

Arm Wrestling Tournament – Game Instruction

Title: Arm Wrestling Tournament

Category: Indoor

Subcategory: Males

Players: 2 or more (in rounds)

Time Required: 10–20 Minutes 💪

Description

Arm Wrestling Tournament is a competitive strength-based game where two players compete to pin each other's arm down. Often played in elimination rounds, it tests upper body strength, endurance, and determination—making it an energetic game for male participants.

Materials Needed

- Sturdy table or surface
 - Two chairs of equal height
 - Timer or stopwatch (optional)
 - Score sheet for keeping tournament rounds (optional)
 - Referee or observer for fair play
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How to Play

Setup:

- Position the chairs on either side of a strong table.
- Players sit facing each other, with elbows on the table and hands clasped.
- A referee ensures correct posture and a fair start.

Objective:

Pin your opponent's hand to the table surface.

Rules:

- Keep elbow fixed on the table at all times.
- No use of the other hand or body to gain leverage.
- Match begins on the referee's "Go!"
- The player who pins the opponent's hand down wins the round.

- **Use a tournament bracket system for multiple participants.**

Winning:

Last remaining player after knockout rounds is the tournament winner.

Tips & Variations

- **Warm-up and stretch to prevent injury.**
- **Maintain wrist control and arm angle for leverage.**
- **Best-of-three rounds increase fairness.**
- **Host a left-hand only round for added challenge.**
- **Include weight or age categories for balance.**