tournament.

3.1.4 is responsible to bring to the attention of the WAF executive, documented proof of a referee who is to be disciplined for unwarranted behaviour or blatant misconduct.

3.1.5 is responsible to make certain referees conform to WAF referee dress code at WAF tournaments.

3.1.6 Every WAF Master Referee should have the chance to be a candidate for the position of WAF Head Referee.

3.1.7 Is responsible to hold a Technical Referee Seminar, which all Team Captains must attend.

3.2 Director of Referee Training

3.2.1 is responsible to assure assigned referees are competent both physically and technical, to referee a WAF tournament.

3.2.2 is responsible to implement a short but comprehensive referee clinic with assigned referees prior to the competition.

3.2.3 is responsible to oversee a worldwide referee training program, implement the program and to keep current to any changes in rules

3.3 Competition Referee

3.3.1 is responsible to wear proper WAF dress code for referees which is short sleeve black and white striped shirt, with stripes being 2,5 cm (1") wide, black pants, socks and shoes. Name to appear on right chest. Ranking to appear on right shoulder sleeves, 2,5 cm (1") up from cuff.

3.3.2 The referee will not be allowed to wear a country flag on his/her shirt.

3.3.3 is responsible to know WAF rules thoroughly and to make certain to attend WAF clinics prior to tournaments.

3.3.4 is responsible to conduct themselves in an unbiased and professional manner. Referees are not to congratulate individual competitors; they may congratulate both competitors on a match well done.

3.3.5 a qualified referee will be allowed to referee on day that they are not pulling.

3.3.6 Referees who make two or more mistakes on applying rules, per competition, may have the rank lowered by one category.

3.3.7 WAF Referees may only attend and or work at WAF sanctioned international events.

3.3.8 WAF Referees must first be nominated and approved for the international events by the WAF Director of Referees or WAF Referee Panel.

3.3.9 It is the obligation of WAF referees to ensure that all competitions that they are involved in follow all WAF regulations and rules. Including but not limited to the attendance of any athletes that are currently suspended by the WAF due anti-doping disciplinary concerns.

3.3.10 WAF referees are classified as: Junior, Advanced Junior, Senior, Advanced Senior, and Master.

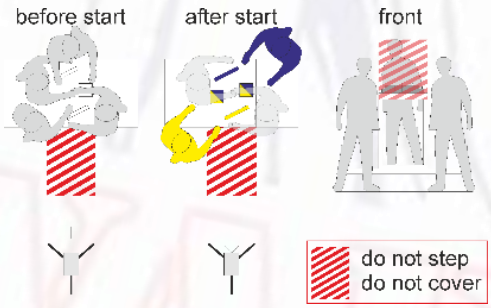
3.4 Stand up style Referee - Two tabletop referees will be used:

3.4.1 The referee starting the match will be deemed Head referee of that particular match. Assistant referee will watch for elbow fouls at start of match and assist in assuring a fair start. After the match has started, the two referees will watch each their side for fouls or a pin.

3.4.2 Once a referee is set at a table, he/she cannot be removed, unless for lack of competence or technical knowledge.

3.4.3 Assistant referee position at the table for better exposure of the matches.

a) Assistant referee will not stand in front of the table area unless setting up the strap or the referee grip. They may stand asides from the table corner to the exterior.
b) Before the match start, assistant referee will not stand with his/ her back to the public.
c) Before the match start, assistant referee will show hand signs only under the pin pad level.
d) The setup of the referee grip and strap match will be made with one hand from the sides of the table if possible.
e) No match can start if the second referee is standing in front of the table area.



Section 4 – Protocols

4.1 Rules of the Tournament

4.1.1 The World Championships will always be hosted the last two weeks of September, this change will take effect in 2012.

4.1.2 Right and Left arm events will be held on separate days

4.1.3 Each weight class will be called to the stage when it comes to their turn to compete. They will be accounted for as per draw sheet. Then the matches will begin.
A **s**pecified area will be secured for the pullers who's class is being run. The officials will send these pullers to this specified area.

4.1.4 Wrist wraps, straps, elbow bandages/supports or cups, protective wraps, rings or bangles are not permitted on arms. ***An arm is defined as that portion of the body starting from the shoulder and continuing on and ending at the fingertips.**

4.1.4.1 Where religious rules apply, the elbow may be covered with a stretch sleeve, preferable opposite colour than the elbow-pad in order to be visible. The equipment must be approved by the Executive Board before competition.

