

TWIF RULES FOR INTERNATIONAL COMPETITION

DEFINITIONS AND SPECIFICATIONS

1 TUG OF WAR SPORT

Tug of War is a sport practised by teams who are bona-fide members of the National Tug of War Associations affiliated to TWIF. The participants must be amateurs, as approved by TWIF, and they will adhere to the Rules and Directions as laid down by the Tug of War International Federation.

2 CATEGORIES

In International Tug of War competitions the following categories are recognized.

Outdoor and Indoor

Men and Women

Senior, Under 23 and Junior

Mixed 4x4 (4 Male and 4 Female)

TWIF organises each year a World Championships for Junior categories women and men

3 WEIGHT CLASSES

In all International competitions the following team weights will apply:

Ultra Featherweight not exceeding	480 Kilos
Featherweight not exceeding	520 Kilos
Lightweight not exceeding	560 Kilos
Light Middleweight not exceeding	600 Kilos
Middleweight not exceeding	640 Kilos
Cruiserweight not exceeding	680 Kilos
Heavyweight not exceeding	720 Kilos
Catch weight	no weight limitations
Mixed (4 x 4) not exceeding	600 Kilos

4 WEIGHING AND STAMPING

A team failing to weigh within the required weight limit shall be given one further attempt to Weigh In. The weighing and stamping shall be completed at least one hour before the published time for the start of the competition. However, for the Closed Championships the weighing will take place on Thursday prior to the Closed Championships.

5 AGE LIMITS

5.1 Junior category

A puller is eligible to participate in the junior category from the beginning of the year in which the puller reaches the age of 15 years until the end of the year in which the puller reaches the age of 18 years.

5.2 Under 23

A puller is eligible to participate in the under 23 category from the beginning of the year in which the puller reaches the age of 18 years until the end of the year in which the puller reaches the age of 22 years.

5.3 Senior

A puller is eligible to participate in the senior category from the beginning of the year in which the puller reaches the age of 18 years.

6 Teams and Substitutions.

6.1 Number of pullers in a team

Teams shall consist of eight pulling members at the start of the competition. The con-test will have deemed to have commenced when both teams are in a position to pull under the direct supervision of the judge.

6.2 Members national team

Members of a national team must be citizens of the country the team is representing. Proof of citizenship is only accepted by passport or, in case the competition is in the country of the team, a national identity card. Members of the team includes pullers, coach and team attendant.

6.3 Conditions for using a substitute

The substitute may replace any one puller for the duration of the competition. After the substitution has taken place, no other such changes may occur.

Substitution may be used for tactical reasons or due to injury.

Substitution may only take place after the team has weighed-in, and has finished the first end of the first match it pulls in. The replaced puller shall not participate in any subsequent matches of that weight-class. The substitute must be a registered puller of the specific Club or Country for which he/she acts as a substitute.

6.4 Substitution procedures.

Both, the puller to be replaced and the substitute, must report in full pulling outfit, (shirts, shorts, stockings and footwear) to the Chief Judge, who may designate an official to deal with the substitutes. A small (bathroom type) scale must be available at the pulling area, (in a suitable place, on solid surface), to determine the weight difference between the two pullers. The substitute puller must be of equal weight or less than the puller he/she replaces. The total weight of the team cannot be increased by the weight of the substitute, even if the team originally weighed less than the maximum weight for that weight class. Directly after the change, the Chief Judge or designated official shall cancel the stamp or marking of the replaced puller, and indicate a similar marking on the substitute, with an indelible marker. The Chief Judge or the designated official shall note the substitution on the appropriate weight certificate, by adding and deleting the accreditation numbers of the pullers involved with the changes.

6.5 Minimum number of pullers.

A second substitution will not be permitted. Should a second injury occur, the team is allowed to continue with seven pullers. A team is not allowed to continue a competition with less than seven pullers.

7 COACH / TRAINER

Each team may have a team coach to direct their pulling.

One trainer for each team is also allowed. The trainer's function is to take care of his team before and after pulls. He is not allowed to speak to his team whilst they are pulling and must take up position as directed by the judge in charge of the match.

