

# Armrestling

*Register online at [CornhuskerStateGames.com](http://CornhuskerStateGames.com)*

## GENERAL INFORMATION

Sponsored by:

**DATE:** Saturday, July 18, 2020

**TIMES:**

**Check-in:** 11:30 a.m. - 1 p.m.

**Competition begins:** 1 p.m.

**SITE:** Lincoln Northeast High School

**NOTE:** Age determined as of July 18, 2020.

**RULES:** American Armsport Association (AAA) Sanctioned. AAA rules and format will apply.

**COMPETITION FORMAT:** Stand-up style of armrestling, double elimination.

**AWARDS:** Custom Cornhusker State Games gold, silver and bronze medals will be awarded to the top three finishers in each division. All youth competitors will receive certificates of participation in addition to the medals.



## EVENTS

Event Name	Event Code	Event Name	Event Code
<u>Youth (Boys &amp; Girls)</u>		<u>Male Right-Handed (Novice)</u>	
6 & Under	1	154 lbs & Under	13
7-9 Years	2	155-176 lbs	14
		177-198 lbs	15
		199 lbs & Over	16
<u>Girls</u>		<u>Male Right-Handed (Open)</u>	
10-12 Years	3	176 lbs & Under	17
13-15 Years	4	177-220 lbs	18
16-18 Years	5	221 lbs & Over	19
<u>Boys</u>		<u>Male Left-Handed (Novice)</u>	
10-12 Years	6	176 lbs & Under	20
13-15 Years	7	177-220 lbs	21
16-18 Years	8	221 lbs & Over	22
<u>Female</u>		<u>Male Left-Handed (Open)</u>	
Right-Handed (Novice)	9	176 lbs & Under	23
Right-Handed (Open)	10	177-220 lbs	24
Left-Handed (Novice)	11	221 lbs & Over	25
Left-Handed (Open)	12		

## **JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 17!**

Make plans to join us on Friday, July 17 at Lincoln East High and Seacrest Field for SportFest and the Opening Ceremonies!

### **SPORTFEST | 4:30 – 7 P.M. | LINCOLN EAST HIGH SCHOOL**

SportFest is the pre-Opening Ceremonies party for Athletes and their families and includes a free meal for anyone with a Super Pass. Meal is provided by Arby's, Pepsi, Frito-Lay and Hiland Dairy.

### **OPENING CEREMONIES | 8 P.M. | SEACREST FIELD**

Program includes: Parade of Athletes, Skydivers (Lincoln Sport Parachute Club), Introductions, Presentation of Colors (Nebraska National Guard), National Anthem, Oath of Athletes, Mascot Showcase/Shirt Cannons, Featured Entertainment, Torch Lighting Ceremony (Mystery Torchlighter), Fireworks, Photos/Autographs and more.

## **ATHLETE PACKETS & TEAM BOXES**

### **Choose the Shipping Option and get a Free Arby's Sandwich!**

Save time, avoid hassles and receive your CSG gear more than a week before the Opening Ceremonies by shipping your athlete packet (\$10) or team box (\$15). Athlete packets contain the athlete shirt and Super Pass. Athlete packets will begin to ship in June. The packet shipping option will only be available for those registered by the final entry deadline. If you don't choose the shipping option, you will need to pick up your athlete packet or team box.

## **REGISTRATION FEES & DEADLINES**

For pricing and dates, please check the Armwrestling web page.

**MULTI-EVENT DISCOUNT NOTE:** If registering for multiple events, all entries must occur in the same transaction to receive the multi-event discount.

**ENTRY FEE INCLUDES:** Competition in the 2020 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); Pass for free admission to SportFest, the Opening Ceremonies, and all competition venues; Sponsor gifts and coupons.

**PAPER ENTRY FORMS:** Paper entry forms will be accepted with a \$5 processing fee. Registering online at [CornhuskerStateGames.com](http://CornhuskerStateGames.com) saves time, money and trees.

## **FURTHER INFORMATION**

**Sport Specific Questions:** Armwrestling Director Cliff Hall at 402-972-6406 or [ArmWrestlersUnited@hotmail.com](mailto:ArmWrestlersUnited@hotmail.com). Assistant Director Amber Hall at 402-616-1609.

**Online Registration/Website Questions:** Contact the Cornhusker State Games office at 402-471-2544 or [info@nebraskasportscouncil.com](mailto:info@nebraskasportscouncil.com).