4.1.5 Individuals (unless authorized by the Head referee at a table), may not approach a table to within 20 feet. Strict penalty may be enforced.

4.1.5.1 **For Para-Armwrestling classes / championships** If necessary a coach or helper may assist a competitor to get on stage and set them at the table, but they must leave the stage immediately after, and not return unless the Referee calls them back or declares the match over.

4.1.6 Points will be deducted from a country's team for breach of discipline or poor sportsmanship.

4.1.7 Poor sportsmanship will not be tolerated, and it could lead up to and including being barred from the tournament.

4.1.8 No challenge matches allowed during or immediately preceding the competition. No disruption of scheduled proceedings allowed.

4.1.9 There will be a charge to hear a protest. For the first 3 denied protests / country the charge is 100 € / protest. For the 4th and over denied protest / country the charge is 200 € / protest. If the protest is UPHELD, the charge is returned. If the protest is DENIED the charge is kept by WAF. All protests will be handled off the stage at the secretary / head referee / protest desk, 100 € penalty for violating this rule.

4.1.10 Semi-finals and Final matches (if played on one table) cannot be judged by referees of the same nationality with competitors. Head Referee is responsible for the implementation of this article.

4.1.11 Video judging can be limited to protests only.
When using cameras.

- The two elbow pads must be different colours from each other.
- The size of the screen must be a minimum of 55,9 cm (22").
- The size of the pad displayed on the screen must be at least 12,7 cm (5").
- Recording equipment, must have instant replay as well as recording.
- There must be microphone communication between the monitor referees and the starting referee at the table.
- The camera angles and display must be set up to the satisfaction of the Head Referee.

4.1.12 Judge to admit, at all official competitions, which are held under the rules of WAF, any video data (video clip), given to them, during the examination of the protest, on condition, if on the video media (video camera, photo camera, mobile phone and others) will be a clear, undeniable image or a still frame can be made, which will show clearly the appealed situation (separation of the elbow, hand bent, shoulder touch, false start and others).

4.2 Drug Testing

4.2.1 Drug testing will be allowed in all World, International, Continental and National Championships, provided they are WAF sanctioned. Complainant will have to deposit required fees in Euro along with an official letter to be submitted to WAF chairman or standing committee on discipline.

4.2.2 If 2 athletes or more from one National Federation are found positive, 2 or more additional tests must be carried out within that National Federation team at the following championship and be paid by that National Federation**.**
(ex. If 2 athletes from one nation are found positive, 2 additional tests must be carried out within that nations team at the following championship and be paid by that federation).

4.3 Fines

4.3.1 Mobile phones that are switched on during competition or in Congress meetings will be charged a 10 € fine. The Host of the event will be given an exception. Air horns or any such loud instruments will not be allowed in the audience.

4.3.2 Any unauthorized competitor or official who come on stage during the event will be charged a 50 € fine.

4.3.3 Fee ACCORDING POINT 4.1.9 will be charged to hear a protest, if your protest is upheld the fee is returned to the country, if the protest is denied the country loses the protest fee. The protest must happen before the next match is started on that table. All protests will be handled off the stage at the secretary table, 100 € penalty for breaking this rule.

4.3.4 Fine will be charged to competitors, coaches and spectators who use bad language towards the referees.

1st Offence	100 €	2nd Offence	200 €
3rd Offence	300 €	6-month suspension for any future offences	

4.3.5 Fine of 100 € will be charged to the country member who's nominated Team Captain does not attend the Technical Training Seminar held by Director of Referees.

Section 5 – Competition Rules

5.1 Double Elimination Seeding

5.1.1 WAF championships will always be double elimination. All contestants must lose twice. No seeding prior to championships. Contestants are placed on draw sheet by luck of the draw. Team members from the same country will not be matched against each other on the first round if possible.

5.1.2 Each armwrestling table should have its own barcode reader, to be worn on a belt by one of the referees.

5.2 General Guidelines

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

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

5.2.3 Anyone with long hair will have to have their hair restrained in some fashion. Hats with brims/bills will not be allow at the table. Head wear such as religious head wear, due rags head bands and toques may be worn at the table. They cannot have any offensive or derogatory writing or symbols on them. Any long garment must be tied back as not to interfere with the match.

