



Indian Arm Wrestling Federation (IAF)

RULES OF ARM WRESTLING

(Sit-Down and Standing)

JANUARY-2024

TECHNICAL RULES

● ITEM 1: TEAMS

Must be composed of players of the states represented. If required, a team member or individual may have to produce any document demanded by IAF to establish his/her bonafides to so represent his/her state. The term "team" for all intents and purpose, will mean all of the categories presented 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 state.

● ITEM 2: NUMBER IN A TEAM

Up to two competitors, per category, per state.

This includes "Senior, Junior, Sub Junior, Masters, Grand Masters and Divyangjan" division.

● ITEM 3 : WEIGHT CLASSES (RIGHT & LEFT ARM)

(A) SENIOR (Any Age):

Men: Up to 55kg, 60kg, 65kg, 70kg, 75kg, 80kg, 85kg, 90kg, 100kg, 110kg, & +110kg.

Women: Up to 50kg, 55kg, 60kg, 65kg, 70kg, 80kg, 90kg & +90kg.

(B) YOUTH (18 Years - Below 21 Years):

Men: up to 55kg, 60kg, 65kg, 70kg, 75kg, 80kg, 85+kg, 90kg & +90kg.

Women: up to 50kg, 55kg, 60kg, 65kg 70kg & +70kg.

(C) JUNIOR (15 Years - Below 18 Years):

Boys: up to 50kg, 55kg, 60kg, 65kg, 70kg, 75kg, 80kg & +80kg.

Girls: up to 45kg, 50kg, 55kg, 60kg, 65kg, 70kg & +70kg.

(D) SUB-JUNIOR (14 Years - Below 15 Years):

Boys: up to 45kg, 50kg, 55kg, 60kg, 65kg, 70kg & +70kg.

Girls: up to 40kg, 45kg, 50kg, 55kg, 60kg, 70kg & +70kg.

(E) MASTER (40 Years and Above):

Men: Up to 60kg, 70kg, 80kg, 90kg, 100kg & +100kg.

Women: Up to 60kg, 70kg, 80kg & +80kg.

(F) GRAND MASTER (50 Years and Above):

Men: Up to 70kg, 80kg, 90kg, 100kg & +100kg.

Women: Up to 60kg, 70kg, 80kg & +80kg.

(G) SENIOR GRAND MASTER - MEN ONLY (50 Years and Above):

Men: Up to 70kg, 80kg, 90kg, 100kg & +100kg.

(H) PARA ARM WRESTLING - RIGHT & LEFT ARM (With Proper Certificate):

I. Physical Impairment athletes (PID) sit-down table:

Men: 55 kg, 65 kg, 75 kg, +75 kg

Women: 65 kg, +65 kg

II. Physical Impairment athletes (PIU) stand-up table

Men: 60 kg, 70 kg, 80 kg, 90 kg, +90 kg

Women: 65 kg, +65 kg

III. Junior 23 years

Boys: 55 kg, +55 kg

Girls: 50 kg, +50 kg

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

Men: -80 kg, +80 kg

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

Men: -85 kg, +85 kg

VI. Visual impairment athletes (VI) stand-up table

Men: 60 kg, 70 kg, 80 kg, 90 kg, 100 kg, +100 kg

Women: 60 kg, 70 kg, +70 kg

VII. Hearing impairment athletes (HI) stand-up table

Men: 60 kg, 70 kg, 80 kg, 90 kg, 100 kg, +100 kg

Women: 60 kg, 70 kg, +70 kg

WEIGHINS:

- (I)** 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.
- (II)** 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 IAF General Secretary, will be the first team weighed and so on. The IAF will have the right to disallow entry to any state not meeting IAF requirements or which creates disorder.
- (III)** All weigh-ins to be done on IAF approved scales. Weigh-in will be done no sooner than 24 to 30 hours before the first day of competition start time.
- (IV)** During weigh-in, an athlete may be accompanied by a team official of their own state.

- (V) More than one official weigh-in scale may be used.
- (VI) The Director of Weigh-ins is the final authority on all weigh-in procedures.
- (VII) A competitor may weigh-in to their normal weight or jump one weight class higher.

● **ITEM 4: AGE GROUPS (Same for both Boys, Girls, Men and Women)**

Sub Junior	-	14 Years - Below 15 Years
Junior	-	15 Years - Below 18 Years
Senior	-	Any age
Master	-	40 years & Above
Grand Master	-	50 years & Above
Senior Grand Master	-	60 years & Above

NOTE:

If so required by IAF, proof of age will have to be given by producing a bona fide passport or medical certificate.

If so required by IAF, proof of gender may be required under qualified medical supervision by IAF appointed physicians.

● **ITEM 5 : TEAM POINTS**

Rank	Points
1 st	10 Pts.
2 nd	07 Pts.
3 rd	05 Pts.
4 th	04 Pts.
5 th	03 Pts.
6 th	02 Pts.
7 th	01 Pts.

