THE CARTOON BOOK OF

ARMWRESTLING



STRENGTH

SPORT ON EARTH

Sport on Earth Books · The Combat Family

Original illustrations · No characters were copied in the making of this book

Meet Armwrestling!

Table contest of arm strength with growing pro leagues.



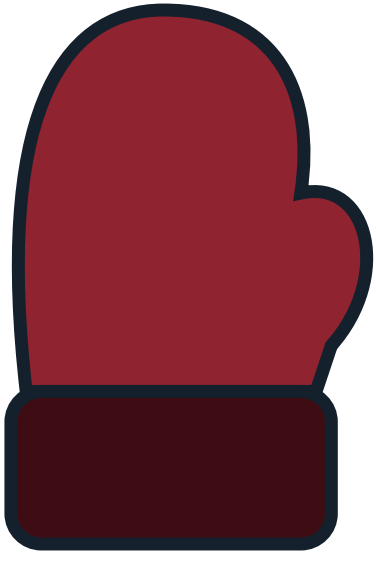
Where It Is Played

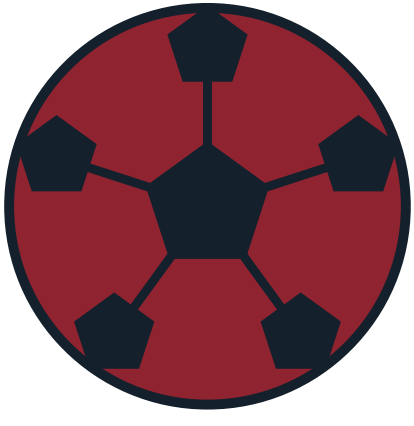
Table top 36 inches across; stand-up tables are 40 inches from floor to table top and sit-down tables 28 inches, with 7 x 7 inch, 2-inch-thick elbow pads set 2 inches in from each edge and angled touch pads at each side.



The Gear

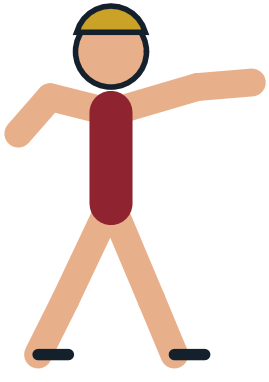
A regulation armwrestling table with elbow pads, touch pads and hand pegs; no arm wraps or rings are permitted, and a strap is added by the referee if the grip slips.





How It Starts

Begin at an affiliated club learning the referee's set-up, straight-wrist grip and safe pulling technique on a proper table; enter your weight and age class for right- and left-arm competition after weigh-in.



How to Play

- Format: WAF championships are double elimination — all contestants must lose twice — with contestants placed on the draw sheet by luck of the draw and separate right-arm and left-arm categories.
- Format: competition is divided by weight classes (for senior men, in 5 kg steps from 55 kg up to 110 kg and over) and by age groups, with up to two competitors per nation in each arm category.
- Setup: competitors face each other with shoulders square to the table, the competing elbow on the elbow pad, a palm-to-palm grip over the centre of the table with straight wrists, and the free hand gripping the hand peg; the referee starts the match with 'Ready… Go!'.
- Winning: a pin is scored when any part of the opponent's hand, wrist or fingers is forced to touch the touch pad or go below its level.

More of the Game

- Fouls: lifting the elbow off the elbow pad, intentionally slipping out of the grip, re-gripping or moving the fingers after the referee's grip is set, and letting the shoulder cross the centre line are fouls.
- Slip law: if the grip comes apart during a match, the competitors are re-matched in a strap match with their wrists strapped together; an intentional slip in a losing position (more than two-thirds of the way to the pin pad) loses the match.
- Losing law: committing two fouls in a match loses the match, as does failing to come to the table within the time allowed after being called.
- Equipment law: no wraps, supports or bandages are allowed on the arms and no rings; competitors must wear their country's identifiable uniform of short-sleeve or sleeveless shirt, sports pants and shoes.

The Shape of a Match

One-on-one table contest, right arm and left arm separately: grip palm-to-palm over the centre, and on 'Ready… Go!' try to pin the opponent's hand to the touch pad, in a double-elimination draw.