8 SPORT EQUIPMENT

8.1 Sport dress

8.1.1 Sport dress puller

Teams will wear proper sports clothing consisting of shorts, sports shirt or jerseys and knee-stockings or socks. The sport dress of the pullers in the teams shall be uni-form.

8.1.2 Sport dress coach and team attendant

Coach and team attendant of a team will wear either the same proper sports dress as the team or will wear proper tracksuit which shall conform to the colour(s) of the sport dress of the teams

8.1.3 Headgear

Pullers, coach and team attendant are allowed to wear the following headgear; cap, visor or bandanna. The headgear shall conform to the colour(s) of the sport dress. The headgear shall be uniform for all pullers in the team wearing headgear as well as the coach and the team attendant.

Exemption; Headgear such as turbans or other such headgear may be allowed according to religion or culture. This would be decided on a case by case basis

8.1.4 Protective clothing

Clothing to protect the skin may be worn under the sport clothing subject to judge's approval. Protective belts are only permitted if worn over the sport clothing. The protective clothing worn by the anchor shall not exceed a maximum thickness of 5 centimetres; it must always be worn under the sport clothing and placed between the rope and the body. No hooks, grooves or other constructions intended to lock the rope are allowed on any of the protective clothing. Recommended Anchor vest (see page 13)

8.2 Resin

Resin is allowed to facilitate the grip on the rope and the use is restricted to the hands only. In in-door competition resin may only be used when authorisation is obtained to utilise resin in the sports hall; if permitted to use resin in the sports hall it shall be applied under the directions of the judges only.

8.3 Dress at weigh-in

Men-teams may weigh-in in proper sized non-transparent shorts only.

Women-teams may weigh-in in proper sized non-transparent shorts and shirts only.

Boots need not be carried or worn on the scale during weigh-in.

8.4 Shoes

8.4.1 *Out-door shoes*

The sole, heel and side of the heel must be perfectly flush. No metal toe caps or toe plates are permitted. Spikes and protruding nails from the soles or heels of the boot are not permitted. The fastening of the shoe shall not consist of any protruding clips which might cause injuries. A metal heel plate with the maximum thickness of 6, 5 mm that is flush on the side and bottom of the heel is permitted. The size of the heel should not constitute more than one third of the entire sole area, nor less than one quarter. The depth of the heel as measured from the sole should not be less than 6, 5 mm and not more than 25 mm. (Including the plate.) (See page 10)

8.4.2 *In-door shoes*

The shoes to be used for indoor tug of war should be as originally produced by any sport shoe manufacturer. The sole may be adapted but, should not be wider or longer than the upper part of the shoe. The sole should be made of rubber or such material as to give optimum grip but not cause damage to the pulling surface or floor. The maximum length and width of the sole must not exceed the 'bare foot' measurement of the puller by more than 20%. Championship controlling Officials shall arbitrate in matters of dispute.

9 ROPE SPECIFICATIONS

9.1 Rope dimensions

The rope must not be less than 10 centimetres (100 mm) or more than 12.5 centimetres (125 mm) in circumference, and must be free from knots or other holdings for the hands. The ends of the rope shall have a whipping finish. The minimum length of the rope must not be less than 33.5 meters.

9.2 Rope marking

The tapes or markings shall be affixed so that they are easily adjustable by the judge in the event of the rope stretching or shrinking.

9.2.1 *Rope marking out-door*

Five tapes or rope markings shall be affixed as follows:

- (a) one (1) tape or marking at the centre of the rope
- (b) two (2) tapes or markings each four (4) meters on either side of the centre marking.
- (c) two (2) tapes or markings each five (5) meters on either side of the centre marking.
- (d) markings listed in (a), (b) and (c) shall be in three different colours.

9.2.2 *Rope marking in-door*

Three tapes or rope markings shall be affixed as follows:

- (a) one (1) tape or marking at the centre of the rope
- (b) two (2) tapes or markings each two and a half (2.5) meters on either side of the centre marking
- (c) markings listed in (a) and (b) shall be in two different colours

10 PULLING AREA AND MARKINGS

10.1 Out-door pulling area and marking

The pulling area shall be flat, level grass covered surface.

