



ATHLEON

Where Athletes Defy Gravity

रुतरे BOOK

Tug of War

Rule :

1. Team Composition

- Each team is comprised total 8 members in official competitions.
- Teams are permitted to have 2 substitutes, but substitutions can only occur between rounds.
- A team captain is designated to lead and coordinate the team's efforts.

2. Match Setup

- The match is played on a flat surface, with a centreline clearly marked on the ground.
- The rope used in the competition typically has a circumference of 10-12 inches.
- The rope has three marked points:
 - Center: marking the midpoint of the rope.
 - Two markers: located 4 meters from the center on each side of the rope.
- Teams position themselves on opposite sides of the rope, gripping it firmly at the designated spots.

3. Gameplay Rules

- The match begins when the referee gives the official signal to start
- Teams aim to pull the rope in a way that drags the opposing team past the designated marker on the ground.
- A match is played in a best-of-three format, with the first team to win two rounds being declared the winner of the match.
- Players must keep their feet firmly on the ground at all times. Sitting or falling on the ground is considered a violation.
- Teams are required to pull the rope in a coordinated manner to maximize strength and maintain an advantage over the opposing team.

4. Scoring System

- A team wins a round when they pull the opposing team past the marked line.

5. Fouls and Violations

- Lowering the body to sit or fall on the ground is strictly prohibited.
- Sudden jerks or the use of dangerous moves are considered fouls and will result in penalties.
- Players must not touch the ground with any part of their body, except for their feet.
- Any form of unsportsmanlike conduct, such as arguing with the referee or inappropriate behavior, may result in penalties or disqualification.

6. Player Conduct and Fair Play

- All players must respect the referees and the opposing team at all times, ensuring the match is played in the spirit of fair competition.
- Teams are encouraged to use their strength and strategy rather than engaging in unfair means or tactics.
- Any cheating, rule violation, or intentional misconduct can result in disqualification of the offending team.

7. Winning the Match

- The team that wins two out of three rounds is officially declared the match winner.
- In cases of repeated rule violations by one team, the other team may be awarded the win by default.
- All the matches will be on Knockout basis. FINAL DECISION will be taken by the Officials.
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- These official rules are designed to ensure that Tug of War is conducted fairly and safely, promoting teamwork, strength, and good sportsmanship throughout the Competition.

CONCLUSION :

As we come to the end of the Athleon Fest Rules and Regulations book, we want to reiterate the importance of maintaining the spirit of sportsmanship, respect, and fair play throughout the event. By adhering to these guidelines, we ensure a positive and enjoyable experience for everyone involved — from competitors to volunteers to spectators. The RGNAU'S Fest is an opportunity to celebrate not just individual achievements, but also the strength of our community. It is about coming together, pushing your limits, supporting one another, and creating memories that will last far beyond the event itself. Whether you take home a trophy or simply enjoy the camaraderie of the games, every participant plays a vital role in making this event special. We encourage you to approach every event with enthusiasm, respect for others, and a commitment to excellence. Remember that the true essence of the Athleon Fest lies in participation, unity, and the joy of friendly competition. Let's embrace the opportunity to grow, learn, and have fun together. Thank you for your commitment to the event, and we wish you the best of luck as you participate in this exciting celebration of athleticism, school spirit, and community. May the ATHLEON FEST be an unforgettable experience for you all. Enjoy, compete fairly, and most importantly, have fun!!!