



Tug-of-War

COMPETITION REGULATIONS

1. Team Composition

- 7 people per team
- Each team must include at least one female competitor

2. Age Groups

- “17 & Under” and “18 & Over” divisions
- Additional age groups may be added on the day depending on entries

3. Team Captain

- Each team must nominate one captain
- Captains participate in the coin toss to determine direction of pull

4. Safety Requirements

- All competitors must wear safe, enclosed footwear
- No studs or spikes allowed – disqualification may apply
- Gloves may be worn (optional)

5. Punctuality

- All teams must be ready 15 minutes prior to start time

6. Conduct During the Pull

- All team members must remain on their feet
- No persistent hands on the ground, except the anchorman (one hand allowed)

7. Match Procedure

- Lots drawn to determine first-round match-ups
- Coin toss with captains determines direction of pull

8. Rope Markings & Setup

- Rope marked at centre, 3m, and 5m points
- Rope placed with centre mark aligned to ground marker
- Teams line up facing each other, first member at the 5m mark

9. Start Commands

- Judge gives command:
“**Pick up the rope**” →
“**Take the strain**” →
Judge checks teams are balanced →
“**Pull!**”

10. Infringements & Warnings

- Two warnings for rule breaches or misconduct
- Third offence = disqualification

11. Winning the Pull

- A team wins when their 3m rope mark crosses the centre line on the ground

12. Final Decision

- The **judge’s decision is final**