One centre line shall be marked on the ground.

10.2 In-door pulling area and marking

The pulling surface shall be made of a material that will give sufficient friction to normal indoor sports shoes and is approved by TWIF.

The recommended length of the pulling surface will be 36 meters. The recommended width of the pulling surface will be 100 - 120 centimetres

One centre line and two side lines four (4) meters on either side of the centre line shall be marked on the pulling surface/floor.

PULLING TECHNIQUES RULES

11 ROPE GRIP

No competitor shall grip the rope within the length bounded by the outer tapes or markings. At the commencement of each pull the first pulling member shall grip the rope as close as possible to the outer tape or marking.

No knots or loops shall be made in the rope, nor shall it be locked across any part of the body of any member of the team. Crossing the rope over itself constitutes a loop. At the start of a pull, the rope shall be taut with the centre rope marking over the centre line marking on the ground.

12 PULLING POSITION

With the exception of the Anchor, every pulling member shall hold the rope with both bare hands by the ordinary grip, i.e. the palms of both hands facing up, and the rope shall pass between the body and the upper part of the arm. For hold of Anchor see Rule 13.

Any other hold, which prevents the free movement of the rope, is a Lock and is an in-fringement of the Rules. The feet must be extended forward of the knees and team members should be in a pulling position at all times.

13 ANCHOR 'S POSITION

The end puller shall be called the Anchor. The rope shall pass alongside the body, diagonally across the back and over the opposite shoulder from rear to front. The re-maining rope shall pass under the armpit in a backward and outward direction and the slack shall run free. The Anchor shall then grip the standing part of the rope by the ordinary grip; i.e. the palms of both hands facing up, with both arms extended forward. The Anchor is allowed to keep the rope below the level of the protective belt and on safety grounds this will not constitute a Lock.

INFRINGEMENTS OF THE RULES

14 INFRINGEMENTS DURING COMPETITION

14.1 Infringements General

- 1. Sitting** : deliberately sitting on the ground, or failure to return immediately to the pulling Position after slipping.
- 2. Leaning** : touching the ground with any part of the body other than the feet .
- 3. Locking** : any hold which prevents the free movement of the rope.
- 4. Grip** : any grip other than the ordinary grip as described in Rule 11, 12 and 13
- 5. Propping** : holding the rope in a position where it does not pass between the body and the upper part of the arm.
- 6. Position** : sitting on a foot or a limb or the feet not extended forward of the knee.
- 7. Climbing the rope** : passing the rope through the hands.
- 8. Rowing** : repeatedly sitting on the ground whilst the feet are moved backwards.
- 9. Anchor Position** : any other than the position described in Rule 13 .
- 10. Trainer** : trainer speaking to his team whilst they are pulling.
- 11. Inactivity** : Teams failing to actively engage in a competitive effort during a pull, leading to a prolonged stalemate, which could bring the sport into disrepute, constitute a "No pull", which can be called at any time. The pull will be restarted on either new or less bro-ken ground in the immediate proximity of the original pulling lane. If a pull with periods of inactivity lasts longer than ten min-utes, the Chief Judge will draw the attention of the Centre Judge to call a "No pull".

14.2 Infringements during out-door competitions

- 12. Footholds** : making indents in the ground in any way before the command "Take the Strain" is given.

14.3 Infringements during in-door competitions

- 13. Side-stepping** : stepping outside the pulling surface of an in-door competition.

- 15. DISQUALIFICATION** Teams will receive two (2) cautions for infringements of the Rules in anyone(1) pull, before being disqualified. For all infringements of the Rules, a team may be deemed guilty if only one person offends.
- 16. BREACH OF THE RULES** Failure to comply with any of the Rules for International Competition may obviate teams from competing.

COMPETITION MATCHES AND SCORES

17. MATCHES, PULLS AND REST PERIOD

A points competition consists of $(n \times (n-1) \div 2)$ matches, in which n is the number of teams in the competition. Each match consists of two (2) pulls. A reasonable rest will be granted between pulls. A maximum of six (6) minutes may be claimed between matches, beginning when a team leaves the arena and ending when a team is in the marshalling area ready to re-enter the arena.

