



**PAL**

**"Unified Rules of the Professional Armwrestling"  
Tournament**

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### Section 1. Description of the competition format.

1.1. Professional URPA tournament - a classic double-elimination tournament is the main format of the competition for earning URPA rating points by the athlete.

1.2. Rating points are awarded in accordance with the place occupied by the athlete in the tournament as follows:

PLACE	POINTS
1	10
2	7
3	5
4	4
5	3
6	2
7	1
OTHER PLACES	1

**1.3. URPA tournaments are double elimination. Competition will use WAF rules and regulation as guideline.** All contestants must lose twice. No seeding prior to championships. Contestants are placed on draw sheet by luck of the draw.

**1.4.** Along with certified athletes, at the discretion of the organizers, athletes who do not have URPA certificates can also take part in the tournament after signing a certain set of documents, disclaimer for any accidents during the competition as well as the waiver of rights to photographs and video materials. The results of uncertified athletes are being submitted in the electronic MSMS (Mazurenko Scoring Management System), but not included into URPA.

**1.5.** The results of the URPA certified profesional tournament are to be submitted in the URPA system only if URPA standards are met.

**1.6.** Protocols of the URPA professional tournament are conducted by a certified Secretary only in the electronic program - MSMS (Mazurenko Scoring Management System).

## Section 2. Technical Rules.

### 2.1. - Weight Classes

#### Men

1	63 kg	under 139 lbs	Lightweight
2	70 kg	140 - 155 lbs	Welterweight
3	78 kg	156 - 172 lbs	Middleweight
4	86 kg	173 - 190 lbs	Light heavy weight
5	95 kg	191 - 210 lbs	Middle Heavy weight
6	105 kg	210 - 231 lbs	Heavy weight
7	105 + kg	231 + lbs	Superheavyweight

#### Women

1	52 kg	under 114 lbs	Lightweight
2	57 kg	114 - 125 lbs	Welterweight
3	65 kg	125 - 143 lbs	Middleweight
4	75 kg	143 - 165 lbs	Heavy weight
5	75 + kg	165 + lbs	Superheavyweight

### 2.2. Weigh-ins

There is no clothing allowance, therefore weigh-ins will be done in the nude if an athlete wishes to qualify for a certain weight class. (Weight has to register to zero, i.e.: if 70kg class it will have to zero to 70.0kg).

**2.2.1.** There will be no dispute regarding procedure during weigh-ins. Weigh-ins will follow registration roster by numerical order, i.e.: first athlete to register with Tournament Secretary, will be the first athlete

weighed and so on. Tournament organizers will have the right to disallow entry to any athlete not meeting their requirements or who creates disorder.

**2.2.2.** All weigh-ins to be done on PAL approved scales. Weigh-in will be done no sooner than 24 to 30 hours before the first day of competition start time.

**2.2.3.** More than one official weigh-in scale may be used.

**2.2.4.** The Tournament Secretary of weigh-ins is the final authority on all weigh-in procedures.

**2.2.5.** A competitor may weigh-in to their normal weight or jump one weight class higher.

### **2.3. Age groups (same for both Men and Women).**

*Please note: Age will be determined by calendar year.*

**2.3.1.** In URPA rating tournaments only athletes who have reached the age of majority are allowed to participate in the Tournament. If so required by Secretary, proof of age will have to be given by producing a bona fide passport or medical certificate.

If so required by Secretary, proof of gender may be required under qualified medical supervision by physicians appointed by Organizer.

### **2.4. Equipment**

**2.4.1. Table.** At professional URPA tournaments, only the original professional armwrestling table produced by "Mazurenko Equipment" is used. The use of other tables for official matches, even as additional or side ones, is not allowed and can be punished by not including the results of the tournament in the URPA.

**2.4.2. Chalk Stand.** A stand suitable for chalk/rosin or stickum should be placed on either side of the table but at a suitable distance away so as not to bother referees or minor officials with the dust floating in the air or with competitors preparing for a match.

**2.4.3. Staging.** If raised staging is used, hosts are responsible for supplying or installing protective railing around the perimeter, to prevent competitors from accidentally falling off.

Stages should also be planned with the intent to keep non-participants away from the competition table and draw sheet table.

**2.4.4. Riser platforms.** URPA recommends the use of "MAZURENKO Equipment" professional platforms.

Riser platforms can be used by competitors who have a height disadvantage. Riser platforms can be used in combination with platform shoes or multiple platforms, to raise the competitor, to at least bring their waist to the table top. Competitors can use a personal riser with prior permission of the Head Referee before the start of contest.

**2.4.5. Straps.** When used, they will be of a standard 1" style with a plastic or metal buckle and not of velcro. The straps used by PAL will be 1" inch wide.

URPA recommends the use of "MAZURENKO Equipment" professional straps.