5.2.4 Referees are not there to use force or wrestle with you. A referee will lightly touch competitor hands and wrists to see that they are properly aligned, wrists straight and arm centered to the tabletop, failure to comply will result in the competitor getting warnings. When the referee is happy with the grip he/she will momentarily go to the start position of, using their fingers and thumbs of both hands, one to lightly touch the top finger and wrist on one side with the other checking in the same fashion the other, just before saying ready go. This is to be the standard start position.

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

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

5.2.7 The referee's may give a disabled puller some allowances for his handicap.

5.2.8 You can only pin your opponent on the winning side of the table

5.3 Setting up / Start of Match

5.3.1 The grip is palm to palm, grip at thumb, thumb knuckle must be visible. Gripped hands should be level on a plain at the forefingers. Free hand will grip the hand peg provided at the table edge. This arm may or may not touch the tabletop. Fingernails should be trimmed so as not to injure your opponent. Stickum/ rosin/ chalk are permitted.

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

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

5.2.4 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.

5.3.1 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.

5.3.2 A pin is when any part of the natural wrist line to fingertips, touches or goes below the touch pad.

5.3.3 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.

5.3.4 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.

5.3.5 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.

5.3.6. Competitors can start a match in strap or in referee's grip or in referee's grip in the strap if both agree to do this.

5.4 Rules for Para-Armwrestling

Sit-down classes for Physically Impaired (PI) athletes

5.4.1. Sit-down classes are for people who cannot stand or who are wheelchair bound.

5.4.2 All competitors must use wheelchairs or standard chairs.

5.4.3 There is no set height restriction for a wheelchair or wheelchair with cushion, as long as it fits under the table and does not give an advantage to the competitor.

5.4.4. One part of the buttock must be in contact with the chair or cushion at all times, losing contact will result in a foul.

5.4.5. If necessary a coach or helper may assist a competitor to get on stage and set them at the table, but they must leave the stage immediately after, and not return unless the Referee calls them back or declares the match over.

5.4.6. In seated matches there must be 4 referees: 2 for the tabletop and 2 to hold chairs and watch for seated fouls.

Rules for the Hearing Impaired (HI) athletes

5.4.7 To enter the championships for the Deaf you must be registered Deaf.

5.4.8 Deaf Championships will follow the ordinary WAF Rules except for two exceptions, the set up - start procedure, and the dangerous position warning.

5.4.9 The Deaf competitors **set up**. The referees doing the set-up procedure will only use hand signals to the competitors and not speak to them (verbally).

5.4.10 To start the match the referee will take one hand off the competitors grip and give them a thumbs up signal for approximately one or two seconds then take their other hand off the competitors grip at the same time as removing the thumbs up signal, this action indicating the start of the match, this will replace the words "ready go" and be done in silence.

5.4.11 **Dangerous position** warning. Referees do not have to give a warning for a dangerous position they may just stop the match.

Rules for the Visual Impaired (VI) athletes

5.4.12 To enter the championships for the Blind you must be registered blind. Visually impaired must wear an eye mask or blindfold.

5.4.13 Championships for the blind will follow the ordinary WAF Rules except for one exception, the dangerous position warning.

5.4.14 Dangerous position warning
Referees do not have to give a warning for a dangerous position they may just stop the match.

Section 6 – Universal Words

- **Each competitor should know the following words.**

Ready Go	**Knuckles**	**Elbow down**	**Wrist**	**Shoulders**
Stop	**Warning**	**Winner**	**Up**	**Referee Grip**
Back	**Thumb Down**	**Don't move**	**Centre**	**Coincidental**
Grip	**Foul**	**Down**	**Strap**	**Dangerous Position**

- The word SHOULDER will be used to describe a dangerous position.

Section 7 – Warnings

7.1 Any early movement with shoulders, arm, hand or fingers will be a **warning** unless competitors are in a referee's grip. Then it would be a foul.

7.2 If one competitor is causing a delay "locking up" the referee will give the offender a **warning.**

7.3 Letting go of the peg will result in a **warning** being called to the offender, without stopping the match. If an advantage is gained prior to re-gripping the peg, the match will be stopped, and the offender will be given a **foul.** Contact with the peg must be above the table. One armed or one hand persons do not have to grip the peg.

