

SPARDHA'26

ARM WRESTLING (MEN)

Registration Fees	Rs. 100.00 per Player	Winner	Rs. 500.00
Minimum Teams Required in each Category:	06	Runner up	Rs. 250.00
Faculty Coordinators:		Body Weight Category	
Dr. Asjad Usmani,	98916 99 297	Featherweight	Below 65 Kgs.
Mr. Tilakdeb Mukherjee	99584 30 383	Lightweight	65 – 75 Kgs.
Ms. Bhaswatee Dass	97064 03 186	Middleweight	75 – 85 Kgs.
Student Coordinators:		Heavyweight	85 – 100 Kgs.
Dev	76786 01 834		
Disha Negi	99715 47 731		



Rules:

- Players must be the *Bonafide* students of a college/Institute/University.
- Matches are held at an **official arm-wrestling** table with elbow pads and hand grips.
- Players are not supposed to carry any sharpened objects or wear rings on their fingers.
- Both the players must have to report **30 min.** before the scheduled time of the match.
- If the player does not turn up within **10 minutes** of the scheduled time, the opposite party will get a walkover.
- All the matches will be Knockout.
- The Referee shall have the power to disqualify a player from a match, an event, or a competition for seriously unfair or offensive behaviour.
- Each match is officiated by two referees, one on each side, so the officials can see the competitors and their grip from both sides.
- **WEIGHT CATEGORIES**
 - Below 65Kg
 - 65+ - 75 Kg
 - 75+ – 85 Kg
 - 85+ – 100 Kg
 - 100 kg Above

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- 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.
- The competitors should approach the table, make themselves comfortable, and then grip their opponent's hand. The grip should be palm to palm with the thumb knuckle visible. The competitors' other hands should grip their respective hand pegs.
- Competitors can choose to start a match in the referee's grip or in a strip, but both competitors must agree to this.
- Once the referees are agreed with the grip from both competitors, the contest will begin. Each competitor should attempt to pin their opponent's arm onto the touchpad.
- Pressure should be in a sideways capacity to force their opponent's hand to the touchpad. Back pressure in an attempt to drag the opponent off toward the center of the table is not allowed.
- The match is won when one competitor pins their opponent's hand onto the touchpad. At this point, if the head referee is happy that it is a valid pin, they will shout 'stop!' and indicate the inner by immediately raising their arm.
- A valid pin is when any part of the competitor's natural wrist touches the touchpad.
- There are numerous fouls that can be committed in Arm wrestling. These include touching a part of your own body during the match, crossing your shoulder into the opposition area, dropping the shoulder below the height of the touchpad, foul language, abuse, or poor sportsmanship, to name a few.
- Two warnings equal one foul, and two fouls equal disqualification, meaning that their opponent immediately wins the match.
- **Cross-Category Matches Allowed:** A 100+ kg participant can challenge anyone below 100 kg. The match happens only if the lower category participant accepts.
- **Cash Prize Money:** If the lower category participant wins, will get an extra ₹200 prize, only cash no certificate, no medal. No cash prize if 100+ kg participants win.

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- **Challenge Round Format:** Takes place after the main category matches. Participants must officially declare their challenge before the round starts. **Max 5 Challenges** are allowed on **First Come First Serve** biases.
- Only the winner and runner-up team will be rewarded with a cash prize, certificate of appreciation, and medals.
- The cash Prize reward may increase depending on the number of registrations.

NB:

- The referee's decision is final
- The **Organising Committee** reserves the right to cancel the event if fewer than six teams register or appear. In such an instance, a formal notification will be issued to all teams, and a refund will be made.

