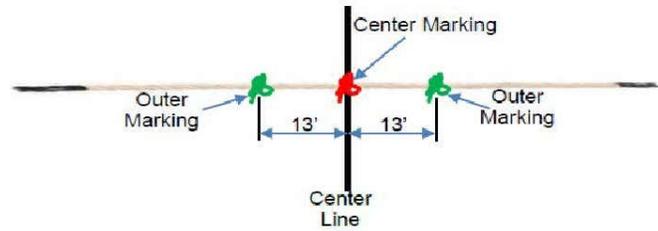


Tug of War



Rules and Regulations

- Each team in this competition consists of all 5 members.
- At the start of the pull, the centre line of the rope will be immediately above line marked on the ground directly center between the two teams. Cleats NOT allowed!
- Both teams pull the rope, the winner being the team who manages to pull the center marking on the rope across their opponents outer marking line.
- The rope must be pulled underarm and nobody's elbow must go below the knee, otherwise a foul will be called.
- Any team that acquires three fouls will be disqualified and forfeit their match.
- Each game will be no more than 5 minutes. If no winner is declared by the end of the 5 minute mark. The team that has the advantage when the timer runs out is declared the winner.
- There will be a 30 second call before the end of the 5 minute timer.

Scoring

1. The Winning team will get 100 points towards their team's aggregate score.