



# Men's Arm Wrestling

2007-08 ARM WRESTLING INFORMATION SHEET  
(please read entire Information Sheet carefully)

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ENTRIES DUE: Tuesday, November 20th

COMPETITION BEGINS: Wednesday, November 28th in Francis Gym  
(Check-in at 7:45 pm – competition begins at 8:00 pm)

WEIGHT CLASSES:	<u>Men</u>	<u>Women</u>
	135 lbs. and under	110 lbs. and under
	136-150 lbs.	111-125 lbs.
	151-165 lbs.	126-140 lbs.
	166-180 lbs.	141 lbs. and up
	181-195 lbs.	
	196 lbs. and up	

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**WEIGH-INS:** All participants must weigh-in prior to the competition. Weigh-ins will be on **Tuesday, November 27th** from **11:00 am-1:00 pm** and **4:00-6:00 pm** in the Men's Recreational Locker Room. **NOTE: All participants attempting to cut weight for the competition will be disqualified and your organization penalized. You will be allowed only one attempt to make weight. Whatever you weigh when you step on the scale will be your official weight class.**

**POINT LEAGUE:** You may have as many entries as you want, but **must** designate who will be competing for points. A maximum of two people in each weight class may qualify for points.

All participants must sign an Acknowledgement of Participation statement before their first match. Those not registered in the IM Office will be considered ineligible. All participants must bring their Wash U ID.

Championship IM T-shirts will be awarded to winners in each weight classification.

Questions??? Contact the IM Office at 935-5193.

(over)



### **Additional Information**

- You may enter as an individual or as a team.
- Each organization may enter as many individuals as they want in each weight category, but only a maximum of 2 people per category will qualify for points.
- To qualify for team points, organizations must have five participants.
- Place points towards the IM Arm Wrestling Team Championship are as follows:

Losers of quarterfinal matches:	1 pt. each
Semifinal matches:	2 pts. each
Second place:	4 points
First place:	6 points

### **Arm Wrestling Rules**

All competition will be right-handed.

A coin flip will determine which wrestler chooses table sides.

The hand grip will be gripped with the left hand and the contestants shall not let go of the hand grip until the contest is over. Contestants will be given one warning if their hand is slipping. If he/she lets go completely of the hand grip during the competition, he/she will be disqualified.

The elbow must remain on the pad during the contest. Disqualification will occur if the right elbow comes completely clear of the pad.

You will not be allowed to brace your foot or leg against the sides or legs of the table. Contestants will be given one warning, followed by disqualification if the action persists.

Both shoulders must be parallel to the table until the start of the contest. The elbow and forearm must be in line with the shoulder and perpendicular to the table.

A whistle will start the contest.

There will be no forward motion allowed respective to the shoulder or head until the whistle is given. If anyone moves, one warning will be issued. The second infraction will mean disqualification.

No part of the body will be allowed to touch the back of the contestants' right hands in order to be used as an additional aid in moving the arm. A foul will be cited immediately and, if not adhered to at once, the contestant will be disqualified.

A whistle will decide the winner.

There will be no time limit for a contest.

All warnings issued to contestants will be verbal. If the contestant has not heeded the warning, he/she will be disqualified. Referees may not make body contact with contestants once a match is started.

The referee's decision is final at all times.

A code of good sportsmanship shall prevail throughout the tournament.



### 2007-08 Men's Arm Wrestling Entry Form

Individual/Team Name \_\_\_\_\_

Manager/Captain \_\_\_\_\_

Address \_\_\_\_\_

Email Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Best time to call \_\_\_\_\_

#### Roster by Weight Class (please print or type--keep a copy for your records!)

	<u>Name</u>	<u>Email Address</u>	<u>Phone</u>
<b>135 lbs. &amp; under</b>	1. _____		
	2. _____		
<b>136-150 lbs.</b>	1. _____		
	2. _____		
<b>151-165 lbs</b>	1. _____		
	2. _____		
<b>166-180 lbs.</b>	1. _____		
	2. _____		
<b>181-195 lbs.</b>	1. _____		
	2. _____		
<b>196 lbs. &amp; up</b>	1. _____		
	2. _____		

**ELIGIBILITY STATEMENT:** *My signature certifies that I know and understand the Intramural Eligibility Rules and have completely checked the eligibility of all players on this roster. I assume responsibility for any discrepancies that might arise concerning this roster. I understand that failure to comply with the Eligibility Rules or other Intramural participation rules will result in action as outlined in the Intramural Sports Constitution and By-Laws.*

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Manager's/Captain's Signature