18. TOSS

Before pulling commences the choice of ends will be decided by the toss of a coin. After the first pull, the teams will change ends. If a third pull is necessary, the choice of ends will again be decided by the toss of a coin.

19. WINNING A PULL

19.1 Winning a pull general

A pull is won by a team either by moving the rope the required distance as indicated by the markings or through the disqualification of the other team by the judge.

19.2 Winning pull out-door

A pull is won when one of the side markers on the rope is pulled beyond the centre line marking on the Ground.

19.3 Winning pull in-door

A pull is won when the middle marker on the rope is pulled beyond the side marking on the floor.

20. SCORE

20.1 Point's Competition

A team winning a match by two (2) pulls to nil will score three (3) points, the losing team will score no (0) points. Teams winning one pull each; each team will score one (1) point.

20.2 Pull-off's,

Semi Finals and Finals Matches will be won by two (2) pulls out of three (3). A team winning a match by two (2) pulls to nil (0) will score three (3) points, the losing team scoring no (0) points. A team winning a match by two (2) pulls to one (1) will score two (2) points, the losing team scoring one (1) point

21. NO PULL A "No Pull"

will be declared in the event of; both teams being guilty of infringements; after twice being cautioned

- (a) both teams being guilty of inactivity
- (b) both teams leaving go of the rope before the finish of a pull
- (c) a pull being interrupted without infringement by either of the teams

When a "No pull" is declared in the case a),

(b or c), no rest period will be granted and the pull shall be retaken immediately and without any aid or service.

When a "No pull" is declared in the case of d) a reasonable rest period will be granted.

JUDGING**22. OFFICIALS AND JUDGES**

Officials shall be appointed by the Tug of War International Federation to have control of all international competitions. The final selection of judges for international competition shall be the responsibility of the Technical Commission.

23. POWERS OF REFEREE, CONTROLLER AND CHIEF JUDGE

In case Clubs and/or Individuals at an event are liable of action of bringing the tug of war sport into disrepute, the Referee, Controller and the Chief Judge, in coordination with each other, are empowered to expel the club and/or individuals from further participation during the event. The Referee shall prepare a report to the TWIF ExCo, which in accordance with Article 12 of the Constitution might take further disciplinary action against the club and/or individuals

24. POWERS AND RESPONSIBILITIES OF THE JUDGE

The appointed judge for a match shall have sole control.

He shall be responsible for ensuring:

- (1) that the Rules of "TWIF" are adhered to
- (2) that the rope is laid out ready for competition before the teams arrive in the pull-ing area
- (3) that, as far as possible, the pre-determined timetable is adhered to.

He has the power to;

- (4) grant rest periods as shown in Rule 17
- (5) declare a "No pull"
- (6) disqualify a team or teams after caution.
- (7) disqualify a team without caution which he deems to be guilty of ungentlemanly conduct, by word or act, which is likely to bring the sport into disrepute.

In the event of the judge in charge giving a caution, which he will indicate by the common signal code, naming the team and adding "first caution" or "last caution". Any such instructions given by the judge in charge must be clear and brief using the appropriate signals. The judge's decision shall be final at all times.

25. RESPONSIBILITIES OF SIDE JUDGES

Side judges shall at all times act under the directions of the judge in charge. During the actual pulling the side judge shall take up a position alongside the competing teams and to the opposite side of the judge in charge. The side judge shall observe the competing teams and indicate the infringements of the teams to the judge in charge, using the common signal code. The side judge will inform the offenders of the cautions given by the judge in charge.

26. WEIGH MASTER

In international competitions, stewards may be appointed by TWIF who shall be responsible to the Weigh master (judge in charge of the weigh-in) for correctly weighing and stamping all competitors.

SIGNALS AND COMMANDS**27. THE START PROCEDURE**

When the judge has received a signal from the two coaches that all is ready, he shall give the teams the following verbal and visual commands:

Pick up the rope : The rope shall then be gripped as defined in paragraphs 11, 12 and 13, the feet being flat on the ground

Take the Strain : Sufficient strain being put on the rope to ensure that it is taut. In out-door competitions each puller may establish one foothold with the heel or side of the boot with the extended foot Steady.

