



# Malaysia Midwest Games

## Sports Rules

### *Tug of War*

**1. Forfeits**

- 1.1. Please refer to Section 9 of the General Rules.
- 1.2. Players are expected to be present at the court 10 minutes before their match start; failure to do so may result in a forfeit from the competition.
- 1.3. Should a team be issued **two** technical fouls in one game, the game shall be forfeited to the opposing team.

**2. Category**

- 2.1. There will be one category for Tug of War
  - 2.1.1. Open

**3. Team Logistics**

- 3.1. Tug of War will be held in Mitchell Field.
- 3.2. A thick rope will be provided.

**4. Game play and Timing**

- 4.1. To start the game, the judge will issue three commands. (a) Pick up the rope, (b) Take stance (c) Pull. The game will start at the third command.
- 4.2. 2. Each team must have 10 players only on the field for the match to start. The team that has less or more than 10 players before the match may be disqualified.
- 4.3. 2. If a player falls, he will be given a warning, each team is allowed a maximum of 2 warnings before the team is disqualified.
- 4.4. 3. Tug-of-war is won when either team's white mark crosses over the center point, which is 6 feet of distance.

**5. Equipment**

- 5.1. All players are advised to wear shoes
- 5.2. Cleats or any studded shoes are not allowed.