● **ITEM 6: EQUIPMENT SPECIFICATIONS**

(A) **Table:**

Sit down: 28" from floor to top of table.

Stand-up: 40" from floor to top of table.

All other specifications are identical for both sit down and stand-up table tops.

(B) **Table Top:** 36" across and 26" deep.

- (C) **Elbow Pads:** 7"x 7" square shape. 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 1/8" metal sheet, 7"x 7" with four threaded bolts, welded to the bottom to be able and attach elbow pads to the table top. A line, either painted, upholstered or taped from hand grip to hand grip to establish center of the table will always be used at IAF tournaments.
- (D) **Touch Pads:** 12" long x 4" high x 2" wide. Made of heavy high quality foam material covered with a vinyl / rexin type cover. The foam and covering can be attached to a 1/8" metal sheet, 12"x 2" with three threaded bolts, welded to the bottom to be able and attach touch pads to the table top.
- (E) **Placement:**
- i. **Elbow pads:** Should be set 2" from their respective edge. They should overlap each other by 1/2 to the right of center for a right arm table and overlap each other by 1/2 to the left of center for a left arm table.
 - ii. **Touch Pads:** Should be on an angle, 5" out from the inside corner of the elbow pad to the inside corner of the pad and 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 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.
 - iii. **Hand Pegs:** Should be placed midway at 13" on each edge of the table, 1" in from the edge. The peg itself should be 1" in diameter and 6" high form the table top.

● ITEM 7: SEATS

They should be 18" square and 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.

● ITEM 8: MATERIAL

The best material to use is square tubing although tubular steel, flat iron or angle iron may be used, but not more than 2" in diameters or width. The table top and seat top are normally made of 3/4" thick plywood. The table top and seat may have a thin sheet of foam, covered with vinyl/rexin type material to add a comfortable finished look. No plexi-glass or reflective tape is to be used on the table top or seats.

● ITEM 9: STICKUM 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.

● ITEM 10: 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. Stages should also be planned with the intent to keep non-participants away from the competition table and draw sheet table.

● ITEM 11: 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 table top. 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 1/2" thick plywood, 4" high x 36" wide x 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 3" from the top, the notches, on either side will be located. A hand slot will be cut in the center to facilitate the removal and installation of the riser platform.

● ITEM 12: STRAPS

When used, they will be of a standard 1" style with a plastic or metal buckle and not of Velcro.

● ITEM 13: UNIFORMS

All participants, including athletes and officials, must be familiar with and adhere to the IAF costume code. Each state must be identifiable and each competitor identifiable to its state. Only short sleeve or sleeveless shirts & sport pants (no jeans) allowed during competition. Very limited advertising is allowed on shirts only. Shoes are required as part of the uniform and to compete in the tournament. 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 state without uniform may request in writing before the start of the competition to the Executive Committee for a solution or leniency.

● ITEM 14 : REFEREES

(A) DIRECTOR OF REFEREES

- i. Is responsible for referee assignments at and during IAF competition.
- ii. 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.
- iii. Is responsible to remove any referee that is deemed irresponsible or technically unfit to referee a IAF tournament.
- iv. Is responsible to bring to the attention of the IAF executive, documented proof of a referee who is to be disciplined for unwarranted behavior or blatant misconduct.
- v. Is responsible to make certain referees conform to IAF referee dress code at IAF tournaments.

(B) DIRECTOR OF REFEREE TRAINING

- i. Is responsible to assure assigned referees are competent both physically and technical, to referee a IAF tournament.
- ii. Is responsible to implement a short but comprehensive referee clinic with assigned referees prior to the competition.
- iii. Is responsible to oversee a country-wide referee training program, implement the program and to keep current to any changes in rules.

(C) COMPETITION REFEREE:

- i. Is responsible to wear proper IAF dress code for referees which is short sleeve black and white striped shirt, with Stripes being 1" wide, black pants, socks and shoes.

Individuals name and ranking may be printed on their back. Ranking to appear on right shoulder sleeves, 1" up from cuff.

- ii. Is responsible to know IAF rules thoroughly and to make certain to attend IAF clinics prior to tournaments.
- iii. 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.
- iv. A qualified referee will be allowed to referee on day that they are not pulling.

● ITEM 15: STAND UP STYLE

Two table top referees will be used:

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

● ITEM 16 : PROTOCOL

- (A) Individuals (unless authorized by the Head referee at a table), may not approach a table to within 20 feet. Strict penalty may be enforced.
- (B) Points will be deducted from a state's team for breach of discipline or poor sportsmanship.
- (C) 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. Standby competitors will be called and given a place to wait until they are called to the table.
- (D) 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 finger tips).
- (E) Drug testing will be allowed in all World, International, Continental and National Championships, provided they are WAF/IAF sanctioned. Complainant will have to deposit required fees along with an official letter to be submitted to IAF General Secretary or standing committee on discipline.
- (F) Poor sportsmanship will not be tolerated and it could lead up to and including being barred from the tournament.
- (G) No challenge matches allowed during or immediately preceding the competition. No disruption of scheduled proceedings allowed.
- (H) Mobile phones that are switched on during competition or in Congress meetings will be charged a Rs.1000 fine. The Host of the event will be given an exception.
- (I) Any unauthorized competitor or official who come on stage during the event will be charged a Rs.1000 fine.
- (J) A fee of Rs.500 will be charged to hear a protest, if your protest is upheld the Rs.500 is returned to the State, if the protest is denied the State loses the Rs.500.

