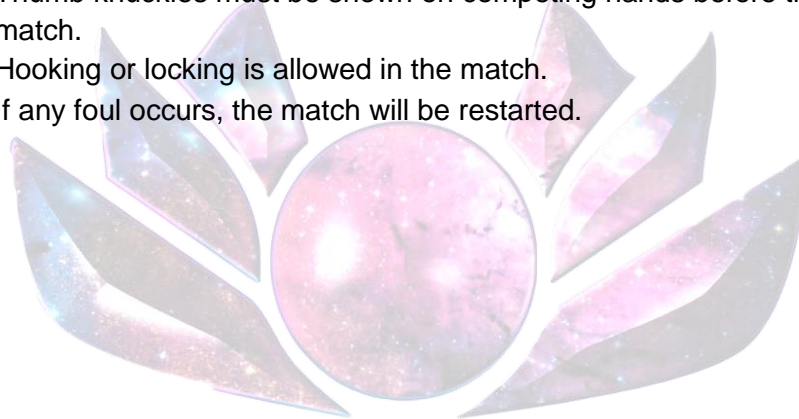


ARM WRESTLING

- The age limit is 20. No one above that will be entertained.
- Participants will compete according to the fixtures set by the management.
- Participants are required to be present on time or their competitor will get a walkover.
- The free hand of the contender must be in contact with the peg at all times unless authorized by the head referee.
- The elbow of the arm being used must be placed on the elbow pad at all times. It must not extend beyond any side of the elbow pad, if the competitor is riding on their triceps or forearm.
- Thumb knuckles must be shown on competing hands before the beginning of the match.
Hooking or locking is allowed in the match.
- If any foul occurs, the match will be restarted.



MISAAL 5.0