

Tug of Four Feb.8 – 1pm

Teams

- 4 members per team, no age limit. Depending on attendance age/weight groups may be divided at judge's discretion.
- **Gloves:** are allowed, but sticky substances are not.
- **Rope:** A strong rope with a center red mark and two white marks roughly 6ft. from the center on each side.
- **Field:** A flat, snow/grassy area with a center line marked on the ground.
- **Starting Position:** The center red mark on the rope must align with the center line on the ground before starting

Fouls & Violations

- **No Wrapping:** Cannot wrap the rope around hands, arms, or waist. Must be straight through pull.
- **No Digging/Sitting:** Cannot deliberately dig into the ground or sit for extended periods, must return to feet as soon as possible, this can call in for disqualifications. Referee discretion on time down.
- **Elbows:** Elbows must stay above the knees; touching the ground with the elbow below the knee is a foul which can call for disqualification.
- **No Tools:** No spikes, cleats, or tools for grip.

Gameplay

- **Commands:** A referee gives commands: "Pick up the rope," "Take the strain," and "Pull" or Whistle.
- **Objective:** Pull the opposing team's white mark across the center line on the ground.

- **Field and Marking:** As mentioned earlier, the center of the rope should align with the center marked on the ground. As soon as the referee blows the whistle, each team can start pulling the rope into their territory. The objective of the game is for each team to pull the rope along with the members of opposition team to their side. As soon as the second mark on the rope from the center red mark crosses over to center line, the team to pull the rope to their area wins the game.
- **Competition:** The tug of war competition requires a judge. There are 3 different commands that the judge gives to the players. The judge first announces, "Pick up the rope", he then says "Take the slack", and finally he tells the players to "Pull" (or Whistle). Once the pull command is said out the team start pulling the rope. If a member of the team falls down that member is given a caution. Each team is allowed two cautions before getting disqualified