

Tug of War

- **Rules**

- Maximum number of players in a team is 7(5+2).
- Playing team - 5 players
- Substitutions - 2 players
- Maximum weight per **Playing team** is **350kg**.
- No gloves or shoes with spikes are allowed(which includes football studs) Barefoot is allowed.
- Chalk powder will be provided.
- Both teams must pull only after the signal provided by the referee.
- Both teams must have an equal number of players.
- Substitutions are allowed on the condition that the total weight of the playing team remains below the maximum limit.

- **Scoring**

- There will be 3 rounds. Winning any 2 rounds of these 3 rounds will qualify you to the next round. Otherwise you are disqualified