- (K) A fine will be charged to competitors, coaches and spectators who use bad language towards the referee's.

1st Offence	Rs.2000.00
2nd Offence	Rs.5000.00
3rd Offence	Rs.10,000.00

1 Year to 5 Year suspension or as decided by IAF for any offence.

COMPETITION RULES

● **ITEM 1:**

IAF 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 state will never be matched unless it becomes inevitable.

● **ITEM 2:**

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

● **ITEM 3:**

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.

● **ITEM 4:**

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 table top. Finger nails should be trimmed so as not to injure your opponent. Stickum/rosin/chalk is permitted.

● **ITEM 5:**

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

● **ITEM 6:**

Anyone with long hair will have to have their hair restrained in some fashion. Head bands are permitted but not hats.

● **ITEM 7:**

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

● **ITEM 8:**

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.

● **ITEM 9:**

Referees are not there to use force or wrestle with you. A referee will lightly touch competitor's hands to see that they are properly aligned, wrists straight and arms centered to the table top.

● **ITEM 10:**

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.

● **ITEM 11:**

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

● **ITEM 12:**

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.

● **ITEM 13:**

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.

● **ITEM 14:**

There is no time limit during an actual bout. However, if in the estimation of the Head Referee or a IAF authorized physician, that a competitor is deemed unfit to continue, the match will be stopped.

● **ITEM 15:**

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

● **ITEM 16:**

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

● **ITEM 17:**

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

● **ITEM 18:**

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

● **ITEM 19:**

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 would drop out of the tournament for that particular weight class.

● **ITEM 20:**

Competitors have one minute 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:

- I. Competitors' hands are placed palm to palm by the referee, the thumbs are pushed down by the referee, the fingers are wrapped by the referee, first one competitor, then the other.

- II. As they are wrapped referee asks competitor if he/she wants their thumb covered or not. Thumb knuckles will be showing, forefingers level, wrists straight and arms centered.
- III. Competitors are not to move from this set up.
- IV. Examples of movement are fingers re-gripping, back pressure, bending wrists, early start or elbow lifting off the pad.
- V. Any movement by any competitor will result in a foul being given against the one that moves.

● **ITEM 21:**

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:

- (A) 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.
- (B) 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.
- (C) Any foul that occurs simultaneously with a foul by your opponent will be considered Coincidental, the match will be stopped and restarted and no fouls will be given.

● **ITEM 22:**

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

- (A) You lift your fingers off your opponent's hand prior to a slippage.
- (B) You close your fingers as to make a fist inside your opponent's hand.
- (C) You're in break wrist position and you pull your fingers inside your opponents hand, therefore you are unable to hold your grip.
- (D) 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.
- (E) When straps are employed, the officials will ask competitors to place their elbows to the back of their respective elbow pads, place their hand 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 1" below the natural wrist line.
- (F) After the strap is installed, competitors may take their grip and place their elbow to their choice of position.
- (G) If a competitor intentionally slips out during the match in a losing position (losing position is determined by being more than 2/3 rd of the way down to the pin pad), the competitor will lose that particular match. Any intentional slip is an automatic FOUL.

● ITEM 23: WARNINGS

- (A) 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.
- (B) If one competitor is causing a delay "locking up" the referee will give the offender a warning.
- (C) 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.

● ITEM 24: FOUL

- (A) Competitor's shoulder must not cross the "centerline" between pegs during competition. This will be a FOUL.
- (B) Competitor cannot use any other part of the body to pin their opponent such as chin, shoulder or head. A FOUL will be given.
- (C) Intentionally pushing of your own hand into an opponent's shoulder will result in you getting a FOUL.
- (D) When a competitor starts to put themselves in a "break arm" or "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.
- (E) Competitor's cannot drop the competing shoulder below the level of the elbow pad when in an neutral or losing position. This will be considered a dangerous position.
- (F) 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.

● ITEM 25:

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.

● ITEM 26:

30 second rest is permitted after a FOUL.

NOTE:

Two warnings will equal one foul.

Two fouls, competitor will lose that particular match.

UNIVERSAL WORDS

EACH COMPETITOR SHOULD KNOW THE FOLLOWING WORDS:

Ready go, Knuckles, Elbows down, Wrist, Shoulders, Stop, Warning, Winner, Dangerous position, Referees Grip, Back, Thumb Down, Don't move, Center, Dangerous position, Grip, Strap, Foul, Over, Under, Competition Fouls.