Section 8 – Fouls

Note: Two warnings will equal one foul.
Two fouls, competitor will lose that particular match.

8.1 Fouls

8.1.1 If competitors fail to come to the table in the 60 seconds allotted, they will be given a loss. Their name will be dropped to its proper slot, the same as a loss in an actual bout. If they already have a loss, they will drop out of the tournament for that particular weight class.

8.1.2 Competitor's shoulder must not cross the "centreline" between pegs during competition. This will be a **FOUL.**

8.1.3 Competitor cannot touch any part of their body such as chin, shoulder, or head. A foul will be given.

8.1.4 Intentionally pushing of your own hand into an opponent shoulder will result in you getting a **FOUL.**

8.1.5 When a competitor starts to put themselves in a "dangerous position", the referee will caution the competitor loudly so that the competitor understands the caution. 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.

8.1.6 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 defined as the starting position down to 2/3 of the way to the losing side of the table.

8.1.7 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.

8.1.8 30 second rest is permitted after a **FOUL.**

8.1.9 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.

8.1.10 Any foul given when a competitor is more than 2/3 of the way down to the pad is a loss

8.2 Referee Grip

8.2.1 Competitors have 30 seconds 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.

8.2.2 Before the referee starts the referees grip, the referee asks the competitor if he/she wants their thumb up (on top)? Or down (below their finger)? By indicating to them (with their own thumb) at the same time saying the words "up?" or "down?".
If one competitor already has one foul the referee will inform both them and the spectators by indicating with one finger you have one foul, the referee will then indicate the start of the referees grip by putting his open hand to the centre of the table and say open hands table centre. Then the competitors hands are placed palm to palm by the referee, the thumbs are placed appropriately by the referee, the referee will say this hand first (at referees discretion) then fingers are wrapped by the referee, first one competitor, then the other. Thumb knuckles will be showing, forefingers level, wrists straight and arms centred.
Competitors are not to move from this set up, when the hands are completely closed the referee will use the standard start position that is used to start all matches in Section 5 Competition Rules 5.2 General Guidelines 5.2.4.

8.2.3 Examples of movement are fingers re-gripping, back pressure, bending wrists, early start or elbow lifting off the pad.

8.2.4 **Any** movement by **any** competitor will result in a **foul** being given against the one that moves.

8.3 Elbow Fouls

8.3.1 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

8.3.2 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.

8.3.3 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.

8.3.4 Any foul that occurs simultaneously with a foul by your opponent will be considered coincidental, the march will be stopped and restarted and no foul will be given.

8.4 Slip Outs

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

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

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

8.4.3 You're in break wrist position and you pull your fingers inside your opponents hand, therefore you are unable to hold your grip.

8.5 Straps

8.5.1 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.

8.5.2 When straps are employed, the officials will ask competitors to place their elbows to the center 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 2,5 cm (1") below the natural wrist line.
The new fairer wrap will be used. The referee will always wrap the buckle side wrist first. When going around the last wrist the strap will be threaded above the strap on that wrist.

8.5.3 After the strap is installed, competitors may take their grip and place their elbow to their choice of position.

8.5.4 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.**

Section 9 – Policies

9.1 WAF Harassment Policy

A) Philosophy

The World Armwrestling Federation is committed to equality of all persons. It shall be free of any form of verbal or physical harassment including but not limited to: sexual, racial, or ethnic harassment. Where incidents of harassment occur the World Armwrestling Federation will take appropriate action up to and including revoking memberships, thereby preventing the offender from World Armwrestling Federation events.

B) Definition

Harassment is any course of vexatious comment or conduct that is known or ought to be known, to be unwelcome by the recipient.
This may include:
- verbal slurs, abuse, threats or humiliation;
- unwelcome remarks, jokes, innuendo or taunting about a person's physical appearance, attire, marital status, age, sex, religion, ethnic or national origin, race, family status, or disability;
- displaying offensive or derogatory pictures;
- practical jokes which cause embarrassment;
- unwelcome requests or invitations whether indirect or explicit, or intimidation;
- inappropriate physical contact such as touching, patting, pinching, or punching;
- conduct which undermines a person's self-respect;
- leering or other gestures;
- physical assault.