

# **TUG-OFWAR COMPETITION RULES**

## **1. Tug-of-War Sport**

Tug-of-War is a sport practised by teams and its participants must be amateurs, and they will adhere to the Rules and Regulations as laid down by the organizing committee ( OC).

## **2. Categories**

In Tug-of-War competitions the following categories will be used:

- Outdoor and Indoor
- Men and Women
- Senior and Junior

## **3. Weight Classes**

In Tug-of-War competitions the following weight classes will apply:

- |                       |                         |
|-----------------------|-------------------------|
| - Ultra Featherweight | not exceeding 480 Kilos |
| - Featherweight       | not exceeding 520 Kilos |
| - Lightweight         | not exceeding 560 Kilos |
| - Light Middleweight  | not exceeding 600 Kilos |
| - Middleweight        | not exceeding 640 Kilos |
| - Cruise weight       | not exceeding 680 Kilos |
| - Heavyweight         | not exceeding 720 Kilos |
| - Catch weight        | no weight limitations   |

## **4. Weighing And Stamping**

A team failing to weigh within the required weight limit shall be given one further attempt to Weigh. The weighing and stamping shall be completed at least one hour ( or time set by the OC) before the published time for the start of the competition.

## **5. Teams**

### **5.1 Number of Pullers**

Teams shall consist of eight (8) pulling members at the start of a competition. Once a team has pulled, no substitutes are permitted. The contest is deemed to have commenced for particular teams when they are in a position to pull under the direct supervision of the judge.

## **5.2 Minimum number of pullers**

In case a puller is injured during the competition, the team will be able to continue the competition with seven pullers, the injured puller shall not participate in any of the subsequent matches of that competition. A team is not allowed to continue the competition with less than seven pullers.

## **5.3 Dropping a puller**

In case, due to an injury, a team has only seven pullers, the coach of opposing team may decide to drop a puller. The puller which is dropped from a match is allowed to return to his team in the next match.

## **6. Coach/Trainer**

Each Team may have a team coach to direct their pullers. One trainer for each team is allowed to accompany the team. The trainer's function is to take care of his team before and after the pulls. He is not allowed to speak to his teams whilst they are pulling and must take up position as directed by the judge of the match.

## **7. Sport Equipment**

### **7.1 Sport Dress**

Teams will wear normal sports clothing consisting of shorts, sport shirt or jerseys and knee-stockings.

### **7.2 Protective Clothing**

Clothing to protect skin may be worn under the sport clothing subject to judges approval. Protective belts are only permitted if worn over the sport clothing. The protective clothing worn by the anchor man shall not exceed a maximum thickness of 5 centimeters, it must be worn under the sport clothing and placed between the rope and the body. No hooks, grooves or other constructions intended to lock the rope are allowed on any of the protective clothing.

### **7.3 Resin**

Resin is allowed to facilitate the grip on the rope and the use is restricted to the hands only. In indoor competitions resin may only be used when authorization is obtained to utilize resin in the sport hall: if permitted to use resin in the sport hall it shall be applied under the direction of the marshals/ judges only.

### **7.4 Dress at weigh-in**

Men teams may weigh-in in proper sized non-transparent shorts only.

Women teams may weigh-in in proper sized non-transparent shorts and shirts only.

Boots need not be carried or worn on the scale during weigh-in.

### **7.5 Shoes**

#### **7.5.1 Out-door-shoes**

Competitor's boots shall not be built up in any way. The sole, heel and side of the heel must be perfectly flush. No metal toe-taps or toe plates are permitted. A metal heel-plate of a maximum thickness of 6.5 mm that is flush on the side and bottom of the heel of the boot is permitted. Spikes and protruding nails from the soles or heels of the boots are not permitted.

#### **7.5.2 In-door-shoes**

Competitor's boots for in-door tug-of-war shall be of the normal type indoor shoes. The sole, heel and side of the heel must be perfectly flush. No metal toe-taps or toe plates are permitted. Spikes and protruding nails from the soles or heels of the boots are not permitted.

## **8. Rope Specifications**

### **8.1 Rope dimensions**

The rope must not be less than 10 cm (100mm) or more than 12.5 cm (125mm) in circumference, and must be free from knots or other holdings for the hands. The ends of the rope shall have a whipping finish. The minimum length of the rope must not be less than 33.5 meters.

## **8.2 Rope Marking**

The tapes or markings shall be affixed so that they are easily adjustable by the judge in the event of the rope stretching or shrinking.

## **8.3 Rope Marking out-door**

Five tapes or rope markings shall be affixed as follows:

- (a) one (1) tape or marking at the center of the rope
- (b) two (2) tapes or marking each four (4) meters on either side of the center marking.
- (c) two (2) tapes or marking each five (5) meters on either side of the center marking.
- (d) markings listed in (a), (b) and (c) shall be in three different colours.

## **8.5 Rope Marking In -door**

Five tapes or rope markings shall be affixed as follows:

- (a) one (1) tape or marking at the center of the rope
- (b) two (2) tapes or marking each two (2) meters on either side of the center marking.
- (c) two (2) tapes or marking each two-half (2.5) meters on either side of the center marking.
- (d) markings listed in (a), (b) and (c) shall be in three different colours.

## **9. Pulling Area and Markings**

### **9.1 Out-Door pulling area and marking**

The pulling area shall be flat, level grass covered surface.  
One center line shall be marked on the ground.