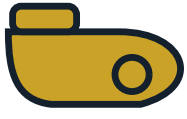


More of the Combat Family

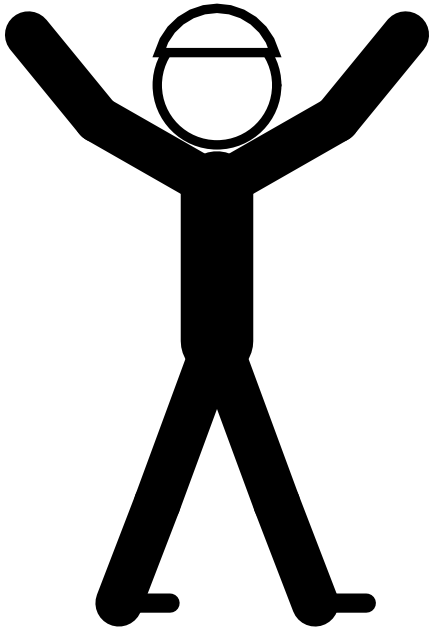
- Boxing — Two fighters trade punches in rounds, judged on points or ended by knockout or stoppage.
- Wrestling — Pin your opponent or score points through takedowns and holds.
- Mixed Martial Arts — Striking and grappling combined; UFC, PFL and ONE lead promotions.
- Kickboxing and Muay Thai — Striking sports using kicks, punches, knees and elbows.
- Judo — Throws and holds, an Olympic sport.
- Taekwondo — Korean kicking art, an Olympic sport.

A Note on the Rules

Armwrestling is governed internationally by the World Armwrestling Federation (WAF) under a code of table dimensions, grip and foul rules (elbow fouls, false starts, slipping rules with strap matches) that has been stable in the modern professional era; professional supermatch formats are set by promoters. No major documented rule change is carried for armwrestling.



Colour the Action

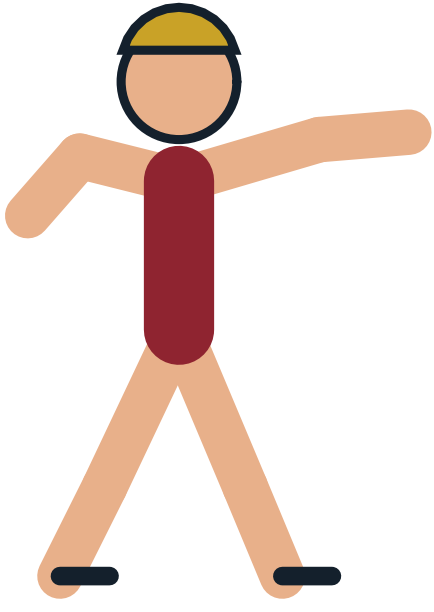


Psst — this page is a colouring page!

