



Official Rule Book & Manual

Created By:
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RULE BOOK & MANUAL



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The TAWF Rulebook is a living document that will evolve as the league grows and new situations arise. However, this version serves as the foundation for how the TAWF format works.



INTRODUCTION

Purpose of TAWF

The Team Arm Wrestling Federation (TAWF) was founded to revolutionize the sport of arm wrestling by creating a unique, team-based competition format that emphasizes strategy, athleticism, and teamwork. TAWF introduces the concept of teams made up of athletes from different weight classes, who compete together in a tournament-style format. The goal of TAWF is to create a professional, high-energy league that attracts both athletes and fans, while making arm wrestling more accessible and engaging to a global audience.

TAWF is dedicated to fostering the growth of arm wrestling as a sport by:

- Bringing attention to arm wrestling with a new team-based format.
- Providing a platform for arm wrestlers to showcase their skills, elevate their profiles, and grow their careers.
- Engaging fans by offering a dynamic, fast-paced competition with high stakes, where strategy can be just as important as individual strength.
- Building a sustainable ecosystem around arm wrestling, where sponsorships, media rights, and partnerships fuel the growth of the league and the sport itself.

At TAWF, we believe that strength is more than just physical; it's about unity, strategy, and resilience. TAWF is committed to delivering the highest standard of competition, entertainment, and sportsmanship.



Vision of TAWF

Our vision is to become the premier league for arm wrestling, leading the charge in bringing arm wrestling to a global audience while providing a fair, competitive, and entertaining environment for athletes, managers, and fans alike. Through innovation, professionalism, and dedication to excellence, TAWF will establish itself as a key player in the world of combat sports.

Structure of the Manual

This rulebook is designed to provide clarity on the operational structure, competition format, and rules of TAWF. It is organized to be intuitive and easy to navigate, ensuring that everyone involved—from athletes to managers, referees to fans—has a clear understanding of how TAWF operates and how the game is played.



TAWF TEAM STRUCTURE

Team Composition

TAWF operates with 8 teams, split between 4 USA teams and 4 Canadian teams. Each team consists of 12 athletes, with 3 athletes per weight class.

The weight classes are defined as follows:

- **LIGHT: Under 175lbs**
- **MIDDLE: Under 205lbs**
- **HEAVY: Under 245lbs**
- **SUPER: Over 246lbs**

Each team fields 8 athletes per game, with 2 pullers per weight class (one for left and one for right hand). The team roster must be finalized 48 hours before the game, and no substitutions or changes can be made after that time.

- **If an athlete fails to make weight for a game, their team will be forced to compete without that athlete.**
- **Teams will have no reserves after the roster has been finalized, ensuring that each matchup is carefully planned and committed in advance.**



Captain and Manager Responsibilities

MANAGER: The Manager is the key decision-maker for the team and holds full control over team choices, including:

- **TEAM ROSTER:** They pick the final roster at the draft and make strategic decisions on who fields each game.
- **MATCH DECISIONS:** The Manager decides who competes in which matches, when substitutions are made, and whether to challenge calls with the referees. They are the only ones permitted to challenge or argue calls.
- **SUBSTITUTIONS:** The Manager can make substitutions during the match, provided it is declared before the match begins. The opposing team has 30 seconds to make their own substitution if they choose.
- **CAPTAIN SELECTION:** The Manager selects the Team Captain at the start of each game, and the Captain has no specific responsibilities beyond competing. They are awarded 1 extra point for each match they win.

CAPTAIN: While the Captain does not have specific operational responsibilities, they serve as the face of the team during competition. Their main role is to perform in the matches and add points to the team's total. Winning a match as Captain adds 1 point to the team's score.



Competition Format

GAME SCHEDULE: Throughout the 14-week season, each team plays against every other team once. There will be 2 games every Saturday, with the first game starting at 12pm and the second at 6pm.

ROUNDS: Each game consists of 4 rounds, with each round featuring one match for both the left and right hand in each of the 4 weight classes. The rounds will proceed as follows:

- Light Left (LL)
- Light Right (LR)
- Middle Left (ML)
- Middle Right (MR)
- Heavy Left (HL)
- Heavy Right (HR)
- Super Left (SL)
- Super Right (SR)

The match order will remain the same in each round to ensure consistency.