### **2.5. Uniforms**

**2.5.1.** All participants, including athletes and officials, must be familiar with and adhere to the PAL costume code.

**2.5.2.** Only short sleeve or sleeveless shirts & sport pants (no jeans) allowed during competition. Very limited advertising is allowed on shirts only.

**2.5.3.** Shoes are required as part of the uniform and to compete in the tournament.

**2.5.4.** No competitor may compete out of uniform, no competitor may receive their award out of uniform. If a competitor comes on stage to compete out of uniform they will forfeit that bout.

### **Section 3. Referees.**

**3.1.** In certified URPA tournaments only certified URPA referees are allowed to referee. Certified URPA referees must meet below standard;

**3.1.1. Referees are to use WAF competition rules guideline.**

**3.1.2. Referees are to use WAF standard dress code guideline.**

**3.2.3. Referees must have understanding in URPA ranking system.**

**3.2.** The tournament organizers are required to ensure the participation of a certified URPA referee in one of the following ways:

- invite a certified URPA referee with compensation of his travel expenses and pay the reward agreed with the referee privately.
- provide training for own referee, which consists of online course and test at the URPA website and practical training in the tournament by an experienced URPA referee at the tournament. After that, the local referee will receive a URPA certificate and will be able to referee the certified tournaments in the future.

### **3.3. Director of Referee Training.**

**3.3.1.** Responsible for verifying the referee for physical and technical competence necessary to referee at PAL competitions.

**3.3.2.** Responsible for conducting a short but understandable briefing for the tournament referee before the competition.

**3.3.3.** Responsible for the international educational program for referees, its implementation, as well as timely information about current changes in the rules.

### **3.4. Competition referee.**

#### **Competition referee:**

**3.4.1.** is responsible to wear proper PAL dress code for referees which is short sleeve black and white striped shirt, with stripes being 1" wide, black pants, socks and shoes. Name to appear on right chest. Ranking to appear on right shoulder sleeves, 1" up from cuff.

**3.4.2.** is responsible to know thoroughly PAL - URPA rules for all formats of rating matches and tournaments.

**3.4.3.** is responsible to conduct themselves in an unbiased and professional manner. Referees are not to congratulate individual competitors; they may congratulate both competitors on a match well done.

**3.5.** During the match, two referees are used: one referee at the table (the head referee of the match) and one technical or assisting referee.

**3.5.1.** The referee starting the match will be deemed Head referee of that particular match. Assistant referee will watch for elbow fouls at start of match and assist in assuring a fair start. After the match has started, the two referees will watch each their side for fouls or a pin.

**3.5.2.** If there are video cameras on the table for tracking elbow fouls, only the Head Referee of the match is at the table, and the second referee, the technical one, monitors elbow fouls through the camera monitors.

**3.5.3.** A technical referee must be able to work on equipment for elbow cameras, do playbacks, etc.

**3.5.4.** Once a referee is set at a table, he/she cannot be removed, unless for lack of competence or technical knowledge.

**3.5.5.** Assistant referee position at the table for better exposure of the matches:

- A. Assistant referee will not stand in front of the table area unless setting up the strap or the referee grip. They may stand asides from the table corner to the exterior.
- B. Before the match start, assistant referee will not stand with his/ her back to the public.
- C. Before the match start, assistant referee will show hand signs only under the pin pad level.
- D. The setup of the referee grip and strap match will be made with one hand from the sides of the table if possible.
- E. No match can start if the second referee is standing in front of the table area.

## **Section 4. Protocols**

### **4.1. Rules of the Tournament**

**4.1.1.** Athletes are called to the stage when it is their turn to compete. They will be accounted for as per draw sheet. Then the matches will begin. A specified area will be secured for the pullers who's class is being run. The officials will send these pullers to this specified area.

**4.1.2.** Competition records are kept exclusively in the MSMS (Mazurenko Scoring Management System).

**4.1.3.** Wrist wraps, straps, elbow bandages/supports or cups, protective wraps, rings or bangles are not permitted on arms. \*An arm is defined as that portion of the body starting from the shoulder and continuing on and ending at the finger tips.

**4.1.4.** Individuals (unless authorized by the Head referee at a table), may not approach a table to within 20 feet. Strict penalty may be enforced.

**4.1.5.** Poor sportsmanship will not be tolerated and it could lead up to and including being barred from the tournament.

**4.1.6.** No challenge matches allowed during or immediately proceeding the competition. No disruption of scheduled proceedings allowed.

**4.1.7.** Video judging can be limited to protests only.

- The two elbow pads must be different colors from each other.
- The size of the screen must be a minimum of 22" inches.
- The size of the pad displayed on the screen must be at least 5" inches.
- Recording equipment, must have instant replay as well as recording.
- There must be microphone communication between the monitor referees and the starting referee at the table.
- The camera angles and display must be set up to the satisfaction of the Head Referee.