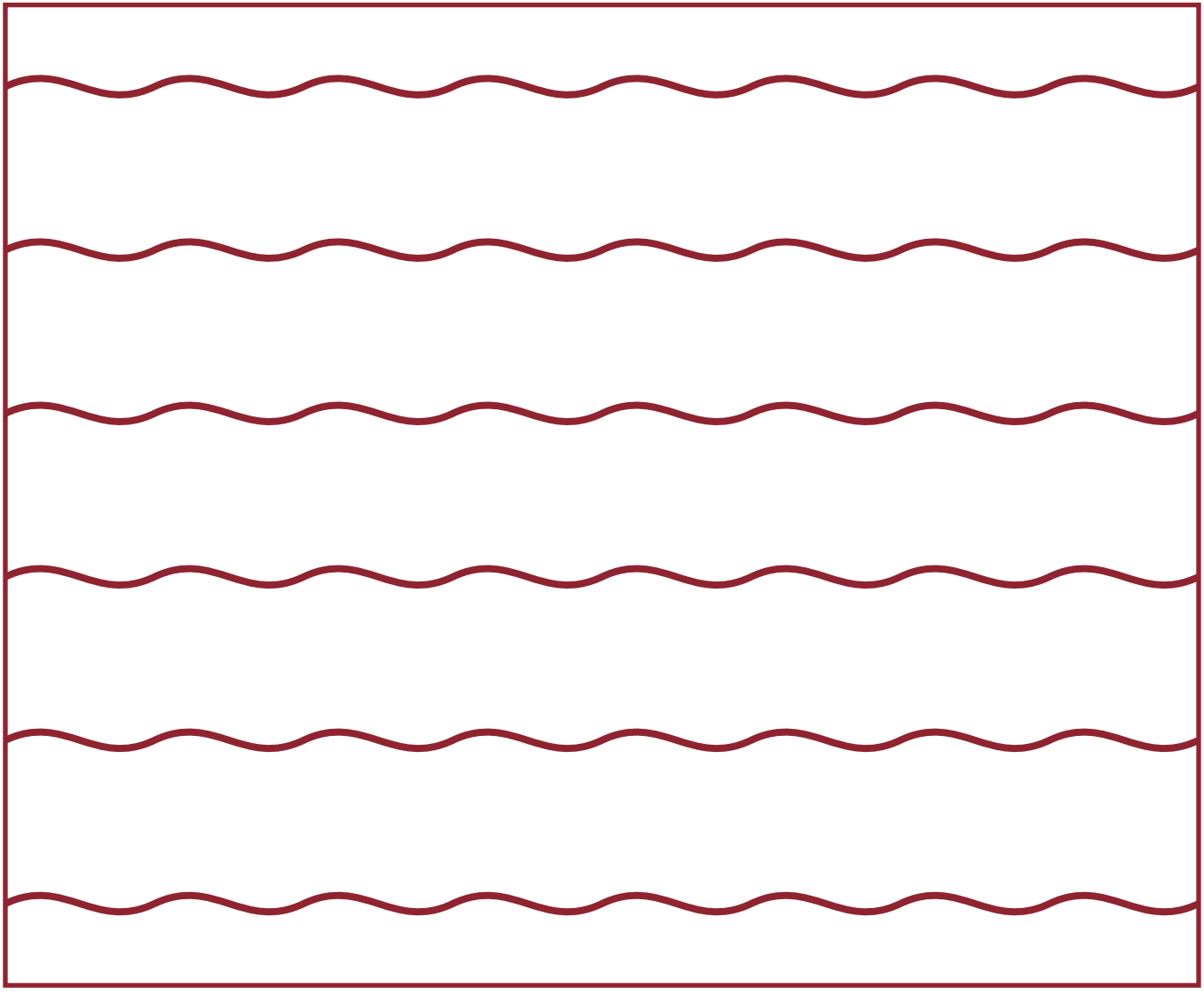
The Sport Today



At School and College



Play It Near You



Through the Year



The Combat Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Boxing — Two fighters trade punches in rounds, judged on points or ended by knockout or stoppage.
