

Rules for Toe Wrestling

Courtesy of World Toe Wrestling Organisation

1. Each match is played by two men or two women, no mixed matches allowed
2. The opponents sit opposite each other and remove their footwear in the time honoured *TOE* ceremony.
3. Big toes are interlocked but the wrestling must not commence until the referee has made certain both players are ready.
4. Each player must keep their non-wrestling foot off the ground at all times
5. Each player must have the palms of their hands flat on the floor
6. Each player must keep their bottom on the ground at all times.
7. The referee starts the competition with the words '*toes away*'.
8. On command '*toes away*' each player attempts to force their opponent's foot over and to make the side of the foot touch the ground or end board. This manoeuvre is known as a 'toe down'.
9. A player may, if the agony becomes too great, surrender by calling out the words '*toe much*'. The winning player should then immediately release their toe hold.
10. Each match is the best of three legs; right big toe. Left big toe and right big toe again if a decider is needed.
11. No steroids or other artificial stimulants apart from alcohol are permitted.
12. The referee's decision is final.

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