The judge shall then signal the rope to the centre position. When the rope is steady with the centre mark over the centre line on the ground : **Pull** After a reasonable pause

28. FINISH OF A PULL

The finish of a pull shall be signalled by the judge blowing a whistle and pointing in the direction of the team winning the pull or in the case of a “No pull” crossing his arms and pointing to the centre mark.

29. LIST OF COMMANDS IN TUG OF WAR COMPETITION

COMMAND	SIGNAL
1 Team are you ready	: Indicating the team with the arm
2 Pick up the rope	: arms extended in front of the body
3 Take the strain	: arms extended upwards with hand palms inward
4 Rope to centre	: Indicating the side which has to move to centre
5 Steady	: arms extended upwards with palms outwards
6 Pull	: Flinging arms down to the sides
7 Indicate winner	: Blowing whistle and pointing to the winning team
8 Change ends	: Blowing whistle and crossing the arms over the head
9 No Pull	: Blowing whistle and crossing the arms in front of the body
10 Caution	: Raising the arm on the side of the infringing team and indicating by one or two fingers the first or second caution

30. LIST OF COMMON INFRINGEMENTS IN COMPETITION

INFRINGEMENTS	SIGNAL
1 SITTING	: moving flat hand horizontally
2 LEANING	: open hand horizontal indicating to the ground
3 LOCKING	: elbow touching the lifted upper leg
4 GRIP	: two fists in front of each other
5 PROPPING	: lifting movement with hands along the body
6 POSITION	: kicking movement and stretching of the lower leg
7 CLIMBING THE ROPE	: climbing movements with the fists
8 ROWING	: rowing motion with arm and upper body
9 ANCHOR’S GRIP	: with the hand touching the back
10 TRAINER	: with the finger touching the lips
11 FOOTHOLDS	: kicking with heels in the ground
12 SIDE-STEPPING	: side stepping with one foot

COMPETITION STRUCTURE

31. General

The TWIF International Championships competition consists of a qualifying round, semi-finals and finals.

- The qualifying round will be a point's competition. For the points competition only one draw shall be made. The draw shall be made in the presence of the appointed delegates to the Tug of War International Federation.
- The qualifying competition will result in four teams entering the semi-finals. The losers of the semi-final matches enter into the pull-off for the bronze medal and the winners of the semi-final matches enter into the final for the silver and the gold medals.

32. Minimum number of teams

A minimum number of 4 teams per weight class is required for participation in World or Continental Championships. If there are not four teams taking part in a particular weight class, it will not be considered a World or Regional Championships

33. Competition with one group

When less than 12 teams have entered in a weight class, all teams will compete in one qualifying point's competition.

- The top four teams of the qualifying point's competition will enter into the semi-finals.
- The opponent of teams number 3 and 4 from the qualifying round will be decided by a toss of a coin.
- The winner of the toss will compete against number 2 of the qualifying point's competition. The loser of the toss will compete against the team placed as number 1 of the qualifying competition.

34. Competition with more than one group

When 12 or more teams have entered in a weight class, the qualifying point's competition will be divided into two groups.

The placing into the groups will be based on the ranking in the previous applicable competitions (regional or world championships)

The teams ranking first and second place after the qualifying point's competition will enter into the semi-finals.

The teams ranking first in their group will compete against the teams ranking second from the other group. In case, after the qualifying competition, the first two teams in a particular group are equal on points, teams will be ranked in accordance with rule 35.

35. Determination of ranking in qualifying competition

In the event that, after the qualifying competition, teams are in contention to enter into the semi-finals the following rules will apply to determine which team(s) will qualify for the semi-finals. These rules will also apply to rank teams with equal points in qualifying competition

(1) Result of matches

The team(s) with the best results in the matches between the teams concerned during the qualifying rounds will be first to qualify for participation in the semi-finals.

(2) Matches won

In the case that the results between the teams do not break the tie the team with the most matches won will go to the semi-finals.

