

# RYAN SHEETS SOUTHVALLEY ARMWRESTLING TOURNAMENT

## RULES & REGULATIONS

- FREE HAND MUST BE IN CONTACT WITH THE PEG AT ALL TIMES
- SHOULDERS MUST BE SQUARE TO THE TABLE BEFORE THE START OF THE MATCH
- COMPETING ELBOW MUST BE PLACED IN THE ELBOW PAD AT ALL TIMES
- THUMB KNUCKLES MUST BE SHOWING ON COMPETING HAND BEFORE THE START OF THE MATCH
- REFEREE MUST BE ABLE TO PASS A CLOSED FIST BETWEEN BICEPS & FOREARM OF COMPETITOR BEFORE THE START OF THE MATCH
- COMPETING WRISTS MUST BE STRAIGHT BEFORE THE START OF THE MATCH
- GRIPPED HANDS MUST BE IN THE CENTER OF THE TABLE, IN LINE WITH PEGS
- COMPETITORS MUST HAVE ONE FOOT ON THE FLOOR AT ALL TIMES
- A PERIOD OF ONE MINUTE WILL BE ALLOWED TO GRIP PROPERLY. IF A PROPER GRIP IS NOT OBTAINED, A "REFEREE'S" GRIP WILL BE APPLIED BY THE REFEREE.
- NO MOVEMENT WILL BE ALLOWED DURING OR IMMEDIATELY FOLLOWING ADMINISTRATION OF "REFEREE'S" GRIP
- AUDIBLE SIGNAL GIVEN BY THE REFEREE'S WILL BE "READY – GO"
- A 30 SECOND REST PERIOD MAY BE PERMITTED AFTER A SLIP GRIP OR FOUL, UPON REFEREE'S DISCRETION
- COMPETITORS MUST BE STOPPED IF BELIEVED TO BE IN A "BREAK-ARM" POSITION
- COMPETITORS MAY NOT USE ANY PART OF THE BODY TO PIN THEIR OPPONENT
- COMPETITORS MAY NOT INTENTIONALLY SLIP GRIPS
- ONLY ONE FOUL WILL BE ALLOWED PER MATCH, SECOND FOUL WILL ELIMINATE THE COMPETITOR FROM THAT MATCH [EXAMPLES: FALSE START, HAND OFF PEG, ELBOW OUT OF CUP, BOTH FEET OFF FLOOR, ETC.]
- REASONABLE PLATFORM SHOES OR SUPPLIED RISER MAY BE USED IF WAISTLINE DOES NOT REACH TOP OF TABLE
- NO BELT BUCKLES ALLOWED, NO HATS, CAPS MUST BE TURNED-AROUND, AS NOT TO OBSTRUCT
- THIS EVENT IS DOUBLE ELIMINATION
- THE REFEREE'S DECISION IS ALWAYS FINAL, REFEREE'S MAY CONSULT FOR A CONSENSUS

- SPORTSMANSHIP & PROPER CONDUCT WILL PREVAIL. FAILURE TO COMPLY WILL RESULT IN ELIMINATION FROM THE TOURNAMENT & REMOVAL FROM THE PREMISES.