

## TUG OF WAR

## Rules cont'd...

Starting the Pull, The referee will give several instructions:

Pick up the rope  
Take the strain  
Rope to centre  
Steady  
Pull

**The Pull** - Before pulling commences, a coin will be tossed to determine choice of end. The pull is won when one of the four metre tapes crosses the centre line. Each match will consist of three pulls.

**Cautions, Infringements and Disqualification** - The referee will caution the following list of infringements. A team will receive two cautions through the duration of a pull. A third caution will result in the forfeit of the pull.

**Sitting** - Deliberately sitting on the ground or failure to stand immediately after slipping.

**Leaning** - Touching the ground with any other part of the body than the feet.

**Grip** - Any other grip other than palms up.

**Locking** - Any hold which prevents the free movement of the rope.

**Propping** - Holding the rope in any other position than passing between the body and the upper part of the arm.

**Position** - Sitting on a foot or a limb or the feet not extended forward of the knee.

**Climbing the Rope** - Passing the rope through the hands.

**Rowing** - Repeatedly sitting on the ground as the feet are moving backwards.

**Inactivity** - Team failing to engage in competitive effort during a pull, leading to a long stalemate. The referee will call "No Pull" and restart the pull.

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