



TUG – OF – WAR RULES

Format:

- 10 Tuggers (5 female + 5 male), +1 Cadence Caller
 - May tug with 9 Tuggers (4 male + 4 female min.)
 - May tug with a minimum of 8 Tuggers (4 male + 4 female)
 - Substitute tuggers are ENCOURAGED.
- Double-Elimination Tournament
 - Each team will continue tugging until recording two losses.

Equipment:

- Tug Rope (provided)
 - The rope will be 2 inches in diameter, 150 feet long, made of hemp.
- Long-sleeved shirts MUST be worn by all participants.
- Gloves are HIGHLY RECOMMENDED.
- NO CLEATS, SPIKES, STUDS, HOBNAILS, or METAL FITTINGS. Boots must be worn (combat, hiking, etc.)

Sport Specific Rules:

- Teams will be lined up so that the rope will be pulled on the right side (under the participants' right arms). The anchor (the last person) will be safely tied in by event staff.
- Males and females will be alternate positions on the rope.
- One Cadence Caller per team will be permitted on the line to assist the team. It will be the Cadence Callers responsibility to notify the official that the team is ready to tug.
- The tug will be started on the command of the official. The team that pulls the rope 12 feet from the center first, will be declared the winner. A whistle or horn will signal the end of the tug.
- There will be a 90-second time limit on each tug.
- Prior to the beginning of the pull, no participant may "dig-in" to the ground.
- The anchor is the only member of the team who may touch the ground with his/her hands.
- No other team member is permitted to sit on the ground for more than 5 seconds, including the anchor.
- All tugs will be conducted on a natural grass surface.
- No electric sound systems, horns, whistles, etc. may be used in encouraging teams. This means anything other than the human voice is not permitted.
- No sticky substances may be used on hands or gloves.
- A minimum of 5 minutes rest between tugs will be permitted.

Other:

- If there is a question on allowable footwear, gloves or other apparel, check with the Tug of War official before the event. This can be done at the Tug Clinic in advance of Final Event Day, or at the Captains Meeting prior to the start of the tournament.
- **Late Team / Forfeit Rule:**
 - A team that is not present at the start of their divisions' tournament will be forfeit.

After your first two rounds, game times are subjected to change. If not present at the start of your game, your game will be forfeited!

Cleveland Corporate Challenge staff members and officials reserve the right to settle any disputes, as well as, interpret, modify, and enforce all rules and regulations.