

# WPFG ABRIDGED RULES - WRIST WRESTLING - Page 1

## GUIDING BODIES

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## WORLD ARMWRESTLING FEDERATION (WAF)

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## EVENTS

WEIGHT CLASSES; MEN: 18+, 30+, 40 + & 50 + yrs

150 lbs. and under  
175 lbs. and under  
200 lbs. and under  
225 lbs. and under  
250 lbs. and under  
Over 250 lbs.

WEIGHT CLASSES; WOMEN: 18 +, 30 +, 40 + & 50 + yrs

125 lbs. and under  
150 lbs. and under  
175 lbs. and under  
Over 175 lbs.

**NEW EVENT:** LEFT HANDED EVENT; (18+ yrs) ONLY IN ABOVE WEIGHT CLASSES

## BRACKETING

Double Elimination.

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### GENERAL SPORT RULES for Wrist Wrestling

Wrist Wrestlers will compete at the weight at which they weigh-in.

1. No watches or rings that could interfere with the contest on fighting hand.
2. Caps must be turned around or removed.
3. Large belt buckles must be removed.
4. Wrestlers' shoulders must be square to the table before a match will be started.
5. Wrestlers' shoulder may not be less than a fist distance away from their hand on the start.
6. All starts will be "Ready, Go".
7. To make a winning pin, wrestlers must touch their opponent to the touch pad. Physical limits are accepted: i.e., short arms.
8. Wrestlers may touch any part of their opponents' fingers, wrist, or forearm to the pad to constitute a win.
9. Wrestlers may not, at any time, touch their bodies to their hand.
10. If wrestlers touch their body to their hand or their opponent's hand and position is gained, there will be a restart and a foul given.
11. If wrestlers touch their body to their hand or their opponent's hand, stopping the momentum of their opponent, there will be a restart and a foul given.
12. If a wrestler violates rules #10 or #11 in a definite losing position, the match will be awarded to their opponent.
13. Wrestlers will forfeit the match with their third foul.
14. If wrestlers intentionally open their hand and a slip occurs the referee will restart the match and a foul will be given.
15. If a wrestler violates rule 14 in a definite losing position and the referee feels that if the wrestler had not slipped he/she would have been pinned, the referee will then award the match to their opponent.
16. If the grip comes apart for whatever reason, wrestlers will be strapped together.
17. The wrestlers' shoulder cannot go past the center line of the table.

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18. If a wrestler is in a position that may hurt his/her arm the referee will warn the wrestler.
19. A wrestler may wrap only one finger in the hand grip before the start.
20. Wrestlers must start with a least one foot on the ground. After the start they may have both feet off the ground.
21. If a wrestler's elbow comes out of the pocket, and he or she gains position, there will be a foul given and the referee has the option to give a restart or award the match to the opponent.
22. A false start is a foul.
23. "Loading up" must be mutually agreeable.
24. The wrestler must maintain contact with the peg at all times. No pin will be awarded if the opposing hand is not in contact with the peg.
25. If the elbow is out of the pocket when the pin is made, there will be a foul given and a restart.
26. If the elbow comes out of the pocket and touches the touch pad the referee will call a win.
27. NEVER stop wrestling until the referee stops the match.
28. All referee decisions are final.