

## TUG OF WAR RULES AND REGULATIONS

### Men's Pull- Thursday, October 13, 2011

Weigh-in starts at **7:30** and pull will proceed immediately after all the weigh-ins.

### Women's Pull- Sunday, October 16, 2011

Weigh-in starts at **2:00** and pull will proceed immediately after all the weigh-ins

\*Note Teams will be accepted up until Weigh ins are over in each division

### EVENT OVERVIEW

In this trial of strength, two teams of up to eight men or women face each other and pull on opposite ends of a rope. The winner is the side that pulls the other team 13 ft. (4m) so that a central mark on the rope crosses a marked line. **Once a team has pulled, no substitutes are permitted.** Each team may have a coach to direct their pulling.

### PULLING TOGETHER

Before pulling commences, the choice of ends shall be decided by the toss of a coin. The pull will have a three minute time limit. If there is no winner at the end of three minutes, the judge will decide who the winner is by how far the tapes on the rope are on either side.

The judge gives three commands: "Pick up the rope"; "Take the strain", and after gesturing clearly that he is about to give the final order: "PULL!" The teams tug on the rope with all their might, and throw their weight backward as far as they can. Deliberately sitting on the ground, or failure to return immediately to the pulling position results in a caution. Two cautions are given prior to disqualification; however, a team can be disqualified without caution for any offense.

### WINNING A PULL

A pull is won when one of the white side markings on the rope is pulled beyond the center ground markings which is four meters.

### APPROPRIATE ATTIRE

You may wear shorts or long pants, either will be permitted. All competitors must weigh-in. Boots may be carried for inspection. Competitor's boots must not be built up in any way. The sole, heel and side of the heel must be perfectly flush. Metal toecaps and toe plates are barred, but metal heel tips are permitted as long as they are flush on the side and bottom. Spikes and protruding nails from the soles of heel of the boots are not permitted.

### THE WEIGH-IN

To ensure an even contest, tugs of war have strict weight divisions. There will be three categories: Men's 1,587 lbs.; Women's - 1,234 lbs.. There is a weigh-in before each contest, and tuggers have their weight stamped on an easily visible part of their bodies- this is to help prevent illicit mid-even substitutions.

## GRIPS

The end man is called the Anchor Man. The rope shall pass under one armpit, diagonally across the back and over the opposite shoulder from the rear to front. The remaining rope shall pass a backward and outward direction and the slack shall run free. He shall then grip the standing part of the rope with both arms extended forward. Only the anchor can hold the rope in this fashion

All pullers must grip the rope with bare hands using a palms-up grip. The rope must pass beneath their upper arm.

**Contact Bobby Worley for more information at (910) 653-6037**