

<b>TUG OF WAR RULES AS ADOPTED BY THE MEMBERSHIP AT THE 2006 AGM</b>
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<b>PART 2 - RULES</b>
<b>SECTION ONE - GENERAL RULES</b>
<b>AUTHORITY</b>
1.1 The Tug of War Association (ToWA) is the delegated authority for Tug of War by the Sports Council. The General Committee uphold and enforce these rules and may from time to time make amendments or clarifications to them and where necessary, introduce new rules to cover an arising situation. All such items shall become effective immediately and be presented to the membership at the following AGM for approval (not as a resolution). A spokesperson for the General Committee shall explain to the membership the reasons behind the changes prior to the membership voting.
<b>PERMITS</b>
1.2 (a) All Tug of War competitions at which teams affiliated to the ToWA take part, must be conducted in accordance with ToWA rules. A permit authorising such competitions must be obtained from the Hon. General Secretary.
(b) That any individual registered or any registered puller who is invited to officiate at a charity ToW competition, where the issue of a permit would not be appropriate, may be issued with a letter of authorisation from the Hon Gen. Sec. to participate in the event.
<b>ENTRIES</b>
1.3 (a) Domestic competitions - Entries for all competitions held under ToWA laws must be on an official entry form completed as required, plus the entry fee. Organisers must stipulate a closing date for entries and the amount of such entry fee.
(b) Clubs travelling abroad - Any club planning to enter a competition in another TWIF member country must inform the Hon Gen Secretary in writing of its intentions at least two weeks before the competition is due to take place. This rule does not apply to teams travelling abroad to represent England.
<b>BETTING</b>
1.4 It is a condition when a Permit is issued that under no circumstances will betting be permitted at any meeting held under ToWA Laws.
<b>FIRST AID</b>
1.5 Qualified first-aid assistance must be available at all ToW events with appropriate / suitable first aid kit.
<b>ENGLAND TEAM MANAGER</b>
1.6. The England Team Manager should attend all General Committee meetings but have no voting rights, unless he/she is an area rep.
<b>JUNIOR AND UNDER 23</b>
1.7 Junior and Under 23
a) That England Junior and under 23 development sides be formed, to be coached by an independent

coach appointed by the General Committee, to represent England at International Championships.	
<b>AREA REPS</b>	
1.8 Area Reps	
a) Substitutes for area reps at committee meetings are to be advised to the Hon.Gen.Sec. at the beginning of the year, it is the responsibility of the Area to get the relevant paperwork to the substitute in time for the committee meeting.	
b) Area reps to be eligible to represent an area must abide within that area i.e. the geographical location of their address.	
c) Clubs and individual members of the TOWA can vote for an Area Rep.	
d) Each area must hold an AGM at which clubs & individuals of that area will elect their area representatives.	
<b>INTERNATIONAL REP</b>	
1.9. An elected representative from the ToWA is to visit the venue for the European/World championships to gather relevant information relating to the ToW tournament (including ground conditions) at least 12 months prior to the event for indoor/outdoor. This is to be reported back to the General Committee and published in the minutes.	
<b>SECTION TWO - CHAMPIONSHIPS AND NATIONAL LEAGUE</b>	
<b>CLASSIFICATION OF COMPETITIONS</b>	
2.1 Grade 1	International matches. National Championships. A.A.A. Championships.
Grade 2	County Championships. Inter-Counties Championships.
Grade 3	National League Invitation competitions. Open meetings. Training leagues.
<b>CHAMPIONSHIP WEIGHTS</b>	
2.2 The following championships and weights are recognised by the Tug of War Association.	
Men	
National Outdoor Championships: 560k, 600k, 640k, 680k, 720k, Catchweight.	
National Indoor Championships: 560k, 600k, 640k, 680k, 720k, Catchweight.	
County Championships (Outdoor only) : 640k, 680k.	
Inter-Counties Championships (Outdoor only): 640k, 680k.	
A.A.A. Championships (Outdoor & Indoor): 640k, Catchweight.	

