

TUG OF WAR

Venue

Main Sports Field

Organising Table

Ashby de la Zouch 507

Registration

14:00

Start Time

15:00



Please note that only the starting 8 players can compete.

New players may NOT be brought into your squad for subsequent pulls.

Rules

The competition will be run subject to the rules laid down by the Tug-of-War Association and be on a straight knockout basis.

Areas can enter only one Team, which shall consist of eight

members and a Coach. The wearing of football boots or other studded footwear (including astro boots) is not permitted.

Each match will be decided on the best of three pulls, with teams tossing a coin for the choice of ends at the start, swapping ends at the end of each pull. In order to rank the lower scoring positions, points will be awarded for each match as follows: -

- Team winning 2-0 : 3 points
- Team winning 2-1 : 2 points
- Team losing 1-2 : 1 point
- Team losing 0-2 : nil

If there is a tie for any position, the result will be decided by the result of the match between the tied teams. The format of the event will be dependant on the number of teams entering on the day of the competition and the organisers reserve the right to alter the rules of the event and the format on the day. However competitors will be informed of any changes to the above prior to the commencement of the competition.

Clothing : Teams will wear normal sports clothing. Footwear can be boots or training shoes. No studs are allowed, including 'Astroturf' trainers. No heel or toe plates are allowed.

The Rope : The rope will be marked with five tapes. One tape will indicate the centre of the rope. There will be two tapes placed four metres from the centre marking and a further two tapes placed five metres from the centre.

Pulling Area : The pulling area will be marked with a centre line and have equal distances either side of it.

Rope Grip : All team members will hold the rope behind the five-metre mark. The rope will be held in bare hands with the palms of both hands facing upwards and the rope will pass between the arm and the body. The end puller (anchor man) will pass the rope between his arm and body, then pass the rope diagonally up his back and over the opposite shoulder, then pass the remaining rope under his armpit in a backward and outward direction and the remaining slack run free. He will then grip the rope the same as the other team members **Rules cont'd on next page**

The Event Convenor will act as referee and settle any disputes that may arise. Mitch Robinson, NSW 2008 Sports Convenor, will perform final arbitration