## **Section 5. Competition Rules**

### **5.1. Double Elimination Seeding.**

**5.1.1.** URPA tournaments are double elimination. All contestants must lose twice. No seeding prior to championships. Contestants are placed on draw sheet by luck of the draw. In some cases, with the consent of PAL and athletes, in order to increase the entertainment and fairness of the match, exceptions are possible in the order of registration of athletes.

### **5.2. General Guidelines**

**5.2.1.** Contestants for each weight class will be announced and they will come to the stage to be verified against the draw sheet.

**5.2.2.** Contestants' names will be called they will approach the table, shake hands with their opponent, and then take a grip.

**5.2.3.** Anyone with long hair will have to have their hair restrained in some fashion. Hats with brims/bills will not be allowed at the table. Head wear such as religious head wear, du rag head bands and toques may be worn at the table. They cannot have any offensive or derogatory writing or symbols on them. Any long garment must be tied back as not to interfere with the match.

**5.2.4.** Referees are not there to use force or wrestle with you. A referee will lightly touch competitor hands and wrists to see that they are properly aligned, wrists straight and arm centered to the table top, failure to comply will result in the competitor getting warnings.

**5.2.5.** No breaks in contest during or between matches, unless there is equipment failure, draw sheet mistake or authorized by officials.

**5.2.6.** No competitor will be matched twice against the same opponent unless for place standing.

**5.2.7.** You can only pin your opponent on the winning side of the table.

### **5.3. Setting up / Start of Match**

**5.3.1.** The grip is palm to palm, grip at thumb, thumb knuckle must be visible. Gripped hands should be level on a plain at the forefingers. Free hand will grip the hand peg provided at the table edge. This arm may or may not touch the table top. Finger nails should be trimmed so as not to injure your opponent. Stickum/ rosin/ chalk are permitted.

**5.3.2.** Back pressure to the extent that it pulls your opponents arm across the marked center of the table will not be allowed. This infraction will be deemed the same as a false start.

**5.3.3.** Shoulders will be kept square to the table. They may slope to either side before the start.

**5.3.4.** There will be a hand width between the shoulder and forearm of each competitor as well as between the chin and hand prior to the start.

**5.3.5.** The signal given by the Head Referee is "Ready...Go!" in an unspecified cadence. At the end of the match the referee will say "Stop" and indicate the winner by raising his arm towards him/her. All effort must be made by the referee that the competitors are aware the match is stopped.

**5.3.6.** A pin is when any part of the natural wrist line to finger tips, touches or goes below the touch pad.

**5.3.7.** Competitor's legs can be wrapped around the table leg or braced against an opposite table leg prior to the start of the match, providing they are not interfering with their opponent. Feet can be off the ground during competition and legs can be moved in any fashion as long as they don't interfere with their opponent.

**5.3.8.** In the event of an injury during competition, the competitor's name will continue to be brought forward until he/she has fulfilled the two loss commitment. The match that a competitor was injured in will be regarded as a loss.

**5.3.9.** There is no time limit during an actual bout. However, if in the estimation of the Head Referee or a physician authorized by Organizer, that a competitor is deemed unfit to continue, the match will be stopped.

**5.3.10.** Competitors can start a match in strap or in referee's grip or in referee's grip in the strap if both agree to do this.

## **Section 6. Universal Words.**

### **6.1. Each competitor should know the following words.**

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<b>Ready Go</b>	<b>Knuckles</b>	<b>Elbow down</b>	<b>Wrist</b>	<b>Shoulders</b>
<b>Stop</b>	<b>Warning</b>	<b>Winner</b>	<b>Over</b>	<b>Referee Grip</b>
<b>Back</b>	<b>Thumb Down</b>	<b>Don't move</b>	<b>Center</b>	<b>Coincidental</b>
<b>Grip</b>	<b>Foul</b>	<b>Under</b>	<b>Strap</b>	<b>Dangerous Position</b>

The word *SHOULDER* will be used to describe a dangerous position.

### Section 7. Warnings

7.1. Any early movement with shoulders, arm, hand or fingers will be a **warning** unless competitors are in a referee's grip. Then it would be a foul.

7.2. If one competitor is causing a delay "locking up" the referee will give the offender a **warning**.

7.3. Letting go of the peg will result in a **warning** being called to the offender, without stopping the match. If an advantage is gained prior to re-gripping the peg, the match will be stopped and the offender will be given a **foul**. Contact with the peg must be above the table.

### Section 8. Fouls.

*Note: Two warnings will equal one foul. Two fouls, competitor will lose that particular match.*

#### 8.1. Fouls

If competitors fail to come to the table in the timeframe allotted by organizers they will be given a loss. Their name will be dropped to its proper slot, the same as a loss in an actual bout. If they already have a loss they would drop out of the tournament for that particular weight class.