(3) Cautions

In case the first 2 options do not break the tie, the team(s) with the least cautions in the qualifying rounds will be first to qualify for participation in the semi-finals.

(The number of cautions of a team in a match is the total number of cautions accumulated in the pulls of that match. A team being disqualified in the qualifying rounds will be considered to have accumulated 3 cautions during that pull. In the event of a No-Pull, the cautions given prior to declaring a No-Pull will be accumulated to the total number of cautions of the team in that match. In the case of a No-Pull being declared due to infringements as indicated in rule 21.– a. both teams will accumulate 3 cautions.)

(4) Team weight

In case the first 3 options do not break the tie, the lightest team(s) will be first to qualify for participation in the semi-final. For this criterion the certified weight on the weighing sheet will be used.

(5) Toss or draw

In case all of the above criteria have not broken the tie, the qualification for participation in the semi-finals will be decided by a coin toss or a draw.

36. Supervision pull-off and draw

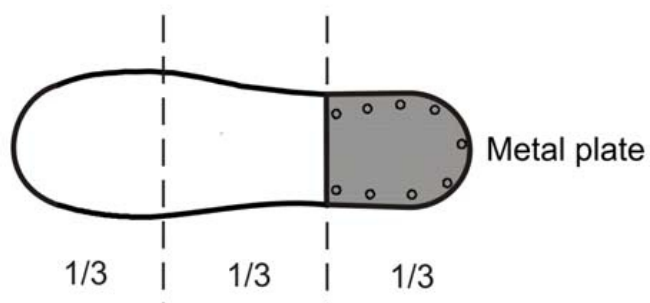
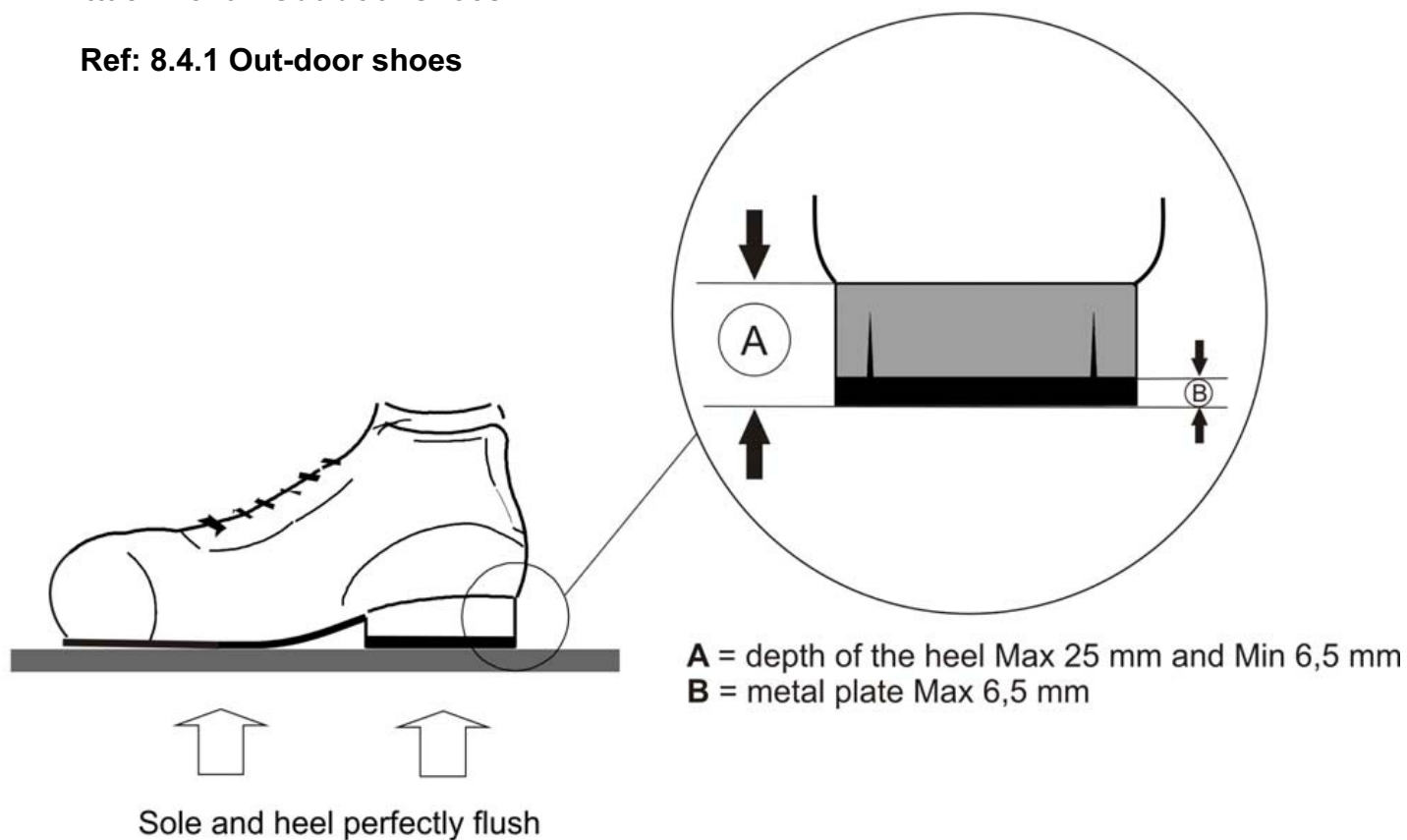
All pull-off's and drawing of lots shall be done under direct supervision of the appointed officials of the competition, these officials shall arbitrate in matters of dispute.