Competition Format

Manager's Role in Matchups: Before each round begins, the Managers have 2 minutes to select and submit their picks for each match. Once the picks are made, they cannot be changed, except when a substitution occurs.

- **SUBSTITUTIONS:** If a substitution is made, the opposing team has 30 seconds to respond with a substitution of their own if they choose. Substitutions must be declared before the start of the match.

MATCH STRUCTURE: Each match is a single pull with a warning system in place:

- 1 warning per match (See pg.12 for details).
- 3 fouls results in a loss for that match.
- 2 warnings = 1 foul.

WINNING THE GAME: The team with the most points after all 32 matches is declared the winner. However, if a team reaches 100 points or gains a 50-point lead at any point, they win the game early.



MATCH RULES

Pre-Game Setup

Before each match begins, a series of steps are followed to ensure that everything is set up for a fair and competitive bout:

- **WEIGH-INS:** All athletes must weigh in at the designated time prior to the match, early weigh-ins will not be accepted under no circumstance.
- **WEIGHT LIMIT:** The weight limit for each class is strictly enforced. If a competitor does not meet the weight limit for their class, they will not be allowed to compete, and their team must compete without them.
- **ATTEMPTS:** Athletes may attempt to weigh-in as many times as needed to make weight.
- **ALLOWANCE:** TAWF does not allow any clothing allowance.
- **APPROPRIATE CLOTHING:** Athletes must wear appropriate clothing to compete, including shoes, pants or shorts, and a team jersey. Clothing should be designed for performance, ensuring that it does not interfere with the match. The referee may request changes before the game if the attire is deemed unsuitable.



Starting the Match

The initiation of the match must follow a clear and consistent protocol to ensure a fair start for both competitors:

REFEREE INSTRUCTIONS:

- The referee will instruct the athletes on how to position their hands and arms for the start.
- **MAC Set Grip:** Athletes must place their elbows on their elbow pad, with their hands flat in the prescribed “Karate Chop” position, keeping the elbow firmly on the pad and their palms flat against their opponents palm.

GRIP SETUP:

- Competitors will be placed in the default MAC Set Grip as described above

COMMAND SEQUENCE:

- The referee will give the following commands:
 - "Close your thumbs."
 - "Close your hands."
 - "GO!"
- The "GO" command will be given after hands close and the ref ensures knuckles are showing and there is NO early start.
- Any movement before the referee signals "GO" will result in a false start, and a warning will be issued.



TAWF SCORING SYSTEM

Scoring Overview

The TAWF scoring system is designed to reward both the athletes' performance and the strategic decisions made by the team. Points are awarded for a variety of actions during the match, including wins by pin, fouls, and strategic decisions made by the Manager. The system is designed to keep matches exciting, fair, and engaging, ensuring that both individual and team efforts are valued.

KEY SCORING ELEMENTS:

- **Pin:** Only the winner will score points in a match.
- **Fouls:** A foul is +1 point if the loser commits the foul, -1 point if the winner commits the foul.
- **Strategy Points:** Points awarded for Shutout wins, Captain wins, Gamble wins, Flash pins, or athletes pulling up a weight class.

The Pin

- A competitor wins by touching the pin pad with any portion of the wrist to fingertips of the opponent's hand.
- A parallel pin occurs when any portion of the opponent's wrist to fingertips breaks the pin line on the winning side of the table.



Fouls

Fouls occur when a competitor violates the rules of the match. Fouls can accumulate, affecting both the individual match and the overall team score

Types of Fouls:

- **COVERING:** Covering your opponent's thumb knuckle when closing hands.
- **FALSE START:** Moving the hand, wrist, or arm before the referee signals "GO".
- **TOUCHING:** Touching one's (chin, shoulder, head) to the competing hand.
- **ELBOW FOUL:** The elbow leaving the pad and surpassing the 3/4-inch depression, or exceeds the 1" Red boarder of the elbow pad.
- **WARNING:** If the elbow rides the Red boarder the ref will call a warning.
- **FOOT CONTACT:** Intentional foot contact with the opponent.
- **PEG:** Losing contact with the peg using the non-competing hand.
- **LOADING:** Excessive back pressure: Intentionally moving the opponent off-center before the referee says "GO"
- **KINGS MOVE:** Dropping the competing shoulder below the elbow pad in a losing position.
- **SHOULDER:** Shoulder crossing center circle or making contact with the hand

3 Fouls result in an automatic loss for the match.

All fouls are stop fouls: This means if a foul occurs during a match, the action is immediately halted, and a foul is assessed.



