



## Vanua Arm ARMWRESTLING Championship RULES

2020 will mark completion of 50 years of Fiji's independence, to celebrate this historical moment & promote **#StrongerTogether**, Vodafone Presents- **Vanua Friendly ArmWrestling Championship**.

**It is a fun & brotherhood game so should not be taken too seriously, you are not in Olympics 😊**

The following rules apply to ensure fair play:

### ELIGIBILITY

#### **Age**

Competitors must be at least 18 years old to compete.

#### **Nationality/Race/Ethnicity**

Our championship is open to all who believes in #StrongerTogether.

### **Competition – General**

1. Nothing shall be worn on either arm on the hand, wrist or arm on the elbow or below during competition, nor any substance applied to the hand or wrist, except chalk. Any violation can be grounds for disqualification.
2. Any competitor exhibiting impairment due to alcohol, drugs or otherwise, may be disqualified from competition.
3. In the event of a bleeding injury, the competition will be immediately stopped & the competitor will be declared as retired hurt.
4. In the case of any equipment failure the referee has the authority to stop the match at any time. The match will be re-started with all fouls that occurred immediately prior to the stoppage remaining in place for the restart.
5. By agreeing to participate, you are consenting that you are medically fit to play & is participating at your sole responsibility.
5. Every person is entitled to a safe and professional competition, free of criminal behaviour, violence and threats against personal safety. Criminal or unlawful Conduct at any competition venue is strictly not allowed & will be dealt by the law if necessary.



## The Grip

1. Competitors must keep one foot in contact with the floor at all times.
2. Competitors must keep non-pulling hand in contact with the table
3. Competitors must follow all commands of the referee during the set.
4. Competitors must set their competing elbow on the elbow pad, square their shoulders, and present an open hand.
5. The angle of the competing arm must result in the fingers pointing at their opponent.
6. The referee will center the hands on the table. The webbing between the thumb and index finger of the hand of each competitor will be level, close and tightly set.
7. Competitors' hands must be palm-to-palm, flat together and with no separation, to the satisfaction of the referee. Referee Must be able to see competitors thumb knuckles.
8. Competitor's must keep their wrist straight when closing their thumbs and hands.
9. The referee will give the command "GO" to start the match.
10. 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 table.
11. A valid pin is when any part of the competitor's wrist touches the table.
12. 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.

**Foul play is strictly prohibited-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 table, foul language, abuse or poor sportsmanship to name a few.**

### **All of the below result in a foul:**

1. When closing your hand, you cover your opponent's thumb knuckle.
2. After the command "Close your hands" and prior to "GO," any movement of the hand/wrist/arm, including a False Start.
3. Touching any part of their body such as chin, shoulder or head to the competing hands.
4. The elbow losing contact with the top of elbow pad at any time during the match.
5. If one foot is not in contact with the floor during the match.
6. Poor sportsmanship may result in a foul. If the conduct continues it can result in removal from the event and/or forfeit of any placements and awards.
7. Intentionally moving your opponent off centre after "Close your Hands" – example: Back Pressure.

**The referee will enforce the above rules to ensure the most fair and sporting match. Any simultaneous fouls by both competitors will result in Stop/Restart or disqualification.**

**By virtue of competing in any event, and signing an undertaking, all Competitors agree to comply with and be bound by the terms of the Championship. Organisers reserve the rights to change the rules of the game as deem fit by informing the participants in advance.**

*\*Details of prelim rounds, number of winners & finale as per attached annexure.*