- Wrestling — Pin your opponent or score points through takedowns and holds.
- Mixed Martial Arts — Striking and grappling combined; UFC, PFL and ONE lead promotions.
- Kickboxing and Muay Thai — Striking sports using kicks, punches, knees and elbows.
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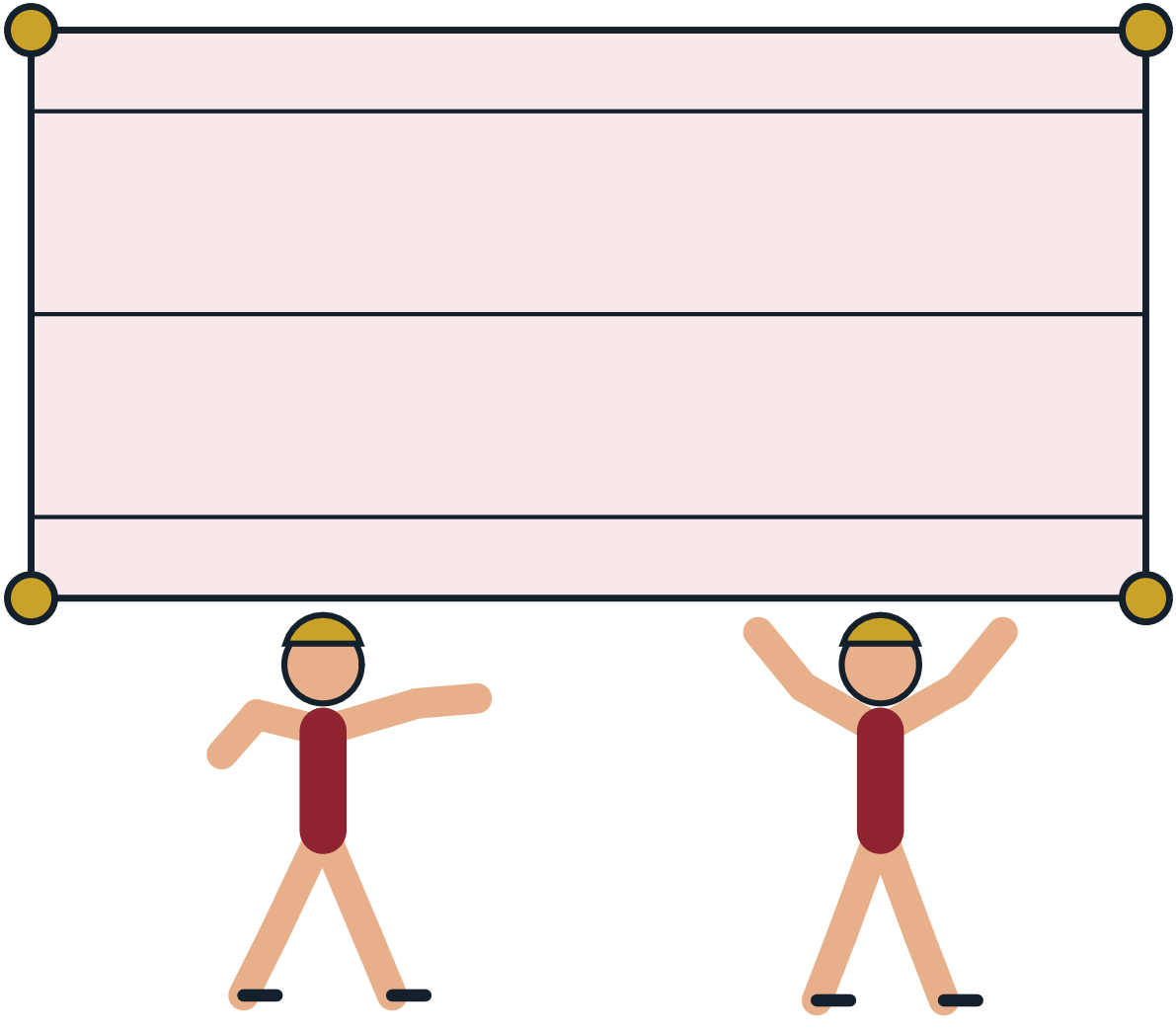
Game Day!

