

Rules of the Canadian Armwrestling Federation (Summarized)

- Double-elimination tournament; you must lose twice - "A" side / "B" side format
- Championship will be triple elimination, bracket format.
- You have 1 minute to get to the table; failure to do so results in a loss.
- Must show up to the table ready to compete: arms must be bare from the hand to 4" above the elbow; no watches, rings, or support bandages, also no hats at the table.
- Foot rule: you may wrap your legs around the table legs or lift both feet off the floor, however you may not intentionally kick your opponent.
 - Head wear without a brim/bill, such as religious head wear, due rags and toques may be worn at the table.
- No offensive language or symbols is permitted. Any long garment must be tied back, as not to interfere with the match. Long hair must be tied back.

When you get to the table you must:

- 1) Grab the peg at the side.
- 2) Place your elbow on the pad before the grip is taken.
- 3) Take your grip. You can grip as high or as low as you wish as long as the top thumb knuckle is showing on both hands.
- 4) Shoulders must be square with the table and the referee must be able to pass his fist between the shoulder and the grip before the match starts. After "Go" you can move your shoulders.
- 5) The wrists must be straight, still and in the centre of the table. Pressure may be applied as long as the grip does not deviate from centre.
- 6) If a satisfactory grip cannot be achieved within 30 seconds then a referee's grip will be applied.
- 7) If both competitors wish to start in the straps, referee's grip or both they may do so.
- 8) The start will be a "Ready-Go".

WARNINGS

- An early start
- Letting go of the peg during the match without gaining an advantage

FOULS

- Any two warnings
- Elbow losing contact with the pad - up, off the front, back or sides
- Intentionally forcing your opponent's elbow off the pad
- Shoulder either touching or across centre of the table
- Causing a slip-out
- Movement before "Go" while in the referee's grip
- Dangerous positions: break-arm & hyper-extension

LOSS

- Any two fouls
- Any foul in the losing position
- Being pinned, whereby the fingers or wrist go below the pin line. They do not have to touch the pin pad as long as the fingers or wrist go below the pin line.

STRAPS - Any match that ends in a slip-out and no fouls are issued will result in straps being applied

There is inherent risk with every sport and you must protect yourself at all times. If you feel you cannot, please remove yourself from the tournament.

THE REFEREE'S DECISION IS FINAL AND CANNOT BE OVERRULED BY ANYONE