

Arm Wrestling Competition

(Rules, Regulations, History, and Vision)

1. Introduction and History

Arm wrestling, also known as “arm sport,” has a rich history dating back thousands of years, with roots in ancient Egypt, Greece, and India, where displays of strength were integral to cultural traditions and warrior training. Over time, arm wrestling evolved into a competitive sport practiced worldwide.

The Modern Pythian Games embrace arm wrestling as a core discipline to revive and celebrate this ancient sport in a contemporary competitive format. The vision is to promote arm wrestling globally as a respected, standardized sport blending strength, technique, and sportsmanship.

2. Names of Arm Wrestling in Different Countries and Regions

- United States: Arm Wrestling
- Germany: Armdrücken
- France: Bras de Fer
- India / South Asia: Rassa Kassi / Ras Kassi
- Japan: Wrist Wrestling
- Russia: Armfight / Armwrestling
- Turkey: Kol Güreşi
- Brazil: Luta de Braço
- Iran: Varzesh-e Bastani (includes traditional arm wrestling elements)
- Philippines: Pulso
- Poland: Siłowanie na rękę
- Italy: Braccio di Ferro
- Mexico: Lucha de Brazo
- China: Shǒu lì dòu (手力斗)
- Egypt (Ancient reference): Traditional strength contests (no direct modern term)

3. Vision of the Modern Pythian Games for Arm Wrestling

The Modern Pythian Games aim to:

- Globalize arm wrestling by standardizing rules and providing international competitive platforms.
- Promote the heritage and cultural significance of arm wrestling from historical traditions to modern sport.
- Encourage inclusivity by hosting categories for all age groups, genders, and skill levels.
- Uphold fair play and safety through strict competition regulations.
- Foster international camaraderie and cultural exchange through sporting events.

4. Competition Categories

The Pythian Games arm wrestling competitions are divided by:

- Age groups: Junior (under 18), Adult (18-40), Veteran (40+)
- Gender: Male and Female divisions
- Weight classes: Multiple weight classes to ensure fair competition (exact classes to be specified in event guidelines)
- Arm categories: Left arm and Right arm competitions

5. General Rules and Regulations

1. Match Setup

- Competitors will face each other standing or sitting at a standardized arm wrestling table.
- The table must have elbow pads, hand grips, and fouling zones clearly marked.
- Both competitors will place their elbows firmly on the pads and grasp each other's hand in a vertical position.

2. Starting Position and Commands

- The referee will check hand grip and elbow placement.
- The match begins with the referee's verbal command: "Ready... Go!"
- Both competitors must keep their shoulders square to the table and may not lift their elbow off the pad until the match ends.

3. Winning Criteria

- A competitor wins when the opponent's hand is forced down to the touchpad on their side of the table.
- Matches may be decided in a single bout or best-of series, depending on tournament format.

4. Fouls and Penalties

- Lifting or sliding the elbow off the pad.
- Touching any part of the opponent's body or table surface except the hand grip.
- Using illegal techniques such as twisting the wrist to cause injury.
- Failure to obey referee's commands.
- Fouls may lead to warnings, point deductions, or disqualification.

5. Equipment and Attire

- Competitors should wear short-sleeved or sleeveless clothing exposing the elbow.
- No external support (straps, braces) is allowed unless specified for medical reasons and approved by the referee.
- Nails must be trimmed to avoid injury.

6. Judging and Officiating

- Matches will be supervised by certified referees trained in arm wrestling officiation.
- Referees monitor elbow position, grip, and foul enforcement.
- Disputes are settled by a jury panel or chief referee.
- Video replay may be used in major competitions.

7. Safety and Ethics

- The Pythian Games prioritize competitor safety and sportsmanship.
- Any sign of injury must result in immediate match stoppage.
- Unsportsmanlike behavior leads to penalties or bans.
- Competitors must provide medical clearance for participation.

8. International Reach and Names

Arm wrestling is practiced globally with cultural variations and local names:

- United States: Arm Wrestling
- Germany: Armdrücken
- France: Bras de Fer
- India/South Asia: Rassa Kassi / Ras Kassi
- Japan: Wrist Wrestling
- Russia: Armfight / Armwrestling
- Turkey: Kol Güreşi
- Brazil: Luta de braço
- Iran: Varzesh-e Bastani (traditional arm wrestling elements)