Elbow Fouls & Warnings

OVERVIEW:

The MAC Table features a 9.5" x 10" black interior pad, surrounded by a 1" red raised border.

KEY GUIDELINES:

- Red Border = Warning Zone
- If the tip of the elbow rides the red border, the ref give a warning.
- The athlete has 1 second to correct their position, or a foul is called.
- If corrected in time, the match continues live.
- A second warning in the same match = foul.
- Beyond Red Border = Foul Zone
- If the elbow crosses completely past the red border, it is an immediate foul without warning.

REFEREE AUTHORITY:

- The referee has full discretion to determine the elbow position based on the angle, motion, and intent.
- In cases where the call is unclear or contested, the FORCED REVIEW system may be used if requested by the team manager (see Manager Duties section).



Penalties

Types of Penalties:

- **TIME PENALTY:** if an athlete does not report to the table before the game clock reads 0:00 their team will receive a 1 point penalty.
- **FLAGRANT FOULS;** Unsportsmanlike conduct (ie. arguing with the ref, or aggressive actions after the match has concluded) will result in a 5 point team penalty, and possibly ejection from the game. these penalties will be at the Head Refs discretion. These penalties will **ALWAYS** be reviewed by the league

Strategy & Bonus Points

TAWF's Strategy Points reward the decisions made by the Manager, incentivizing both tactical choices and team coordination. These points reflect the impact of decisions like pulling up, using gambles, Captain selection, and capturing quick victories.

MANAGER DUTIES

- **PULLER SELECTION:** The Manager is responsible for selecting the athletes (pullers) for all 32 matches. This includes deciding if a lighter athlete will pull in a heavier class for extra points. The Manager's selection also determines the strategy and lineup for the match.
- **TEAM GAMBLES:** The Manager controls the use of the team gambles, which double the points for a specific match. Each team is allowed 2 gambles to be used during the game.



Strategy & Bonus Points

TEAM CAPTAIN SELECTION: At the start of each game, the Manager selects the Team Captain, who will play a leadership role and earn extra points for match victories.

SUBSTITUTION: The Manager is the only person permitted to call for substitutions during a match. While substitutions do not directly affect the points scored for that specific match, they can greatly impact the overall result by providing fresh energy or altering the matchup dynamics.

FORCED REVIEW:

- The Manager has the ability to **FORCED REVIEW** on any call made during the game. The Head Referee will then review the match footage captured on camera.
- The review will be based on the footage, and the Head Referee will make a final ruling. If the original call stands, the team that forced the review will lose one **TIMEOUT**.

TIMEOUTS:

- Each team is allowed 2 timeouts during the game. The Manager can call for a timeout at any point while the clock is running. Each timeout lasts 2 minutes.
- Timeouts can be used for strategic discussions, injury management, or giving the team a brief break to regroup.



Strategy & Bonus Points

TEAM CAPTAIN BONUS: Every time the Team Captain records a win, they earn 1 extra point for that win. This encourages leadership and provides an additional incentive for the Captain to perform at a high level.

FLASH PINS: A Flash Pin occurs when a pin happens within 0.5 seconds of the "GO". These rapid victories are determined by the head referee, and they add excitement to the competition. If a Flash Pin occurs, the competitor earns +1 bonus point for that match, reflecting the dominance of the pin.

SHUTOUT WIN: A Shutout Win occurs when a team wins all 4 matches in a specific weight class and arm division (Light Left, Light Right, etc.) during the course of a game. If a team accomplishes a Shutout, they receive a 5-point bonus, rewarding their dominance in a particular class.

GAMBLE WIN: Each team has 2 gambles to use at the Manager's discretion. A Gamble means that the points for that match are doubled, regardless of the winner. If a team wins a Gamble match, they earn double the points, amplifying the strategic impact of the Manager's decision to use a Gamble.

PULLING UP: Pulling Up occurs when a lighter athlete competes in a heavier weight class. In this situation, the athlete earns 1 extra point for every weight class above their own. For example, if a Lightweight wins a Heavyweight match, they earn 2 bonus points for their performance, reflecting the challenge of competing in a higher weight class.