### **9.2 In-Door pulling area and marking**

The pulling surface shall be made of a material that will give sufficient friction to normal indoor sport shoes and is approved by TWIF.

The recommended length of the pulling surface will be 36 meter. One center line and two side lines two (2) meters on either side of the center line shall be marked on the pulling surface.

## **10. Pulling Techniques Rules**

### **10.1 Rope Grip**

No competitor shall grip the rope within the length bounded by the outer tapes or markings. At the commencement of each pull the first pulling member shall grip the rope as close as possible to the outer tape or marking.

No knots or loops shall be made in the rope, nor shall it be locked across any part of the body of any member of the team. Crossing the rope over itself constitutes a loop. At the start of a pull, the rope shall be taut with the center rope marking over the center line marking on the ground.

### **10.2 Pulling position**

Every pulling member shall hold the rope with both bare hands by the ordinary grip, i.e. the palms of both hands facing up, and the rope shall pass between the body and the upper part of the arm. Any other hold which prevents the free movement of the rope is a Lock and is an infringement of the Rules.

The feet must be extended forward of the knees and team members should be in a pulling position at all times.

### **10.3 Anchor Man's Position**

The end man shall be called the Anchor Man. The rope shall pass under one armpit, diagonally across the back and over the opposite shoulder from rear to front. The remaining rope shall pass in a backward and outward direction and the slack shall run free. The Anchor shall then grip the standing part of the rope by the ordinary grip, i.e. the palms of both hands facing up, with both arms extended forward.

## **11. Infringement of the Rules**

### **11.1 Infringements during competitions**

## **11.2 Infringements General**

- (a) **Sitting**– deliberately sitting on the ground, or failure to return immediately to the pulling position after slipping.
- (b) **Leaning** – touching the ground with any parts of the body other the feet.
- (c) **Locking** - any hold which prevents the free movement of the rope.
- (d) **Grip** - any grip other than the ordinary grip as described in Rule 10.1, 10.2 and 10.3.
- (e) **Propping** - holding the rope in a position where it does not pass between the body and the upper part of the arm.
- (f) **Position** - sitting on a foot or a limb or the feet not extended forward of the nee.
- (g) **Climbing** - passing the rope through the hands.
- (h) **Rowing** - repeatedly sitting on the ground whilst the feet are moved backwards .
- (i) **Anchor Man's Position** - any other than the position described in Rule 10.3.
- (j) **Trainer** - trainer speaking to is team whilst they are pulling.
- (k) **Inactivity** - Teams failing to actively engage in a competitive effort during a pull, leading to a prolonged stalemate, which could bring the sport into disrepute, constitutes a “No pull” which can be called at any time. The pull will be restarted on either new or less broken ground in the immediate proximity of the original pulling lane. If a pull with periods of inactivity last longer than ten minutes, the Chief Judge will draw the attention of the Center Judge to call a “ NO Pull”.

## **11.3 Infringements during out-door competitions**

Footholds – making indents in the ground in any way before the command “ Take the Strain” is given.

## **11.4 Infringements during in-door competitions**

Side-stepping – stepping outside the pulling surface of an in-door competition.

## **12. Disqualification**

Teams will receive two (2) cautions for infringements of the Rules in any one (1) pull, before being disqualified. For all infringement of the Rules, a team may be deemed guilty if only one man offend.

### **13. Breach of the Rules**

Failure to comply with any of the Rules for International Competitions may obviate teams from competing.

### **14. Competition Matches and Score**

#### **14.1 Matches, Pull and Rest Period**

Each match consists of two (2) pulls and in the event the match ends in a draw, an extra pull will decide the winner. A reasonable rest will be granted between pulls. A maximum rest period of six (6) minutes may be claimed between matches, beginning when a team leaves the arena and ending when a team is in the marshalling area ready to re-enter the arena.

### **15. Toss**

Before pulling commences the choice of ends will be decided by the toss of a coin. After the first pull, the teams will change ends. If a third pull is necessary, choice of ends will again be decided by the toss of a coin.

### **16. Winning A Pull**

#### **16.1 Winning a pull general**

A pull is won by a team either by moving the rope the required distance as indicated by the marking or through the disqualification of the other team by the judge.

#### **16.2 Winning pull out-door**

A pull is won when one of the white side markers on the rope is pulled beyond the center line marking on the ground.

#### **16.3 Winning pull in-door**

A pull is won when one of the white side markers on the rope is pulled beyond the opposite side marking on the ground.

## **17. Score**

### **Point Competition**

A team winning a match by two (2) pulls to nil will score three (3) points, the losing team will score no (0) points. Teams winning one pull each: each team will score one (1) point.

### **Semi Finals and Finals**

Matches will be won by two (2) pulls out of three (3). A team winning a match by two (2) pulls to nil (0) will score three (3) points, the losing team scoring no (0) points. A team winning a match by two (2) pulls to one (1) will score two (2) points, the losing team scoring one (1) point.

## **18. No Pull**

A “NO pull” will be declared in the event of;

- a) both teams being guilty of infringement; after twice being cautioned.
- b) Both teams being guilty of inactivity
- c) Both teams leaving go of the rope before the finish of a pull,
- d) A pull being interrupted without infringement by either of the team.

When a “No pull” is declared in cases (a), (b) or (c), no rest period will be granted and the pull shall be retaken immediately and without any aid or service. When a “No pull” is declared in the case of (d) a reasonable rest will be granted.