

Mud Wrestling

Wednesday, September 3, 2025

7:00pm

While mud wrestling is a competition, it is also meant to be hilarious, slippery, and fun. The goal is to put on an entertaining show, not to injure your opponent.

Classes:

Class 1 – Women

Entry Fee: \$20

Class 2 – Men

First Place: \$100

Class 3 - Tag Team Women

Second Place: \$75

Class 4 - Tag Team Men

Rules:

1. This is AMATEUR ONLY. Wrestling rules apply. No street fighting, etc.
2. Must be at least 16 years of age.
3. Under the age of 18 years, contestants must have consent in writing from parent or guardian.
4. All contestants must sign a liability waiver.
5. All participants *must start on their knees* – after a restart, standing is permitted.
6. Contestants will be paired together by height/weight to make the competition as fair as possible.
7. Contestants must stay in the mud pit at all times during their turn.
8. No Kicking, punching, biting, hair pulling, gouging, head butting, choking etc.
9. Each class will have three rounds, per bout. After each bout, you will move to a winner or losing bracket.

Mud Wrestling 3 Second Pin Rule

- a. When the referee signals the beginning of play, contestants attempt to pin their opponent flat on the base of the pit. Once a player is pinned on their stomach or backs the referee begins a 3 second count. If the player can hold their opponent in that position for the full 3 seconds than they win the round and players reset their positions for round two.

10. Tag Team Mud Wrestling

The basic tag team match has two teams of two wrestlers facing off against each other. All standard rules for singles wrestling apply to a team match. However, only one wrestler from each team, called the "legal man" is allowed in the mud pit at a time. All other members of the team wait outside the pit in the team's specified corner.

Points are scored by pinning an opponent to the ground in the same way as described in the three second pin version of the game (the 3 second rule is usually extended to 5 seconds for tag team matches to give pinned contestants a reasonable amount of time to attempt to tag out).

Once a tag is made, the mud wrestler tagging out has a grace period (typically five to ten seconds) to leave the mud pit before risking disqualification. Offensive cooperation from a team member is allowed during this time window and two teammates can be in the ring simultaneously with only one member of an opposing team. The tagged-out player must leave the pool within the grace period or risks losing a point for a disqualification/foul.

11. The following are standard requisites for making a legal tag:

- Both feet of the wrestler on the outside must be flat on the ground.
- The mud wrestler inside the pool must reach over the side of the pool wall to make a touch. The outside player cannot reach into the pool for the touch. Contact must be made outside the perimeter of the pool.
- Tags are legal as long as the two team members' touch.
- The referee has to see and/or hear the contact between the two wrestlers in order for the tag to be legal.

12. If your opponent shouts 'stop', faints, or is injured in any way then the round ends immediately.