

INTERNATIONAL ARMWRESTLING FEDERATION

IAF Rules & Regulations.

The contest shall be run starting with the lightest mens weight class first and continuing to the heaviest class. There shall be two matches run in each class. This will constitute one Round. This will be repeated until only 3 competitors remain in each class. The Finals will be run with one match in each class and repeated until there is a winner in each class.

Double elimination, no seeding, luck of the draw. No clothing allowances. In local & state contest you may compete in as many classes as you like from your weight and up.

Grip is at the thumbs, first knuckle showing, unless both competitors agree with the grip. Elbows must be placed on the elbow pad before taking a grip. Non competing hand must maintain contact with the hand peg. Shoulders must be square with the table. The shirt sleeve must be above the elbow, no rings, straps or watches are permitted. The competitors will have one minute to get their grip. If they can not a referees grip will be used. Once set in the referees grip the competitors may not move till after the signal GO. The referee must be able to fit their fist between the forearm and bicep. The hands must be in the center to start a match. The signal shall be "Ready" "Go". The competitors shoulder must not cross the centerline of the table. If this happens a foul will be called. No competitor will be put against the same competitor twice except to determine a place for the finals.

Referees

Once the referee is set at the table they can not be replaced until that match is over. There shall be two referees at the table for stand up, three for sitdown. The referee that starts the match will be the head referee for that match and shall have final say if a dispute occurs. Referees decision is final. No may overrule the referees decision.

Warnings

Early starts will receive a warning. Losing grip with the hand peg without gaining an advantage will receive a warning. Any intentional delay of the match will receive a warning.

Fouls

Any two warnings will equal one foul. No part of the body may be used to gain a pin or to block a pin, if this happens a foul will be given to the competitor causing this. Letting go of the hand peg and gaining an advantage will be a foul. Elbow coming off the elbow pad will be a foul. Any two fouls will result in a loss of match. Any foul in a losing position will result in the loss of the match. If the hands lose contact in a neutral position the competitors will be put in straps, unless one of the competitors lets go on purpose. In that case the one letting go would receive a foul and the match would be restarted. If in the losing position a slip occurs and the referee feels the competitor in the losing position let go to avoid a loss, the one letting go would receive a foul in a losing position or loss of match This is a discretion call by the referee. Any unsportsman like conduct may result in being put out of the contest.

IAF
2 Rhode Island Rd
Lakeville, MA 02347
Iaf1@attbi.com