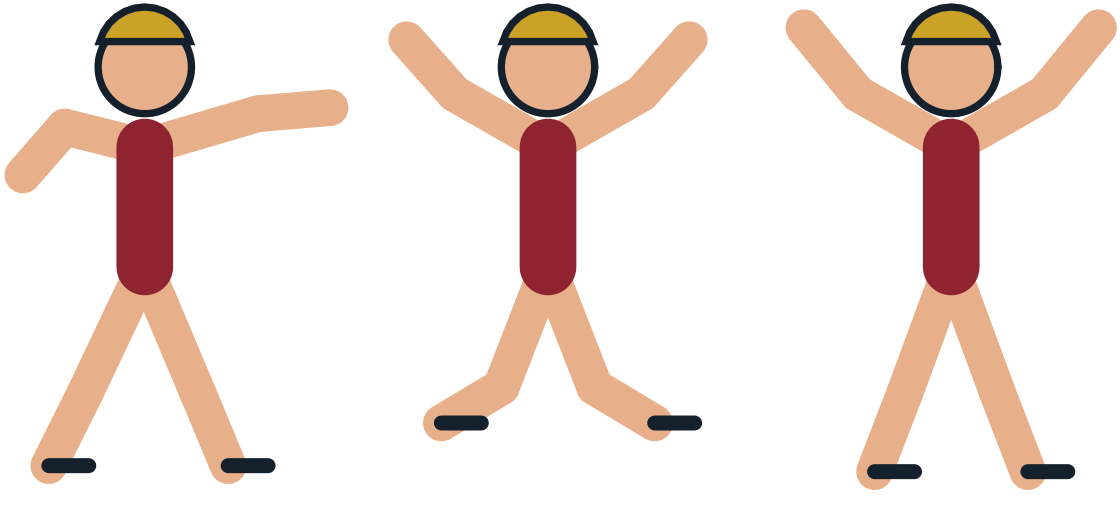


The Sport on Earth Mark

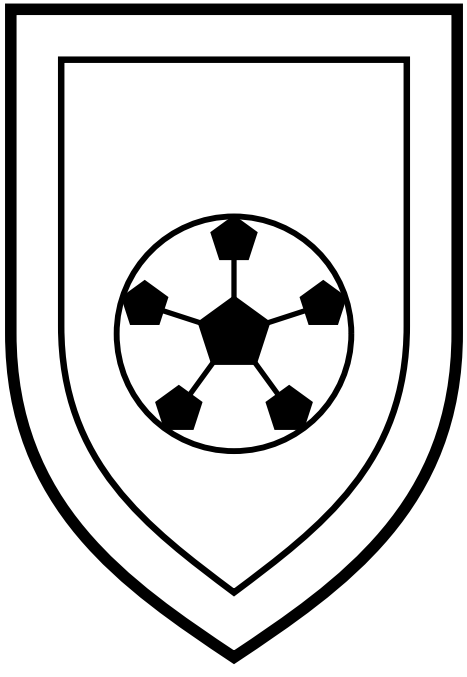
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game

