

ABRIDGED TUG OF WAR – 2022 - Page 1

GUIDING BODIES

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EVENTS

MEN'S: OPEN

Lightweight: 6 man team (1 substitute allowed) and non-pulling coach
Maximum total weight (pullers) 1,080 lbs (490 KG)

Heavyweight: 6 man team (1 substitute allowed) and non-pulling coach
Maximum total weight (pullers) 1,500 lbs (680 KG)

Catch Weight *: 6 man team (1 substitute allowed) and non-pulling coach
No limit to total weight

* Catch Weight Category: An international Open event in Tug of War for which there is no maximum weight requirement.

WOMEN'S: OPEN

Lightweight: 6 woman team (1 substitute allowed) and non-pulling coach
Maximum total weight (pullers) 767 lbs (380 KG)

Heavyweight: 6 woman team (1 substitute allowed) and non-pulling coach
Maximum total weight (pullers) 828 lbs (410 KG)

UNISEX TEAM; OPEN

Catch Weight *: 8 person team - 4 women and 4 men (1 female & 1 male substitute allowed, however a man cannot substitute for a woman) and non-pulling coach
No limit to total weight

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WEIGHING AND STAMPING

1. All athletes first collect accreditation, having prepaid.
2. All potential pullers must weigh at a pre-determined time schedule.
3. The athlete will weigh on a team scale. The number of scales to be determined by the organizers
4. After weighing the athletes the weight will be recorded on the team weigh sheet.
5. A coach may change any pullers prior to and up until stamping, as long as the maximum weight for that particular weight class is not exceeded. Changes must be reported to control by the coach 30 minutes before stamping begins.
6. Control shall enter teams in a draw for a particular weigh class, after checking the weight & accreditation numbers.

TEAMS AND SUBSTITUTIONS:

Number of pullers in a team

Teams shall consist of 6 pulling members at the start of the competition. The contest will have deemed to have commenced when both teams are in position to pull under the direct supervision of the judge.

Conditions for using a substitute:

The substitute may replace any one puller for the duration of the competition. After the substitution has taken place, no other such changes may occur.

Substitution may be used for tactical reasons or due to injury.

Substitution may only take place after the team has weighed-in, and has finished the first end of the first match it pulls in.

The replaced puller shall not participate in any subsequent matches of that weight-class.

The substitute must be a registered puller of the specific Club or Country for which he/she acts as a substitute.

Substitution procedures.

Both, the puller to be replaced and the substitute, must report in full pulling outfit, (shirts, shorts, stockings and footwear) with both of their accreditation cards available for checking by the Official in charge of the match; before being sent to the Official designated by the Chief Judge to deal with the substitutions.

The substitute puller must be of equal weight or less than the puller he/she replaces. The total weight of the team cannot be increased by the weight of the substitute, even if the team originally weighed less than the maximum weight for that weight class.

Directly after the change, the Chief Judge or designated official shall cancel the stamp or marking of the replaced puller, and indicate a similar marking on the substitute, with an indelible marker.

Minimum number of pullers.

A second substitution will not be permitted. Should a second injury occur, the team is allowed to continue with 5 pullers. A team is not allowed to continue a competition with less than 5 pullers.

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COACH / TRAINER

Each team may have a team coach to direct their pulling.

One trainer for each team is also allowed. The trainer's function is to take care of his/her team before and after pulls. He/She is not allowed to speak to his/her team whilst they are pulling and must take up position as directed by the judge in charge of the match.

SPORT EQUIPMENT

Sport dress

Sport dress puller

Teams will wear proper sports clothing consisting of shorts, sports shirt or jerseys and knee-stockings or socks. The sport dress of the pullers in the teams shall be uniform.

Sport dress coach and team attendant

Coach and team attendant of a team will wear either the same proper sports dress as the team or will wear proper tracksuit which shall conform to the color(s) of the sport dress of the teams

Headgear

Pullers, coach and team attendant are allowed to wear the following headgear; cap, visor or bandanna. The headgear shall conform to the color(s) of the sport dress.

Exemption; Headgear such as turbans or other such headgear may be allowed according to religion or culture. This would be decided on a case by case basis

Protective clothing

Clothing to protect the skin may be worn under the sport clothing subject to judge's approval.

