

11. **WRIST WRISTLE:** (Rodgers "Handbook of Stunts")

"Contestants (two) stand facing each other, arms extended overhead. They interlace their fingers. At signal "go" each bends opponent's wrists backward, trying to force the other to his knees. At the start, the hands are brought down in front of the bodies, each exerting pressure on the other's fingers. The wrists may be bent backward but must not be turned sideward. No part of the body, other than the hands, may be in contact."

12. **CRAB FIGHT:** (Mason and Mitchell "Active Games and Contests")

"The two contestants sit on the floor facing opposite directions and place their hands on the floor behind them. At the signal they raise their buttocks from the floor and each bucks the other with his shoulders, attempting to cause him to drop his buttocks to the floor. The one whose buttocks first touch the floor loses."

13. **CATCH-AND-PULL TUG-OF-WAR:** (Mason and Mitchell "Active Games and Contests")

Draw a line across the floor. The two contestants stand one on each side of line. At the signal they reach over and attempt to grasp the other on any part of the body and pull him over the line. The one loses who is pulled completely across the line first.

14. **CHINESE TUG:** (Mason and Mitchell "Active Games and Contests")

Draw a line on the floor and place the two contestants one on each side of it, back to back. Each bends down and thrusts his right hand back between his legs and grasps the other's right hand. At the signal they attempt to pull each other over the line.

15. **DRAGON'S MOUTH:** (Mason and Mitchell "Active Games and Contests")

Draw a five-foot circle on the floor known as the "dragon's mouth." The two contestants stand three feet to one side of it. The object is to put the other into the "dragon's mouth." Any tactics may be used, barring unnecessary roughness. One does well to push and throw the other, however, rather than pull him, since a player is captured by the dragon when any part of his body crosses the line of the dragon's mouth.

16. **ARM-LOCK WRESTLE:** (Mason and Mitchell "Active Games and Contests")

Since this is strength test, the two opponents should be of approximately the same size and strength. They sit on the floor, back to back, spread their legs widely, and lock arms at the elbows. The idea is to lean to the left, endeavoring to pull the other over so that his right arm or hand will touch the floor. The one accomplishing this first wins.

17. **NECK PULL:** (Mason and Mitchell "Active Games and Contests")

The two contestants stand facing each other, bend well forward with heads up, and clasp each other around the neck with both hands. At the signal they pull, attempting to pull the other a distance of five feet back.

18. **SQUARE HOLD:** (Mason and Mitchell "Active Games and Contests")

In the Square Hold each contestant grasps his opponent's arms, one near the shoulder and the other near the elbow, and the two wrestle facing each other. The contestant wins who makes the other lose his feet or lose his hold.

19. **CUMBERLAND WRESTLING:** (Mason and Mitchell "Active Games and Contests")

Each contestant puts the right arm over the opponent's left shoulder and grasps hands behind his back. The object is to lift the opponent clear of the ground.