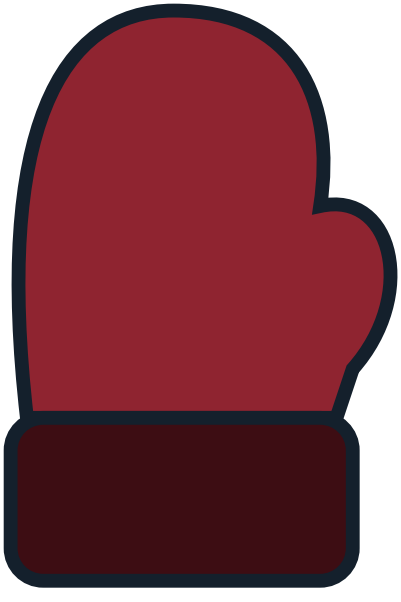


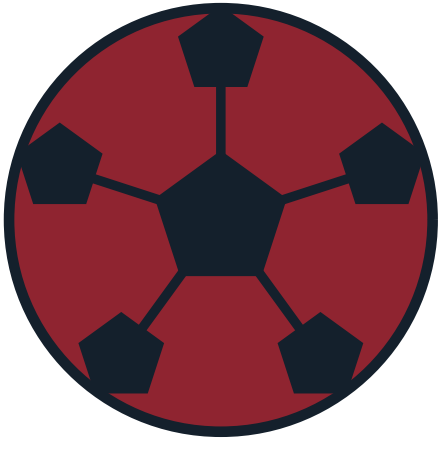
Design a Badge



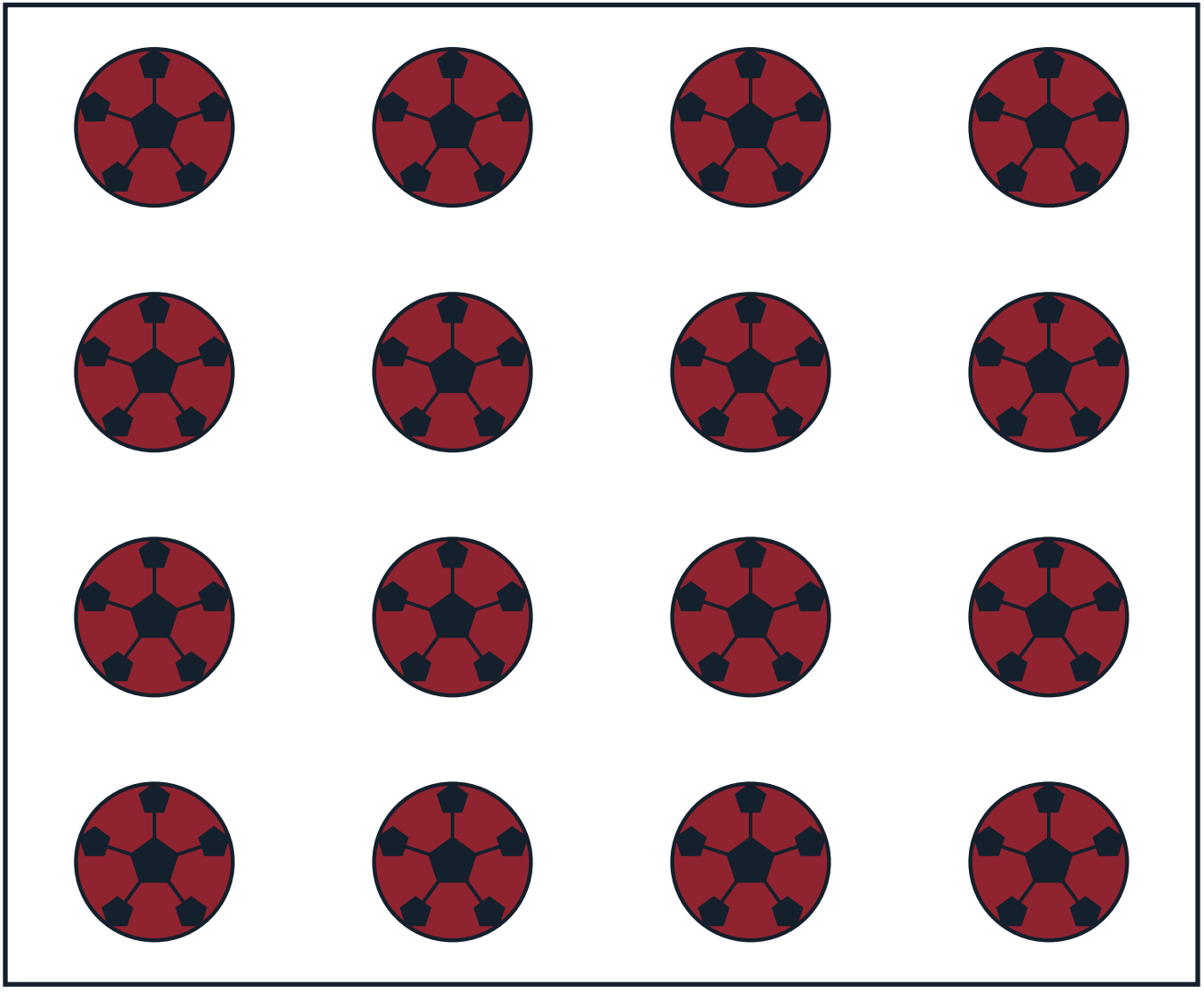
Draw and colour a badge for your own team.