8.2. Competitor's shoulder must not cross the "centerline" between pegs during competition. This will be a **FOUL**.

8.3. Competitor cannot touch any part of their body such as chin, shoulder or head. A foul will be given.

8.4. Intentionally pushing your own hand into an opponents shoulder will result in you getting a **FOUL**.

8.5. When a competitor starts to put themselves in a "dangerous position", the referee will caution the competitor loudly so that the competitor understands the caution. Referee will instruct the competitor to face their competitive arm, so as to keep the hand, arm and shoulder in a straight line. Competitors must never force their shoulder inwards, ahead of their arm or hand, towards the table.

8.6. Competitors cannot drop the competing shoulder below the level of the elbow pad when in a neutral or losing position. This will be considered a dangerous position. The neutral position defined as the starting position down to 2/3 of the way to the losing side of the table.

8.7. Any obviously intentional action that causes your opponent to get a foul will result in no foul for the opponent and you receiving the foul instead. Example obviously intentionally pushing your opponent off the back of the elbow pad.

8.8. 30 second rest is permitted after a **FOUL**.



**8.9.** Foul language, poor sportsmanship or abuse towards an official will result in a **FOUL**. If it continues, competitor or official will be barred from the tournament.

**8.10.** Any foul given when a competitor is more than 2/3 of the way down to the pad is a loss

### **8.11. Referee Grip.**

**8.11.1.** Competitors have 30 seconds to “Grip Up”. If in that time, they have not gripped up, they will be given a “referee’s grip”. A referees’ grip consists of the following procedure.

**8.11.2.** Competitors’ hands are placed palm to palm by the referee, the thumbs are pushed down by the referee, the fingers are wrapped by the referee, first one competitor, then the other. As they are wrapped referee asks competitor if he/she wants their thumb covered or not. Thumb knuckles will be showing, forefingers level, wrists straight and arms centered. Competitors are not to move from this set up.

**8.11.3.** Examples of movement are fingers re-gripping, back pressure, bending wrists, early start or elbow lifting off the pad.

**8.11.4.** Any movement by any competitor will result in a **foul** being given against the one that moves.

### **8.12. Elbow Fouls.**

**8.12.1.** A **foul** will be given when a competitor’s elbow loses contact with the elbow pad. A competitor is considered to lose contact with the pad when:

**8.12.2.** The elbow lifts vertically off the pad, no matter how insignificant, as long as there is clearance between the pad and the elbow. It is not considered an elbow **foul** if the elbow has lifted off the pad, but the competitor still has contact with the elbow pad with their triceps or their forearm.

**8.12.3.** An elbow **foul** will be called if the competitor is riding on their triceps or forearms and the elbow extends beyond any side of the elbow pad.

**8.12.4.** Any foul that occurs simultaneously with a foul by your opponent will be considered coincidental, the match will be stopped and restarted and no foul will be given.

### **8.13. Slip Outs**

**8.13.1.** The referee will call one foul for “causing a slip out” when:

- You lift your fingers off your opponent’s hand prior to a slippage;
- 
- You close your fingers as to make a fist inside your opponent’s hand;
- 
- You’re in break wrist position and you pull your fingers inside your opponents hand, therefore you are unable to hold your grip.

### **8.14. Straps**

**8.14.1.** Straps will be used when any match ends by way of a slip-out **not resulting in a foul**. A slip- out occurs when both competitors have lost complete contact with one another. The official must be certain of the circumstances preceding the actual slip out before calling a foul. If the official is uncertain as to who caused the slippage or it was caused by the actions of both competitors, then straps will be used and no foul will be given.

**8.14.2.** When straps are employed, the officials will ask competitors to place their elbows to the center of their respective elbow pads, place their hands palm to palm, fingers extended and thumbs up. Opposite hand will grip hand peg. In this position the strap can be quickly installed. Only the official can adjust the strap. Competitors may ask to loosen it or move it if it’s uncomfortable. The strap cannot be lower than

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1" below the natural wrist line.

The new fairer wrap will be used. The referee will always wrap the buckle side wrist first. When going around the last wrist the strap will be threaded above the strap on that wrist.

**8.14.3.** After the strap is installed, competitors may take their grip and place their elbow to their choice of position.

**8.14.4.** If a competitor intentionally slips out during the match in a losing position (losing position is determined by being more than  $2/3^{\text{rd}}$  of the way down to the pin pad), the competitor will lose that particular match. Any intentional slip is an automatic **FOUL**.

### **Section 9 - General Provisions**

9.1. "The Unified URPA tournament rules (tournament rules) are part of the General Rules of the Unified Rating of Professional Armwrestling General Rules (General Rating Rules) and therefore, during a sporting event, the General Rating Rules have the same power as these tournament rules.