**Tug of War Rules:**

1. Tug of war teams consist of an equal number of “pullers”. The Tug of War Association standard is 8-a-side.
2. Team may be made up of any mixture of Male and Female competitors, however children under 16 may not compete.
3. The objective of tug of war is to pull the opposing team a distance of four metres from a fixed centre point.
4. Pullers should all wear sturdy footwear. Experienced teams use specially made boots. For beginners, a good pair of sturdy training shoes should be worn.
5. Teams should compete in shorts and strong shirts (rugby jerseys are ideal).
6. Pullers grip the rope with their bare hands. No knots or loops should be tied in the rope, and the rope should not be wrapped around any limbs.
7. Teams are not allowed to suddenly let go of the rope and deliberately cause the opposing team to fall over.
8. Each team is allowed a “coach” at the side of the rope. The job of the coach is to encourage and direct the team, and coach people into position. The coach is not allowed to touch the rope when a pull is in progress. The role of a coach in tug of war is similar, for example, to the cox of a rowing team.
9. Each match is a best of three end pull. The team that wins two ends is the winner.
10. Teams are not allowed to sit on the floor.
11. Each pull is officiated by a judge who stops and starts the pull.
12. Team must not “lift and pull” the judge will decide infringement and the round will be forfeit.