



November 2018

Tug-Of-War Guidelines

- All teams must have 7 people per team (at least one team member must be female)
- Age groups "17yo and Under" and "18 yo and Over" (other age groups may be added on the day consistent with entries)
- Teams must nominate one member as a captain
- All competitors to wear safe, enclosed footwear
- Footwear with any form of studs or spikes is forbidden and may result in disqualification
- Gloves may be worn if desired
- All teams must be ready 15 mins prior to start time
- All members must remain on their feet. No hands are allowed to be persistently on the ground apart from the anchorman who is allowed to keep one hand on the ground
- Lots will be drawn to establish opponents in the first round. The judge will toss a coin with the captains to establish the direction of pull
- The rope will be marked at the centre, 3m and 5m points
- The rope will be placed on the ground with the centre marker on the rope being aligned with a mark in the ground
- Teams will adopt their starting position by having the team line up to the rope, facing the opposition, with the first member standing at the 5m point from the centre
- Before pulling the judge will order teams to "Pick up the rope". The judge will then ask both teams if they are ready then give the order "Take the strain", at this point the teams should heel in and pull the rope tight. The judge will make sure that the teams are centred over the starting mark and, when they are balanced, the order "Pull" will be given
- Two warnings for rule infringements or inappropriate behaviour will be given. A third infringement will result in disqualification
- The pull will be decided when one of the 3m marks on the rope crosses the centre line on the ground
- The judge's decision as to the winner of each contest will be final.