SEASON FORMAT & PLAYOFFS

The TAWF regular season consists of 14 weeks of competition, where each team plays a series of 7 regular-season games in a Round Robin Format, where each team faces every other team once. This format is designed to maintain excitement, ensure fairness, and determine the best team by the end of the season.

Competition Schedule

SEASON DURATION:

- During the TAWF regular season each team will play one game every two weeks.
- Depending on the team's schedule, some teams may have a "short break" (one week between games), or a "long break" (three weeks between games).
- Teams will have a mix of Home and Away games, with a 3/4 or 4/3 split depending on the team's schedule.
- TAWF will manage the season schedule to create balance between teams' schedules, considering short breaks, long breaks, and home/away games.

GAME DAYS:

- Games are held every Saturday.
- The first game starts at 12:00 PM. The second game starts at 6:00 PM.



Final Standings

At the end of the 14-week regular season, teams will be ranked based on their win/loss records and total points accumulated. The total points will be used to break any ties in the win/loss records.

The Playoffs

Based on the results of the regular season the top 4 ranked teams will make the Playoffs

- The top two teams from the USA will face each other, and the top two teams from Canada will face each other in the Semi-Finals.
- The winners of these two matches will face off in a USA vs Canada Finals.



SAFETY & FAIR PLAY

Ensuring safety and fairness is central to the integrity of TAWF. This section outlines the roles and responsibilities of referees, injury management protocols, and expectations for all participants regarding sportsmanship and conduct.

Athlete Responsibility

While referees are responsible for ensuring that competitors stay within the rules and that safety protocols are followed, it is important to note that;

- Athletes are responsible for their own safety.
- Arm wrestling is a combat sport, and as such,
- Competitors agree to compete at their own risk.

By participating, athletes accept the inherent risks involved in the sport and are expected to prioritize their own health and well-being.



Referee Roles and Responsibilities

Referees play a critical role in ensuring that every match is conducted fairly and in accordance with the rules. Their primary duties include:

- **ENFORCING RULES:** Referees are responsible for ensuring that the match follows the official TAWF rules, and the Head Ref is the final authority on any disputes that arise during a match.
- **MONITORING SAFETY:** While athletes are responsible for their own safety, referees will actively monitor the physical conditions of competitors to ensure that the match remains within the boundaries of the rules. Referees are tasked with stopping a match if they believe a competitor is in danger of injury due to non-compliance with the rules or unsafe behavior.
- **MAKING FAIR CALLS:** Referees must remain impartial and unbiased, making all decisions based on the TAWF rulebook. They will call fouls, determine match outcomes (pins or stoppages), and enforce the penalty system.



Referee Roles and Responsibilities

- **HANDLING DISPUTES:** The Head referee is the only person authorized to make the final decision about any dispute. The Manager may challenge a call, but only if it falls within the specified rules for challenges.
- **QUESTIONABLE CALLS:** Any call that is questioned by the Manager may be reviewed by TAWF. This process allows for a review of the match's key decisions to ensure fairness and accuracy. The decision to review a call will be made by the TAWF officials, and the final decision will be binding.
- **MATCH STOPPAGE:** Referees have the authority to stop the match immediately if they believe a competitor is not complying with the rules, is in danger of injury, or if any dangerous situation arises.



Injury Protocols

While TAWF promotes a competitive and high-energy environment, safety is always the top priority. The following guidelines ensure proper handling of injuries during matches:

- **IMMEDIATE RESPONSE TO INJURY:** If an athlete is injured during the match, the referee will call for an immediate stoppage. If necessary, the medical team will be called to assess the injury.
- **INJURY TIMEOUT:** Each team is allowed one injury timeout per match. This allows the athlete to receive immediate attention from the medical staff, but it does not allow for recovery or rest. The team has 2 minutes for this timeout. If the injury cannot be treated within this time, the competitor may be disqualified from the match.
- **INJURY DOCUMENTATION:** If an athlete is injured during the match, a report will be made documenting the nature of the injury, whether the competitor can continue, and whether they need further medical attention. This report will be kept on file for league purposes.
- **RETURN TO COMPETITION:** Athletes who are injured during a match must be cleared by the medical team before they are allowed to return to the competition. If an athlete is unable to continue after an injury, the team will forfeit that match.



