

Competition 3	
Competition Name	BICEP BASH – Arm wrestling for Boys & Girls
Tagline	“Lock Hands. Test Strength. Claim Victory..”
Description	BICEP BASH – Arm Wrestling is an ultimate test of raw power, technique, and determination. Competitors go head-to-head in a battle of strength and endurance, where one steady push can decide the winner. It’s not just muscle — it’s control, focus, and fighting spirit. Step up to the table, hold your ground, and prove your power.
Rules / Guidelines	<p>Competition Guidelines/Rules :</p> <ul style="list-style-type: none"> • Registration fee 100/- . • Elbow on pad, grip hands • Match starts on "Ready, Go!" • Win by pinning opponent's arm to pad • Fouls: elbow lift, slipping grip, body movement • Best 2 of 3 rounds usually wins • All participants are required to report 10 minutes prior to the scheduled time. <p>Category :</p> <p>Girls:</p> <p style="padding-left: 40px;">Above 65kg Below 65kg</p> <p>Boys:</p> <p style="padding-left: 40px;">Above 75kg Below 75kg</p>