Tug of War Rules and Regulations

Teams
Each team shall consist of up to 5 people matching the age group for that division. Players shall be wearing appropriate attire for the event. Shoes and comfortable clothing required for your safety. NO FLIP FLOPS Allowed.

How to Play
The center of the rope should align with the center marked on the ground. As soon as the referee blows the whistle, each team can start pulling the rope into their territory. The objective of the game is for each team to pull the rope along with the members of the opposing team to their side. As soon as the second mark on the rope from the center red mark crosses over the center line, the team to pull their rope to their area wins the game.

Competition
The tug of war competition requires a judge. There are 3 commands that the judge gives to the players. The judge first announces “Pick up the rope”, he then says “Take the strain” (player lean back slightly but do not pull to take out the slack in the rope), and finally says to “Pull”. One the pull command is said out the teams start pulling the rope. If a member of the team falls down that member is given a caution. Each team is allowed two cautions before getting disqualified.

Fouls
There is a particular technique that needs to be applied while playing this game, if not then there will be a foul which can call in for disqualifications. For example, lowering your elbow below your knee level while pulling the rope is considered to be a foul and is called “locking”. Touching the ground for a longer period of time is considered a foul. Making a loop around your hand to get a better grip is a foul.

Scoring
The first team to pull the rope and the opposing team to the second line on their rope (approx 4m past the center line) wins the match.

Winning the tournament
The team to win all matches in their division through the bracket system created by the judge, referee, and committee wins the trophy and all the bragging rights to be crowned this year’s winner.