Code of Conduct

Competitors:

- **RESPECT FOR OPPONENTS:** Athletes must respect their opponents both on and off the table. Although competitive intensity is encouraged excessive taunting, or derogatory comments, will not be tolerated.
- **FAIR PLAY:** Competitors are expected to compete honestly and fairly, adhering to the rules, and respecting the decisions of the referees.
- **PROFESSIONALISM:** Athletes are expected to behave professionally, maintaining decorum at all times.
- **REFEREE INTERACTION:** A competitor is not allowed to argue with a referee about a call. They can negotiate during the setup and ask for clarification, but competitors may not challenge a referees call. **ONLY** the Manager is permitted to challenge or dispute referee decisions.

Managers:

- **LEADERSHIP & SPORTSMANSHIP:** Managers should set an example for their teams by maintaining a high standard of professionalism, and handling match-related disputes with maturity.
- **COMMUNICATION WITH REFEREES:** Managers are the only team members allowed to challenge calls with the referees. Any challenge should be made respectfully, and only when valid.



Code of Conduct

Fans:

- **RESPECT FOR ATHLETES & OFFICIALS:** Fans should respect all competitors and officials, understanding that the sport relies on fair play and respect. Any disruptive behavior, including booing, harassment, or inappropriate gestures, will not be tolerated.
- **ENCOURAGEMENT & POSITIVITY:** Fans are encouraged to cheer for their teams, but it must be done in a way that fosters a positive and supportive atmosphere. Negative or aggressive behavior will result in warnings, and continued disruptions may lead to removal from the venue.

Consequences of Violations:

- **FOULS FOR UNSPORTSMANLIKE CONDUCT:** Any violation of the Code of Conduct, such as disrespecting an opponent or referee, may result in fouls and penalties applied to the athlete or team.
- **EVENT REMOVAL:** In extreme cases, individuals who engage in disruptive behavior may be removed from the event. This applies to both competitors and fans.
- **PRIZE FORFEITURE:** Any competitor who engages in severe unsportsmanlike conduct or violates the Code of Conduct may forfeit their eligibility for prizes or awards associated with the event or season.



POST GAME/SEASON PROCEDURES

At the conclusion of each game, there are clear procedures for handling disputes, awarding prizes, and ensuring the integrity of the competition. This section outlines the process for resolving game disputes and the distribution of prizes.

Game Dispute

In the event of a dispute or questionable call during a game, TAWF has a clear process for review.

DISPUTE RESOLUTION: If a Manager feels that a call made by the referee was incorrect or questionable, they may request a game dispute. This request must be made immediately after the game.

- The dispute process will involve a review committee of TAWF officials, who will examine the game footage, and any other relevant information.
- The review will be at the discretion of TAWF officials, and the review committee's decision is final.

IMPACT OF DISPUTE: If the game dispute results in a decision that alters the outcome of the game (e.g., changing the winner), the score will be adjusted, and the affected team will be notified. If necessary, a re-game may be scheduled to resolve any discrepancies.



Team Prizes

At the conclusion of each game and at the end of the season, the winning teams will be awarded prizes. This section provides clarity on the prize distribution process.

- **GAME WIN:** TAWF will distribute the Game's prize pool evenly to the winning teams Athletes and Managers. Prizes will vary based on league sponsorship, but will generally include cash awards, but could include other perks, and benefits.
- **SEASON WIN:** The overall Season Champion will be awarded the TAWF Trophy, along with additional prize money or merchandise.

Individual Prizes

Individual athletes may also receive recognition based on their performance throughout the season. Categories for individual prizes may include:

- **MOST VALUABLE PULLER (MVP):** Awarded to the standout athlete of the season based on all stats and a vote from the athletes and managers.
- **MOST POINTS PER PULL (MPP):** Awarded to the athlete who accumulates the highest points per pull average for the season (minimum of 10 pulls required).
- **HARDEST TO PIN (HTP):** Awarded to the athlete who forfeits the least amount of points during the season (minimum of 10 pulls required).



Prize Distribution

- Prizes will be distributed to the winners during the Post-Event Ceremony, typically held immediately following the conclusion of the game.
- All prizes will be documented, and prize amounts or types of awards may be subject to change based on sponsor commitments, league revenue, and event funding.

