



Simple Referee's guide

Based on IFA:s publicly available 2019 rules

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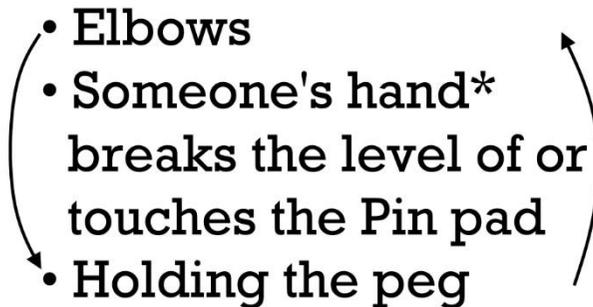
Author: Mikael Grönholm

Pre-match:



- 3rd notification in grip up for causing delay = Warning
- 30 seconds to grip up, then referee's grip
- Competitors can start a match in strap or in referee's grip or referee's grip in strap if both athletes agree to do so.
- There should be at least 1 fist size between hand and chin, shoulder, chest before the start.
- Start the match with the signal "Ready?...Go!"

During match:



** Hand = Any part of the area from the natural wristline to the fingertips*

Check for movements rendering:

- **Straps;** by a slip out from the contenders
- **Warning;** letting go of the peg
- **Foul;** Elbows, straight arm, dangerous positions, intentional slip etc)
- **Win;** By pinning opponent
- **Stop;** Use signal "**STOP**" and hold the competitors hand when stopping the match for any reason.

2 x Warning = 1 Foul 2 x Foul = Loss

Straps:

Straps will be used when a clean slip out occur (non-intentional slip). If the referee isn't certain if the slip is clean or intentional, proceed with strap match.

Straps can also be used when both competitors ask for it.

Referee's grip:

Competitors have 30 seconds to "Grip Up". If in that time, they have not gripped up, they will be given a referee's grip. No movement is allowed during referee grip. Any movement during a referee grip will result in a foul.

Referee's grip can also be used when both competitors ask for it.

Hand signals:

- Winner - Hand pointing in the air to the left or right side to signify the winner.
- Warning - Finger pointing at one competitor - Warning.
- 2nd Warning - 2 Fingers pointing at competitor
- 1 Foul - Hand (with 1 finger out) pointing at the ground on the side of the offender.
- 2nd Foul - Hand (with 2 fingers out) pointing at the ground on the side of the offender.
- Elbow Foul - Tapping elbow and pointing at the ground on the side of the offender.
- Foul - Losing position - Show the sign for the foul. Then make a side to side motion with hand over the pin pad, then signify the winner.
- Shoulder Foul - across centre - Tap shoulder and signify centre. Then point at the offender and motion for the foul.
- Shoulder Foul - Touching - Tap shoulder. Then point at the offender and motion for the foul.
- Straps - arms straight in front with fist closed and thumbs up.
- Referee Grip - Hands clenched together overhead
- Intentional Slip-Out - Put your fingers of one hand inside the grip of your other hand and pull them out. Then point at the offender and motion for the foul.
- Dangerous position - Break-Arm -Referee will put themselves in Break-arm position. Then point at the offender and motion for the foul.
- Dangerous position - Hyper Extension - Referee will put themselves in hyper-extension position. Then point at the offender and motion for the foul.

IMPORTANT ADDITIONAL RULES:

SECTION 5. WARNINGS

5.1. Movement

Any movement of arm during or after "Ready" before "GO" will result in False Start which equal to 1 warning.

5.2. Delay in setup

If competitor causing delay for setup either in grip, backpressure, covering thumb knuckles, wrist, knifing and arm-center, after 3rd notification by referee, he/she will get a warning.

5.3. Losing contact with peg

Losing contact with the peg will result in a warning without stopping the match. Referee will look to the competitor and call one warning and show proper hand signal. If letting go of the peg results in gaining an advantage for the athlete or remains off for more than 2 seconds, then the referee will stop the match and give the foul to the athlete. If the athlete already carry 1 warning earlier, then letting go of the peg will result in a STOP and a foul for 2 warning.

SECTION 6. FOULS.

6.1.1. Elbow Fouls

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:

- The elbow lifts vertically of the pad with clear spacing between elbow tip and the pad. It is not considered an elbow foul if the competitor is maintaining the elbow tip above the pad and his triceps or forearm is touching the elbow pad. 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,
- Competitor's elbow slips off from any side the elbow pad surface.

6.1.2. Intentional Slip Out

The foul for an intentional slip out will be called when one of the competitors caused the slip out.

The foul will be called when:

- a competitor lifts his fingers off his opponent's hand prior to a slippage;
- a competitor closes his fingers as to make a fist inside his opponent's hand;
- a competitor is in a flip wrist position and he pulls his fingers inside his opponents hand, therefore he is unable to hold his grip.

6.1.3. Dangerous position

When a competitor puts themselves in a dangerous position, the referee will caution them loudly with a command 'shoulder'. If the competitor does not correct their position within 2 seconds or correct their position but then goes back to the dangerous position again, the match will be stopped and a foul for dangerous position will be given.

Two dangerous positions are distinguished:

- A competitor does not keep their arm and shoulder in a straight line and turning their head and shoulder in an opposite direction,
- A competitor who drops his shoulder below the level of the elbow pad in a losing position.

6.1.4. Centerline

Competitor's shoulders must not cross the centerline between pegs during competition. Renders a foul.

6.1.5. Body contact

Competitor hand cannot touch any part of their body such as chin, shoulder or head. Renders a foul.

6.1.6. Offending foul

Intentionally making the opponent get a foul will result in the offender getting the foul. Example: pushing your opponent's elbow off the pad using a forward motion.

6.1.7. Movement in referee's grip

Any movement during a referee grip will result in a foul.

6.1.8. Straight arm

A competitor cannot compete with a straight arm in any position. This is considered a non-armwrestling move. This will result in immediate stoppage and a FOUL issued.