Women
National Outdoor Championships: 520k, 560k.
National Indoor Championships: 480k * 520k, 560k (* For World Champs, alternate years).
<b>NATIONAL CHAMPIONSHIPS</b>
2.3. In the National Championships of the ToWA.
(a) Only pulling members who have been registered with the Association as members of a club for at least one calendar month before both the outdoor and indoor national championships will be eligible to pull for the club.
(b) The register of pullers will be available for inspection.
(c) The following officials shall be appointed by the General Committee:-
1. Controller:.
2. Referee.
3. Chief Judge.
To qualify to be Chief Judge at the Outdoor National Championships, an official must have been twice chief judge at any of the following: Inter-Counties Championships, AAA Outdoor, AAA Indoor Championships and National League.
4. Chief Marshal.
5. Weighmaster (A Grade I Judge).
6. Chief Timekeeper/Recorder.
All other officials necessary shall be invited. Judges for all National Championships shall be Grade I except when insufficient Grade I Judges are present to carry out the programme effectively, when Grade II Judges may judge at the discretion of the Chief Judge of the day.
Grade II and Grade III Judges may officiate in capacities other than judging. All judges appointed for Indoor National Championships shall have judged in at least two indoor competitions prior to the Indoor National Championships.
d) Side judges shall be used at all Championships in semi-finals and finals
e) The draw shall be conducted in the presence of any three senior officials, and any coach of a competing team.
f) Winners of those National Championship weights designated to be pulled in current World or European Championships <b>maybe</b> invited to represent England for one year. In the event of a club winning more than one weight, they shall select one weight at which to represent. This should be done within two weeks of receipt of the invitation. The losing finalists at the other weight or weights <b>may</b> then be invited to represent at those weights. If a losing finalist is unable to represent, then the team in third place of a particular weight may be invited.
Winners and Runners Up of those weights appropriate to current United Kingdom Championships designated weights may be invited to represent England at the United Kingdom Championships and the

same criteria shall apply as to World and European Championships.
In the case of the occasional international pull, which is not an annual event, the General Committee shall have discretion to nominate a team to represent England.
Eligibility of team members to represent England and/or to compete in the English National Championships: a) The team member must have been resident in England and registered with an English club for one full calendar year immediately preceding the competition. b) The team member must not have competed for another country for the two years immediately preceding the competition
(g) The decision to disqualify a team from a competition, other than for infringements in the process of pulling, shall be made by the Referee only.
(h) <u>Juniors</u> A puller is eligible to pull as a junior from the beginning of the academic 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 17. <u>Under 23</u> 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.
(i) Junior and Under 23 Championships shall be run in conjunction with the National Championships, or as a separate event, at the discretion of the General Committee. Weight classes shall be: Under 23, 600 Kilos 8 a side. Juniors 530 kilos at 8 a-side. 560 Kilos 8 a-side. . And any other weight class deemed practical for the good of the Youth Tug of War, staged at the discretion of the General Committee, from time to time. Teams representing Areas or Counties may enter these Championships.
(j) The order of pulling shall be: MENS C/W 640 560 720 600 680 Ladies <b>L560</b> <b>L480*</b> <b>L520</b> <b>U23</b> <b>600</b> Junior            530                    560 * = Indoor only All weights, apart from catchweight, will be on points.
(k) If there are 9 or more teams in a weight, 4 teams shall be seeded. The seeding shall be based on the previous year's National Championships results: 1 <sup>st</sup> and 4 <sup>th</sup> in one half of the draw, 2 <sup>nd</sup> and 3 <sup>rd</sup> in the other. If there are less than 9 teams in a weight, only 2 teams shall be seeded.
(l) The Outdoor National Championships shall be held in conjunction with a show where possible, on the third Saturday in June, and the Indoor National Championships shall be held on the first Saturday in December.
(m) In every weight, both semi finals will be pulled at the same time, and the final shall be the only event taking place in the arena.
(n) The weigh-in at Outdoor/Indoor National Championships shall be from 7pm to 9pm on the evening prior to the competition, (all teams to register by 8pm) and 7am to 9am on the day of competition.

