

# Tug of War

| DATE         | LOCATION         | FORMAT                     |
|--------------|------------------|----------------------------|
| Sunday, 10/4 | Dick Taylor Park | Double Elimination Bracket |

## TEAM REQUIREMENTS

- A team may not exceed 12 members.
- Wristbands or handstamps will be used to verify final team members. Substitutes may not be added after check-in.
- Teams must check in with rosters and waivers 30 minutes prior to their first game.

## RULES

### *General*

1. Event begins at 11:00am
2. A coin flip will determine which side teams pull from (winner's choice). Each team will be given no more than one minute to report to the Official for the toss of the coin. No exceptions.
3. Teams will pull against other teams with the winning team pulling the losing team ten (10) feet across the white line.
4. A five-minute time limit will be placed on all matches. The team ahead at the time limit is declared the winner. The team will be declared the winner if the rope is positioned over the center marker at the time limit. **JUDGES DECISIONS ARE FINAL. NO APPEALS.**
5. If a team has an ineligible team member on the rope, the team will forfeit that match.
6. **NO LYING DOWN WILL BE ALLOWED.** Teams must make an effort to stay on their feet and not sit, kneel or lie down in a stalemate position. Five seconds will be allotted and counted aloud by a judge before the team is disqualified.
7. Slips will be allowed as long as participants are making a conscious effort to return to a standing position. Teams not complying with this rule will be offered one 5-second warning and will be disqualified on the 6th second. **JUDGES' DECISION IS FINAL.**
8. Gloves, long sleeved jerseys are strongly recommended. **NO CLEATS WILL BE ALLOWED.** These items are for your personal protection to prevent rope burns and to help ensure good footing. An inspection of all shoes, wraps, and wrist bands will take place before each pull.
9. For safety purposes: the use of wrist wraps, wrist straps and/or wrapping anything around the rope is prohibited and will result in disqualification.
10. You may **NOT** wrap the rope around your waist.