The Gear Parade





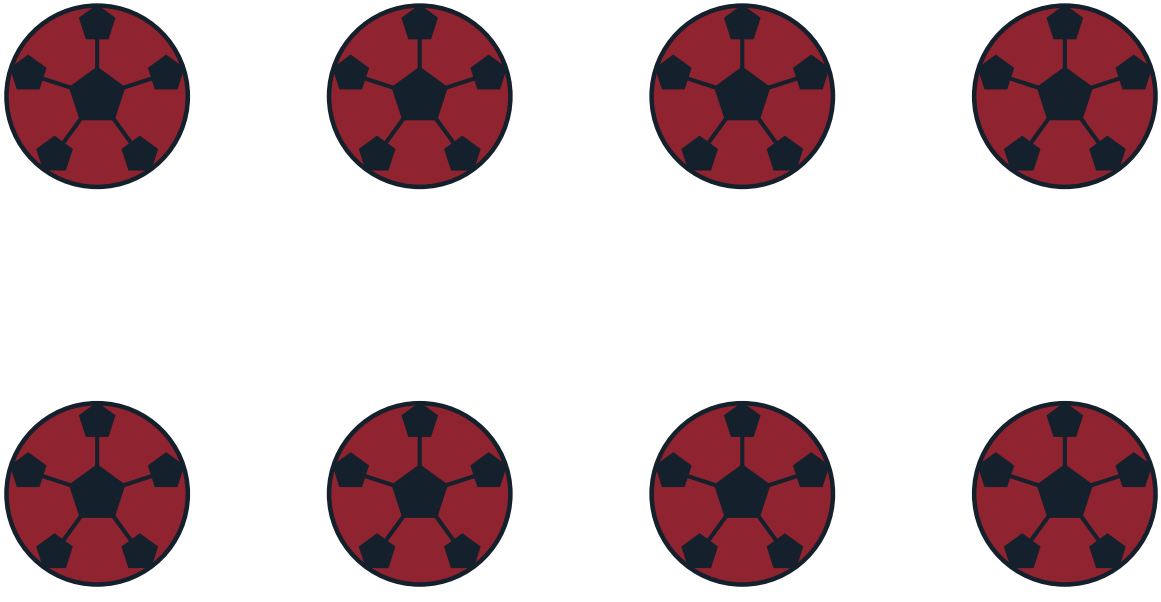
Pattern Play



The Arena From Above



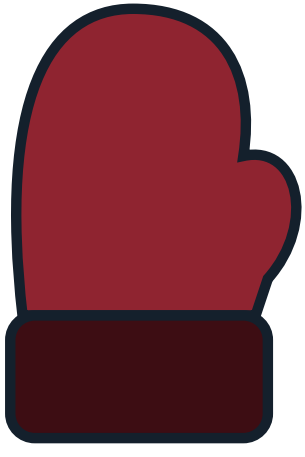
Count the Balls!



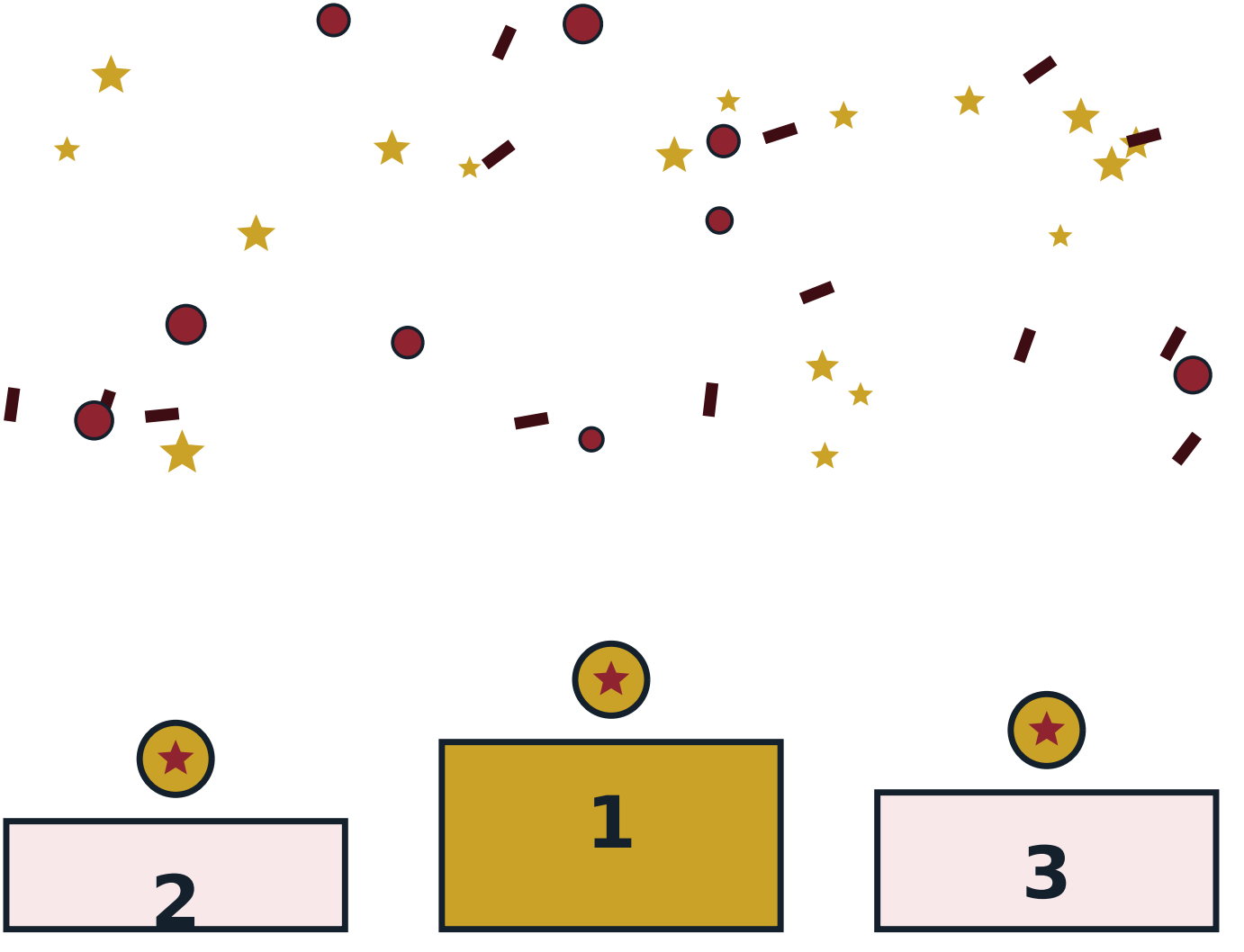
How many can you count? Write the number here: _____

