



TUG OF WAR ENTRY FORM

ELISHA FIELD, DROVE LANE, MARKET LAVINGTON SN10 4NT
JULY 13TH 14TH 2019

Team Name			
Team Organiser Name			
Telephone		Email	
Address			
Team Members		Name	Signature
	1		
	2		
	3		
	4		
	5		
	6		
	7		
	8		

LIABILITY WAIVER & MEDICAL TREATMENT CONSENT

1. I acknowledge that I have voluntarily agreed to take part in the Vintage Meet Family Fun Weekend Tug-of-War.
2. I am aware that there are risks and dangers involved in this activity. As such I am aware that serious accidents may occur during this activity which may lead to serious personal injury. The organisers cannot be responsible for the competition surface which may be uneven and foreign objects (stones, litter etc.) may be present.
3. I understand that it is strongly recommended that sturdy, flat footwear is worn together with gloves and other safety equipment.
4. I agree that I enter at my own risk and that I and my dependents waive all claims against Market Lavington Parish Council including all their officer, members, agents and volunteers.
5. I authorise the first aiders present to provide any treatment necessary at the scene and to arrange my transfer to hospital if they deem it to be necessary.
6. I have read and agree to abide by the rules of the Market Lavington Vintage Meet Family Fun Weekend Tug-of-War.
7. By signing above I signify that I have read, understand and agree to be bound by all of the terms stated above.
8. I agree to pay the non-refundable £20 per team entry fee.

Please return completed forms with entry fee by 11 am Saturday 13th July to the event control centre or the Tug of War Steward.

See over

TUG OF WAR RULES

- 1. All teams must have eight members.**
- 2. All team members must be over 18.**
- 3. Teams must nominate one member as a captain.**
- 4. Gloves may be worn.**
- 5. Footwear with any form of studs or spikes is forbidden and may result in disqualification.**
- 6. All teams must be ready to pull at their allotted start times – team organisers will be advised of times in advance of the competition.**
- 7. The anchorman is to loop the rope around one shoulder to secure the rope. No knot is permitted in the rope end.**
- 8. All members must remain on their feet. No hands are allowed to be persistently on the ground apart from the anchorman who is allowed to keep one hand on the ground.**
- 9. Lots will be drawn to establish opponents in the first round.**
- 10. The judge will toss a coin with the captains to establish the direction of pull.**
- 11. Before pulling the judge will order teams to “Pick up the rope”. The judge will then ask both teams if they are ready then give the order “Take the strain”, at this point the teams should heel in and pull the rope tight. The judge will make sure that the teams are centred over the starting mark and, when they are balanced, the order “Pull” will be given.**
- 12. There will be a maximum of three pulls in a match and the first team to win two pulls will win the match and progress to the next round.**
- 13. Two warnings for rule infringements or inappropriate behaviour will be given. A third infringement will result in disqualification.**

SAFETY

- 1. Wrapping the rope around a limb can result in a broken bone and loss of blood flow. Wrapping the rope around the body can cause severe internal injuries.**
- 2. Spiked or studded footwear can cause injury if a pull collapses. They may also cause stains and breaks if a competitor's feet become stuck in the ground.**
- 3. Gloves and a thick cotton shirt should be worn to help avoid rope burns.**