Amendments to Rules for International Competition.**Amended by the Annual Congress at**

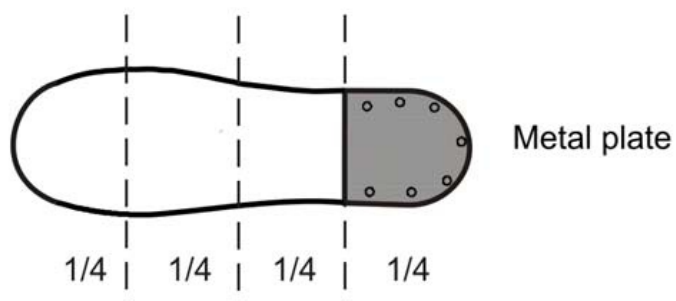
Drogheda	Rep of Ireland on 11 April 1992
London,	England on 24 April 1993
Rochester	USA on 18 April 1998
Mogelsberg	Switzerland on 6 May 2000
Pretoria	South Africa on 28 April 2001
Assen	Netherlands on 27 April 2002
Rochester	USA on 3 May 2003
Cento	Italy on 21 April 2004
Capetown	South Africa on 7 May 2005
Minehead	England on 6 May 2006

Attachment 1 Out-door shoes

Ref: 8.4.1 Out-door shoes

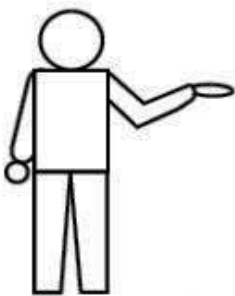




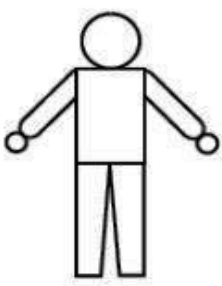







heel is no **more** then $\frac{1}{3}$ of total footprint








heel is no **less** then $\frac{1}{4}$ of total footprint

Attachment 2 Signals Commands

		
TEAM ARE YOU READY	PICK UP THE ROPE	TAKE THE STRAIN
		
ROPE TO CENTRE	STEADY	PULL
		
INDICATING WINNER	CHANGE ENDS	NO PULL
		
FIRST CAUTION	SECOND CAUTION	

Attachment 3 Signals infringements

		
SITTING	LEANING	LOCKING
		
GRIP	PROPPING	POSITION
		
CLIMBING	ROWING	ANCHORMAN
		
TRAINER	FOOTHOLDS	SIDESTEP

Ref: 8.1.4 Anchor vest