(o) Medals shall be presented to the 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> placed teams in all weights, but if less than 4 teams have entered a weight, by the closing date, then only the 1 <sup>st</sup> and 2 <sup>nd</sup> placed teams will receive medals.
(p) Prior to the National Championships, to be able to represent England at senior ToW, clubs (gender specific) must have attended, weighed in and be ready to compete at a minimum of 6 ToWA permitted organised outdoor competitions. For indoor ToW, clubs (gender specific) must have attended, weighed in and be ready to compete at a minimum of 5 ToWA permitted organised events prior to the national championships to be eligible to represent.
(q) If possible run a Young Farmers/new teams competition at the same time as the National Championships. Called the National Open Competition. Grade 2 and 3 judges to judge this event.
(r) A certain amount of competitions after the nationals should be pulled on TWIF rules in order to help representative teams prepare for the UK's, European and World championships.
(s) World / European/UKs Travelling/Accommodation expenses. If teams do not pay their invoices on time when requested they may be withdrawn from the competition.
(t) Nationals - Only two attempts are allowed to weight in teams for the National Championships provided calibrated test scales are available.
(u) Representing Teams - Clubs representing England shall sign a terms of reference form and if they do not shall not represent.
(v) Returning of National cups to be two months prior to the date of the championships.
(w) The winners of the National Championship at that weight class go forward to represent Great Britain in the World Games (assuming England qualify to represent)
(x) On the day of the national championships no other business will interfere with the format of the competition
<b>DUTIES OF THE REFEREE.</b>
2.4 Dealing with any matter of dispute or discipline referred to him/her by the Chief Judge.
(a) Liase with the controller and Chief Judge.
(b) Be present at the weigh-in
(c) Be present for the draw for each weight class.
(d) To consult with the Chief Judge and the Championship Secretary, should the need arise to move the ropes during the Championships
(e) Report any serious matters to the General Committee
(f) The Referee will not officiate at any competition.
(g) The Referees decision is final.
<b>COUNTY QUALIFICATION.</b>
<b>A.A.A. CHAMPIONSHIPS</b>
2.5 The English Tug of War Association shall organise and manage the England AAA Tug of War Championships. To be eligible to compete in the AAA Championships a puller has to be a first claim, bone fide member of that club.
(a) The Championships weights are catchweight and 640 kilos.

(b) These weight classes shall be pulled on points.
(c) Where the AAA Championships are concerned, every member of the team shall be registered with the competing club, for at least one month prior to the Championship.
<b>INTER-COUNTIES CHAMPIONSHIPS</b>
A county qualification may be acquired as follows:
A Tug Of War Club shall be deemed to possess a county qualification for the county in which it has its headquarters provided that:
(a) It is affiliated to the County AAA, where applicable.
(h) Every member of the team has been a member of the club for at least twelve months on the day of the competition or has a birth or residential qualification for the county concerned.
(c) No member of the team has competed in the County Championships, or represented another County, in the nine months immediately prior to the day of the competition.
(d) The Winners and Runners Up of a County Championship may compete in the Inter-Counties Championships.
<b>RESTRICTIONS</b>
2.6 It shall be a condition that no athlete is allowed to compete in more than one Area Championship in any one year.
<b>REGISTRATION CHECKS</b>
2.7 It will be mandatory to check registration cards at all Championships events.
<b>NATIONAL LEAGUE</b>
2.8 The Tug of War Association shall organise a National League each outdoor season. The National League not a championship, but an open competition in which:
(a) The competition is open to English clubs only. All senior teams registered with the ToWA are eligible to enter, there shall be no pre qualifying competition. Unregistered teams may be invited to compete in the men's Division 3 and in the women's division.
(b) The men's weights are 600, 640, 680k, all pulled on points. The pulling order shall be 600, 640, 680k.
(c) The women's weights are 520 and 560k all pulled on points; provided at least four teams enter. The pulling order shall be 520, 560k. If less than four teams enter, the women's competition will be held at one weight class of 520k.
(d) There shall be three divisions in the men's competition. A club shall remain in the same division for all weights. There shall be one division in the women's competition.
(e) The National League competition shall be held on or around the second Sunday in September, the date to be determined by the General Committee.
(f) Borrowing is permitted within a division only. The borrowing rules in force at the time of the competition shall apply.
(g) The General Committee shall appoint the following officials: Controller, Referee, Chief Judge, Weighmaster.

(h) Promotion and relegation shall be determined as follows:
1. The top team in Division 2 will have a 'pull-off' against the bottom team in Division 1.
2. The top team in Division 3 will have a 'pull-off' against the bottom team in Division 2.
3 The team in the LOWER division will choose the weight category at which this takes place.
4. Should the team in the higher division not have a team at this weight they will be able to borrow, within the rules, to achieve it.
5. 'Bathroom' type scales will be provided to enable the teams to weigh the changes.
6. Weights of the teams will be recorded at the weigh-in.
The top team in a division will be determined as follows;
1. The team that comes top in two or all three weight categories.
2. If there are three separate weight winners, each team's performance per weight will be expressed as a percentage by $\{(Total\ points\ scored/Maximum\ possible\ points) * 100\}$ , to get the teams overall score add the three percentage points together, maximum possible score of 300. The team with the highest points score goes into the 'pull-off'.
The bottom team in a division will be determined as follows;
1 The team that comes bottom in two or all three weights.
2. If the bottom teams in all three weights are different each teams performance will be expressed as a percentage using the formula in (2) above. The team with the lowest points score will go into the 'pull-off'.
Should the above result in a 'tie' the following will apply:
1. Result(s) of matches between them
2. Number of matches won
3. A 'pull-off' between the teams at a weight agreed between themselves, if non agreed to be at 640kgs or at a weight agreed on the day between the Controller, Referee and Chief Judge.
<b>ENGLAND TEAM TRAINING SESSIONS</b>
2.9 . England teams training sessions. An England team training session should only be for English teams and under no circumstances should teams from other countries be involved.
<b>SCALES</b>
2.10 All scales at major championships should be calibrated by a fully recognised calibration service, fully compliant with UKAS accreditation standards (United Kingdom Accreditation Services) or using weights fully traceable to NAMAS standards. All scales should have a current valid certificate and the certificate should be on hand ready for inspection on request.
<b>SECTION THREE - CLUB AND INDIVIDUAL STATUS, TEAMS</b>
<b>REGISTRATION OF CLUBS</b>
3.1 (a) Every club must register with the Tug of War Association within three calendar months of its first ToWA Competition.
The membership period runs from January to December. Renewal of membership is payable before