Prize Forfeiture

Any athlete or team found to have violated the TAWF Code of Conduct or any other league rules may forfeit their prize, and this decision will be made by the TAWF review committee.



GLOSSARY OF TERMS

The Glossary of Terms serves as a reference guide to help both players and fans understand the specialized language used in TAWF. Arm wrestling, like many sports, has its own set of terminology that can be confusing for newcomers or those unfamiliar with the sport. This section clarifies the key terms, techniques, and concepts that are crucial for both the competition and the viewing experience.

Arm Wrestling Terms

PIN: A win in arm wrestling occurs when one competitor forces their opponent's hand (from the wrist line to the fingertips) to the pin pad or below the parallel pin line.

TOPROLL: A technique where the athlete applies pressure to the opponent's hand and wrist, forcing them into a weak position and attempting to roll the opponent's hand back.

HOOK: A technique used to bring the opponent's arm closer while applying force with the biceps and keeping the match wrist to wrist.

PRESS: A technique where the competitor uses the strength of the shoulder and upper arm to press down on their opponent's hand, often used when losing hand position.

STRAP: A device used to connect the wrists of both competitors to prevent slipping during the match. It is applied after a slip or when both athletes agree to start with the strap.



Arm Wrestling Terms

FALSE START: A situation where one or both competitors move their hands, wrists, or arms before the referee says "GO".

ELBOW FOUL: When the competitor's elbow leaves the designated area, or Elbow pad on the MAC table based on the MAC rules stated above.

FLASH PIN: A pin that occurs within 0.5 seconds of the referee's "GO" command. Flash pins are verified by the Head referee

SET GRIP: The way the referee sets the competitors hands and wrists before the match begins. The referee then gives the command's, "Close your thumbs", "Close you hands", "GO!"

BACK PRESSURE: The force applied by an athlete in an attempt to pull the match closer to their body, and their side of the table.

SIDE PRESSURE: The force applied by an athlete in an attempt to force the match closer to their pin pad, and their winning side of the table.

RISER: The force applied by an athlete in an attempt to push their pointer knuckle higher than their opponent's pointer knuckle.

CUP: The force applied by an athlete in an attempt to bend their wrist to bring the match closer to their body, and arm.

PRONATION: The force applied by an athlete in an attempt to rotate their wrist to compromise their opponent's CUP.

SUPINATION: The force applied by an athlete in an attempt to rotate their wrist to compromise their opponent's PRONATION



Arm Wrestling Terms

CENTRE CIRCLE: The embroidered circle in the exact centre of the MAC table.

STRAP MATCH: A Strap is applied when a slip occurs or athletes agree.

LOADING: The act of using the strap to apply back pressure or the palms to apply side pressure before the ref says “GO”

GAMBLE: A strategic decision by the manager to double the points of a particular match during a game. Each team is allowed 2 gambles per game.

SHUTOUT WIN: Occurs when a team wins all four matches within a specific weight class and arm division, earning an additional 5-point bonus.

PULLING UP: The act of a lighter athlete competing in a heavier weight class. When a competitor pulls up, they earn extra points for every weight class above their own.

FORCED REVIEW: A review initiated by the Manager to challenge a call made by the referee during the game. The review is based on footage, and the head referee will make a final decision. A failed Review cost the team a TIMEOUT

TIMEOUT: A period of 2 minutes during which the Manager can call a break in the game for strategic reasons, injury management, or to give the team a break.

GAME: A Game is played between two teams, consisting of 4 ROUNDS.

ROUND: A Round is a subdivision of a game, containing 8 individual matches, one for each weight class.





Official Rule Book & Manual

This is the most recent and up-to-date version of the TAWF Manual. It has been reviewed and approved by TAWF officials, MAC officials, and Master Referees to ensure accuracy, fairness, and consistency in the competition. By participating in TAWF, all athletes, managers, and officials agree to adhere to the rules and guidelines outlined in this manual.

I declare that this arena has been built for the glory of the Lord. This league, and this test of will — was made to bring flame into form and silence into strength. So that through the clash of arms and the discipline of spirit, we might honor the divine order within us. Let every pull be a testament to our purpose. Let the roar of this arena rise as a praise to the One who formed us. This is not just a game. It is a cathedral of combat, built to reveal the strength that God has placed in man. As above, so within. As within, so we move.

All for His glory.

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