

Intramural **Arm Wrestling Rules**

- 1) Single Elimination Tournament.
- 2) Winner determined by touching forearm or grasped hands into contact with grasped arms positioned on surface of table.
- 3) When a right-handed participant opposes a left-handed participant, then the toss of a coin determines which side the participants use.
- 4) Women's Teams – up to 3 per weight class
- 5) Men's Teams – up to 2 per weight class
- 6) **Weight Classes:**

Women

110 lbs & under
111-120 lbs
121-130 lbs
131-140 lbs
141-150 lbs
151-160 lbs
161 lbs and over

Men

130 lbs and under
131-145 lbs
146-160 lbs
161-175 lbs
176-190 lbs
191-205 lbs
206-225 lbs
226 lbs and over