Protective belts are only permitted if worn over the sport clothing. The protective clothing worn by the anchor shall not exceed a maximum thickness of 5 centimeters; it must always 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.

Resin

Resin is allowed to facilitate the grip on the rope and the use is restricted to the hands only

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.

Shoes

Out-door shoes

The sole, heel and side of the heel must be perfectly flush. No metal sole, toe caps or toe plates are permitted. Spikes and protruding nails from the soles or heels of the boot are not permitted. The fastening of the shoe shall not consist of any protruding clips which might cause injuries. A metal heel plate with the maximum thickness of 6, 5 mm that is flush on the side and bottom of the heel is permitted. The size of the heel should not constitute more than one third of the entire sole area, nor less than one quarter. The depth of the heel as measured from the sole should not be less than 6.5 mm and not more than 25 mm. (Including the plate.)

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GENERAL SPORT RULES for Tug of War

Best of 2 pulls. Teams switch ends after each pull.

The starting center judge will determine the pulling lane to be used. Judge's discretion, as permitted by TWIF. Pulling lane may not be changed in mid-match.

Teams are not to drop the rope at the end of a match, to prevent injury to a puller on the opposing team.

Team shall line up and shake/slap hands at the end of a match.

PULLING TECHNIQUES RULES

11 - 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 centre rope marking over the centre line marking on the ground.

12 - PULLING POSITION

With the exception of the Anchor, 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. For hold of Anchor see Rule 13. 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 always in a pulling position.

13 - ANCHOR'S POSITION

The end puller shall be called the Anchor. The rope shall pass alongside the body, diagonally across the back and over the opposite shoulder from rear to front. The remaining rope shall pass under the armpit 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. The Anchor is allowed to keep the rope below the level of the protective belt and contact with the belt for safety considerations will not constitute a Lock.

INFRINGEMENTS OF THE RULES

14 - INFRINGEMENTS DURING COMPETITION

Infringements General

1. Sitting deliberately sitting on the ground, or failure to return immediately to the pulling position after slipping
2. Leaning touching the ground with any part of the body other than the feet
3. Locking any hold which prevents the free movement of the rope

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4. Grip any grip other than the ordinary grip as described in Rule 11, 12 and 13
5. Propping holding the rope in a position where it does not pass between the body and the upper part of the arm
6. Position sitting on a foot or a limb or the feet not extended forward of the knee
7. Climbing the rope passing the rope through the hands
8. Rowing repeatedly sitting on the ground whilst the feet are moved backwards
9. Anchor Position any other than the position described in Rule 13
10. Trainer speaking to his team whilst they are pulling
11. 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, constitute 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 lasts longer than ten minutes, the Chief Judge will draw the attention of the Centre Judge to call a “No pull”.
12. Footholds making indents in the ground in any way before the command “Take the Strain” is given

15 – DISQUALIFICATION

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

16 - BREACH OF THE RULES

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

COMPETITION MATCHES AND SCORES

17- MATCHES, PULLS AND REST PERIOD

A points competition consists of $(n \times (n-1) \div 2)$ matches, in which n is the number of teams in the competition. Each match consists of 2 pulls.

A reasonable rest will be granted between pulls.

A maximum of 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.

18 - 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, the choice of ends will again be decided by the toss of a coin.

19 - WINNING A PULL

19.1 - Winning a pull general

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

19.2 Winning pull out-door

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

20 SCORE

20.1 Point's Competition

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

20.2 Pull-off's, Semi Finals and Finals

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

21 NO PULL

A "No Pull" will be declared in the event of; both teams being guilty of infringements; after twice being cautioned

- (a) both teams being guilty of infringements; 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 teams

When a "No pull" is declared in the case 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 period will be granted.

SIGNALS AND COMMANDS

27 - THE START PROCEDURE

When the judge has received a signal from the two coaches that all is ready, he shall give the teams the following verbal and visual commands:

Pick up the rope - The rope shall then be gripped as defined in paragraphs 11, 12 and 13, the feet being flat on the ground

Take the Strain - Sufficient strain being put on the rope to ensure that it is taut. In out-door competitions each puller may establish one foothold with the heel or side of the boot with the extended foot

Steady - The judge shall then signal the rope to the centre position. When the rope is steady with the centre mark over the centre line on the ground

Pull - After a reasonable pause

28 - FINISH OF A PULL The finish of a pull shall be signaled by the judge blowing a whistle and pointing in the direction of the team winning the pull or in the case of a "No pull" crossing his arms and

pointing to the centre mark.

