



# *TUG OF WAR*

PACIFIC SOUTHWEST CONFERENCE 2015

## **PARTICIPANT RULES**

- ◆ Each school may only have one team.
- ◆ Each team must consist of 6 participants, and 2 substitutes.
- ◆ Each team must have at least one underclassman.
- ◆ Each team must have at least three females.
- ◆ Each team must register their captain at the conference on Wednesday, April 8<sup>th</sup>, 2015.
- ◆ Each member must register for participation.
- ◆ Teams will be disqualified if they fail to meet the requirements.

## **GENERAL RULES:**

- ◆ Teams will be placed in a single elimination tournament.
- ◆ Members will be placed in staggered positions as shown in Figure 1.
- ◆ The flag will be attached to the middle of the rope and two cones will be placed 15ft away from the flag as shown in Figure 1.
- ◆ The competition will start by referee's signal.
- ◆ The team that pulls the flag beyond the cones will advance.

## **DRESS CODES AND INFRINGEMENTS**

- ◆ Rope must go underneath one arm.
- ◆ Committing 2 fouls will result in disqualification.
  - ◆ Lowering elbow below the knee during a pull is a foul.
  - ◆ Pulling the rope over the shoulders during a pull is a foul.
- ◆ Gloves are not allowed.
- ◆ Kicking the ground is not allowed.
- ◆ Sitting on the ground is not allowed.
- ◆ Wrapping the rope is not allowed.
- ◆ "Climbing the rope" or moving up the rope is not allowed.
- ◆ Cleats, jewelry or any items which may be caught on the rope are not allowed.



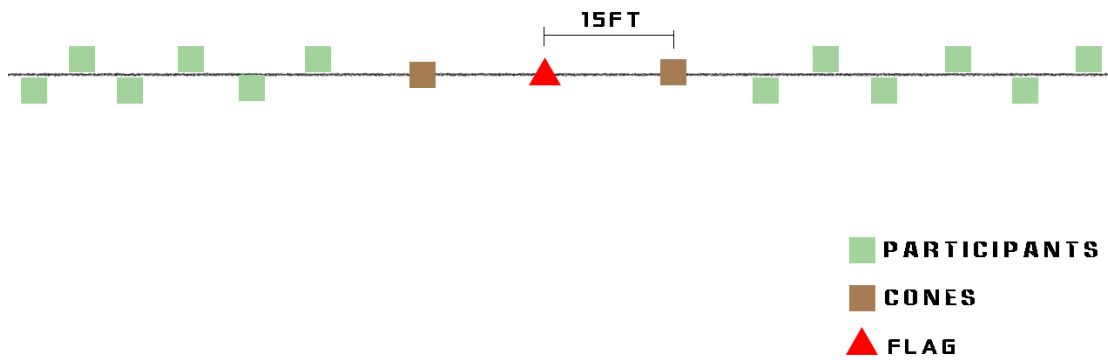


Figure 1: Participants' Positionings

