

Event Description	ARM WRESTLING (BOYS & GIRLS)
Guidelines & Rules	<p><i>1. General Rules</i></p> <ul style="list-style-type: none">• The match follows best of 3 rounds format.• Each participant must register and be on time for their matches.• Matches will be conducted on a flat, stable table with elbow pads.• Both competitors must grip hands properly and place their elbows on the pad before starting. <p><i>2. Match Setup</i></p> <ul style="list-style-type: none">• The referee ensures both competitors have a fair and equal grip.• The other hand must grip the table's side handle for stability.• The match starts on the referee's command ("Ready... Go!"). <p><i>3. Winning Criteria</i></p> <ul style="list-style-type: none">• A player wins when they force their opponent's hand to touch the pad/table.• Fouls (see below) can lead to automatic disqualification.• If neither player wins after 30 seconds, the referee may call for a restart. <p><i>4. Fouls & Disqualifications</i></p> <ul style="list-style-type: none">• Lifting the elbow off the pad.• Twisting or bending the wrist unnaturally.• Using body weight (shoulder leaning over the arm).• Releasing grip intentionally to avoid losing.• Verbal abuse or unsportsmanlike conduct. <p><i>5. Fair Play & Safety</i></p> <ul style="list-style-type: none">• Players must warm up properly before matches.• Any injury leads to an immediate stoppage by the referee.• The referee's decision is final.