29 - LIST OF COMMANDS IN TUG OF WAR COMPETITION

COMMAND SIGNAL

- 1 Team are you ready - Indicating the team with the arm
- 2 Pick up the rope - arms extended in front of the body
- 3 Rope to centre - Indicating the side which has to move to centre
- 4 Steady - arms extended upwards with palms outwards
- 5 Pull - Flinging arms down to the sides
- 6 Indicate winner - Blowing whistle and pointing to the winning team
- 7 Change ends - Blowing whistle and crossing the arms over the head
- 8 No Pull - Blowing whistle and crossing the arms in front of the body
- 9 Caution - Raising the arm on the side of the infringing team and indicating by one or two fingers the first or second caution

30 - LIST OF COMMON INFRINGEMENTS IN COMPETITION

INFRINGEMENTS SIGNAL

- 1 SITTING - moving flat hand horizontally
- 2 LEANING - open hand horizontal indicating to the ground
- 3 LOCKING - elbow touching the lifted upper leg
- 4 GRIP - two fists in front of each other
- 5 PROPPING - lifting movement with hands along the body
- 6 POSITION - kicking movement and stretching of the lower leg
- 7 CLIMBING THE ROPE - climbing movements with the fists
- 8 ROWING - rowing motion with arm and upper body
- 9 ANCHOR'S GRIP - with the hand touching the back
- 10 TRAINER - with the finger touching the lips
- 11 FOOTHOLDS - kicking with heels in the ground
- 12 SIDE-STEPPING - side stepping with one foot

COMPETITION STRUCTURE

33 - Competition with one group: When less than 12 teams have entered in a weight class, all teams will compete in one qualifying point's competition.

The top four teams of the qualifying point's competition will enter into the semi-finals.

The opponent of the team in the first place will be the team in fourth place and the teams in second place and third place will pull each other in the second semi final.

34 - Competition with more than one group: When 12 or more teams have entered in a weight class, the qualifying point's competition will be divided into two groups.

The teams ranking first and second place after the qualifying point's competition will enter into the semi-finals. The teams ranking first in their group will compete against the teams ranking second from the other group. In case, after the qualifying competition, the first two teams in a particular group are equal on points, teams will be ranked in accordance with rule 35.

35 - Determination of ranking in qualifying competition: If, after the qualifying competition, teams are in contention to enter the semi-finals the following rules will apply to

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determine which team(s) will qualify for the semi-finals These rules will also apply to rank teams with equal points in qualifying competition

(1) Result of matches

The team(s) with the best results in the matches between the teams concerned during the qualifying rounds will be first to qualify for participation in the semi-finals.

(2) Matches won

In the case that the results between the teams do not break the tie the team with the most matches won will go to the semi-finals.

(3) Cautions

In case the first 2 options do not break the tie, the team(s) with the least cautions in the qualifying rounds will be first to qualify for participation in the semi-finals. (The number of cautions of a team in a match is the total number of cautions accumulated in the pulls of that match. A team being disqualified in the qualifying rounds will be considered to have accumulated 3 cautions during that pull. In the event of a No-Pull, the cautions given prior to declaring a No-Pull will be accumulated to the total number of cautions of the team in that match. In the case of a No-Pull being declared due to infringements as indicated in rule 21.– a. both teams will accumulate 3 cautions.)

(4) Team weight

In case the first 3 options do not break the tie, the lightest team(s) will be first to qualify for participation in the semi-final. For this criterion the certified weight on the weighing sheet will be used.

(5) Toss or draw

In case all of the above criteria have not broken the tie, the qualification for participation in the semi-finals will be decided by a coin toss or a draw.

36 - Supervision pull-off and draw

All pull-off's and drawing of lots shall be done under direct supervision of the appointed officials of the competition, these officials shall arbitrate in matters of dispute