

INTRAMURAL WRISTWRESTLING RULES

1. The registered contestants face each other across the table, grasping the base of each other's thumb, with wrists perpendicular.
2. The left hands shall be clasped in a finger curl contact position in the center of the table immediately below the upright forearms.
3. The referee will place the right wrists in such a position as to be above the center of the table. They must be in a straight position before the official start.
4. The signal to start will be initiated by the head referee while he holds the contestants' hands and wrists in a fair and equal starting position and counts: "Ready - - Go". Simultaneously with the "Go" count he will release his grip.
5. The elbows must remain in elbow containers shaped in the form of a square (6" x 6") with the side toward the center of the table being open.
6. Defaults consist of failure to keep elbow contact with the cup, loss of grasp of thumb, release of left hand or referee's special disqualification.
7. A referee's special disqualification shall occur when the referee calls a contestant's attention to an unusual unfair occurrence and gives the

disqualified.

violating contestant a three count to rectify the situation. If the contestant does not respond by the end of three count he is disqualified. If the contestant later reverts back to the same unfair occurrence the referee has the option of immediate disqualification.

8. At least one foot must remain on the floor.
9. No contestant may wear any brace or spring type device which could affect the outcome of the contest.
10. One infringement of official rules and regulations constitutes a defeat.
11. One "fall" or referee's decision on a time basis, determines the winner.
12. Time limits on each individual contest may be set and a winner declared at the referee's discretion.
13. A winner is declared when one contestant forces his opponent's wrist, hand or forearm against his own opposite wrist or forearm.
14. Minor infractions of elbow contact and one foot on the floor will result in a referee's warning. Repeated minor infractions will result in default at the referee's discretion.
15. If a wrist is bent, a warning will be given to the person bending the wrist. If contact is lost after a wrist is bent, the person bending the wrist will be