



PRO PANJA LEAGUE SEASON 2
Competition Rules

PPL S2 COMPETITION RULES

Rules of the tournament

PPL is a right-hand tournament.

Individuals (unless authorized by the Head Referee at a table), may not approach a table to within 20 feet. Strict penalties may be enforced.

For differently abled categories, if necessary, a coach/helper/player may assist a Player to get on stage and set them at the table, but they must leave the stage immediately after, and not return unless the Referee calls them back or declares the match over.

No challenge/sparring matches allowed during or immediately preceding the competition. No disruption of scheduled proceedings allowed.

There will be a maximum of one protest/review allowed by each Player during a match. If Player's review is successful then it will not count as one of the protests. The protest has to be called within 10 seconds of the stop of play of that round and the player should not have left the table before calling for a review.

Any match cannot be judged by Referees of the same State/UT as Players. The Commissioner is responsible for the implementation of this article.

Video judging can not only be limited to protests but can be used by the Referee anytime he deems fit. The third referee/review referee can also on his own, if he/she notices a foul or any other issue being committed during a match which did not come to the attention of the table referees, he can bring the same to the notice of the table referees during the round or at the end of the round itself and the same can be acted upon.

SETTING UP / START OF MATCH

All matches in PPL league will start in referee's grip.

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 tabletop. Fingernails should be trimmed so as not to injure your opponent. Stickum/ rosin/ chalk are permitted.

Back pressure to the extent that it pulls the opponent's arm across the marked centre of the table will not be allowed. This infraction will be deemed the same as a false start.

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

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

The signal given by the Head Referee is "No movement, no movement...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 Players are aware the match is stopped.

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

Player'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.

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

There is no time limit during an actual bout. However, if in the estimation of the Head Referee or a PPL authorized physician, that a Player is deemed unfit to continue, the match will be stopped. Players can start a match in the strap or in the Referee's grip in the strap if both agree to do this.

WARNINGS

Any early movement with shoulders, arm, hand or fingers will be a warning when Players are in a Referee's grip. Players will get one warning, on the second early movement by the same player, a foul will be called.

If one Player is causing a delay "Griping" the Referee will give the offender a warning.

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. One armed or one hand para athletes do not have to grip the peg.

FOULS

Note: One warnings (in referee grip early movement second warning will become a foul) will equal one foul. Three fouls, the Player will lose that particular match.

GENERAL FOULS

If a player fails to come to the table within the allotted 120 seconds, they will lose that particular round but can still compete in the next round of the same match. However, if the player again fails to come to the table on time in the second round, they will lose the entire match

Player's shoulder must not cross the "centre line" between pegs during competition. This will be a foul.

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

If a Player intentionally pushes his hand into an opponent's shoulder, it will result in the Player getting a foul.

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

Players are not allowed to drop the competing shoulder (the top part of the shoulder) below the top surface of the elbow pad when in a neutral or losing position. This will be considered a

dangerous or illegal position. The neutral position is defined as the starting position up to two-thirds of the way to the losing side of the table.

If a player drops their shoulder below the pad's top surface, the referee will immediately issue a loud "UP" command, warning the player to bring the shoulder back up. The player must correct their position immediately. Failure to do so will result in a "1st WARNING" from the referee. If the player remains in that position or drops the shoulder again, it will result in a "1st FOUL" with a loud command. Repeating the action again will result in a "2nd FOUL". If the player continues to dip the shoulder below the surface of the elbow pad, a "3rd FOUL" will be issued, and the player will lose the match.

The competitors must correct their shoulder position instantly after each warning or foul. The referee will continue to issue fouls if the position is not corrected, until three fouls are accumulated amounting to a loss.

Any obviously intentional action that causes the opponent Player to get a foul will result in no foul for the opponent and the Player receiving the foul instead. For example, intentionally pushing the opponent Player off the back of the elbow pad.

30 second rest is permitted after a foul.

Foul language, poor sportsmanship or abuse towards an official will result in a foul after consultation with technical committee. If the same continues, Player or Official can be barred from the tournament by a PPL official. No foul will be given for a Player speaking to the Referee or questioning him.

Any foul given when a Player is more than 2/3 of the way down to the pad is a loss (running foul rules)

RUNNING FOUL:

Important: Never stop arm wrestling until a referee stops the match.