My Favourite Part of Armwrestling

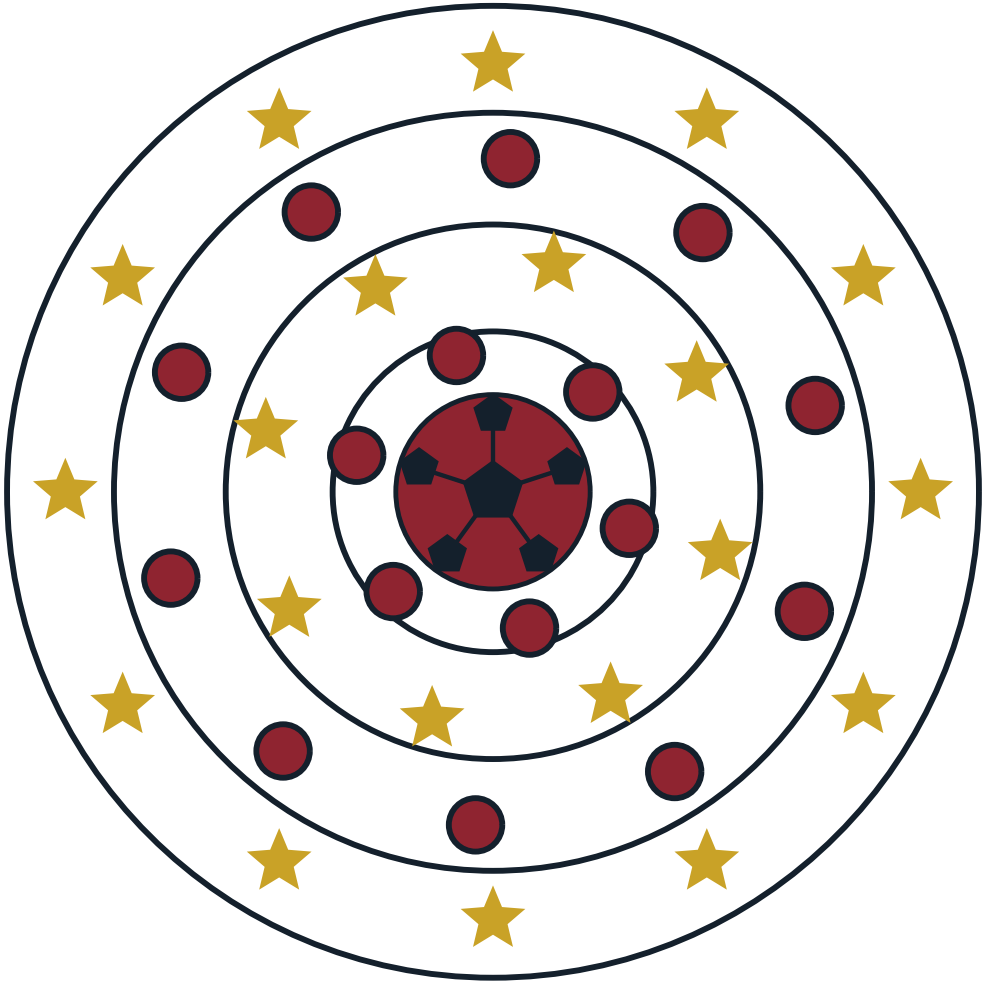
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Governing body: World Armwrestling Federation (WAF). Laws edition the site's rules file follows: WAF Rules of Armwrestling — Sitdown and Standing, originated September 1994, revised through February 2017. Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Boxing
- The Cartoon Book of Wrestling
- The Cartoon Book of Mixed Martial Arts
- The Cartoon Book of Kickboxing and Muay Thai
- The Cartoon Book of Judo
- The Cartoon Book of Taekwondo
- The Boxing Colouring Book
- The Wrestling Colouring Book

My Notes

Armwrestling

The Cartoon Book of Armwrestling — a Sport on Earth Book.

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Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