5.1. Fouls will be announced loudly by the referee with the foul number (1st Foul, 2nd Foul) and the player's name or team name. However, players must not stop arm wrestling unless the referee stops the match.

5.2. If Player A commits a foul and then pins the opponent (Player B), but Player B has committed no foul, the match will be stopped. Player A will not be awarded the win due to the active foul. The match will be restarted, and the foul will carry over into the restarted match.

5.3. If Player A pins the opponent in the restarted match, Player A wins.

However, if Player A commits a new foul (not the carried-over one) during the restarted match, the match will continue. If Player A commits another foul after that (accumulating two new fouls), the match will still continue until Player A reaches three fouls or gets pinned.

If Player A pins the opponent before reaching the third foul, the match will be restarted again with Player A now having two fouls carried forward. If Player A then pins the opponent in the new restart, they win. If Player A commits another foul, that will be the third foul, and they will lose the match.

5.4. If both players have the same number of fouls, the first player to pin will win the match.

5.5. If one player has more fouls than the other, a pin by the player with more fouls will result in a restart. A pin by the player with fewer fouls will result in a win.

All fouls are carried over in restarts until a player accumulates three fouls.

5.6. If Player A commits a foul, and Player B pins them immediately after, it will be a win for Player B.

5.7. Once a foul is called, the player must correct the position or behavior immediately, or they will continue to accumulate fouls.

REFEREE GRIP:

A Referees' grip in strap consists of the following procedure as mentioned in section 8.5.

Before the Referee starts the Referee's grip, the Referee will contact palms of both Players equally and the thumb will be closed equally and then hold their wrists and let them take genuine grip and start the match. Players are not to move from this set up, when the hands are completely closed the Referee will use the standard start position that is used to start all matches as enunciated in Rule 5.2.4.

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

Any movement by any Player will result in a warning and then second warning , after second warning any movement will result in a foul being given against the one that moves.

ELBOW FOULS:

A foul will be given when a Player's elbow loses contact with the elbow pad. A Player is considered to lose contact with the pad when 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 Player still has contact with the elbow pad with their triceps or their forearm.

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

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

SLIP OUTS:

For a slip-out to result in a strap match, both players' fingers must be in contact with each other's hand at the moment of the slip-out.

If, during a slip-out, a player's fingers are open or not touching the opponent's gripping hand, it will be considered a foul for that player and no strap match will be given.

If, during a slip-out, a player's fingers are not on top of the opponent's hand and they slip out from underneath while making a fist, it will be considered a foul, not a slip-out.

If a slip-out occurs when a player is two-thirds of the way down to the pin pad, it will be considered a loss.

9. STRAPS:

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 Players have lost complete contact with one another.

Referee should contact their palms equally together then tie the strap. If Players are taking high hand advantage in a strap so the Referee should give warning to the Player because taking high hand advantage in strap is as same as pulling in free hands.

When straps are employed, the Officials will get Players 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 the hand peg. In this position the strap can be quickly installed. Only the Official can adjust the strap. Players may ask to loosen the strap or move it if it's uncomfortable. The strap cannot be lower than 2,5 cm (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.

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

If a Player intentionally slips out during the match in a losing position (losing position is determined by being more than 2/3rd of the way down to the pin pad, below the hand peg height), the Player will lose that particular match.

STRAP PLACEMENT:

Both athletes' hands must be palm to palm.

There should be a 1-inch gap between both players' thumbs to allow the strap to be placed from the center towards the corner of the natural wrist line properly.

For Up Placement: The strap should be wrapped on the natural wrist line.

For Down Placement: The strap should not be wrapped more than 1 inch below the natural wrist line.

Athletes cannot touch the strap to adjust it themselves; the referee may issue a warning for this.

Players may ask for the strap to be adjusted for comfort, but only the referee is allowed to adjust it.

During the fixing of the strap, if any athlete tries to make any movement to gain an advantage, the referee can issue a warning.

If any athlete does not follow the referee's instructions, the referee can issue a warning. Two warnings will be considered as one foul.

KEY WORDS:

GO CENTRE WARNING – 1,2 STRAP
NO MOVEMENT SET ELBOW FOUL – 1,2,3 UP
REFEREE GRIP GRIP COINCIDENTAL DOWN
KNUCKLES WRIST DANGEROUS POSITION BACK
SHOULDERS THUMB DOWN WINNER STOP