January 1 <sup>st</sup> annually.
(b) (i) While at school, an athlete remains first claim to his or her school.
(ii) While serving in HM Forces, a serviceman or servicewoman shall represent as follows Combined services pullers claim status. <ol style="list-style-type: none"> <li>1 An individual that is representing his/her country has priority</li> <li>2. Then combined services</li> <li>3. Then single services</li> <li>4. Then their regiment</li> <li>5 Then their unit.</li> </ol>
<b>REGISTRATION OF PULLERS</b>
3.2 All members of a club must be registered with the Tug of War Association and issued with a registration card. All Registration Cards must have a photograph of the individual certified by the Hon. General Secretary fixed to them. An annual registration fee per member is payable to the ToWA. A new club joining the ToWA must submit the names and addresses of the members of that club (with date of birth if under 17 years of age) on the Registration Form supplied, plus two passport size photographs of each member, with his or her name printed on the back of each photograph, and the appropriate fee.
When renewing registration (annually) of members, club secretaries must complete the Registration Form with the name, address and registration number of each puller, and return it with the appropriate fee. There is no need to return registration cards when renewing registration. Should a card be lost, this must be reported immediately and a new card will be issued, a handling fee will be charged. Secretaries of clubs will ensure that each card is signed by the respective person named. The Club Secretary will retain the cards in bulk.
At all ToWA Championships, secretaries of clubs will arrange that each member has his or her card to hand at the weigh-in (on the scales) for inspection, and at other competitions at the Chief Judge's discretion.
H.M. Forces can use their service ID cards for weigh in purposes, however they must still be registered with the ToWA. HM Forces will cover puller registration fees 'on-block' for an amount paid annually as agreed by the committee from time to time
Registration Proof of DOB will be needed when registering Juniors and under 23's (copy of birth certificate)
<b>TRANSFER OF PULLERS</b>
3.3 The following procedure must be observed in the transfer of pullers.
(a) <b>Outdoor Pulling Season:</b> (end of March to end of September). If a puller wishes to transfer from one club to another, a letter from the secretary of the club he or she is leaving, stating that the puller has retained no kit or owes no monies to the club is required. A letter from the secretary of the club he or she wishes to join stating that the transfer is amicable etc., is also required. These letters together with the registration card of the puller must be returned. The application is then placed before the General Committee for their consideration. During the closed Outdoor Season the above procedure must be adhered to, with the exception that the application does not need the approval of the General



Committee.
(b) <b>Indoor Pulling Season:</b> Transfers from one club to another are usually of a temporary nature. A temporary registration card for the current indoor pulling season will be issued to individual pullers. The permanent registration card and a passport size photograph must accompany any application for a temporary registration. The Asst. Secretary will retain the permanent card throughout the temporary registration period, effectively suspending the puller's permanent registration. The permanent card will not be released until the Asst. Secretary has received the temporary card together with a letter from the secretary of the temporary club stating that the puller has retained no kit or owes no monies to the club. Temporary transfers for the indoor season will be accepted up to the 21st October. Transfers from one club to another where both clubs participate in indoor tug of war shall not be allowed without agreement, in writing, of the secretary of the transferring club.
<b>RETIREMENTS</b>
3.4 When a member leaves a club, their registration card must be returned to the ToWA if it is their intention to retire from pulling. All correspondence concerning the registration of pullers must be sent to the Asst. Secretary. If there are any registration queries, the Asst. Secretary should be contacted so that the matter can be dealt with immediately.
<b>AGES FOR COMPETITORS</b>
3.5 (a) In Senior competitions no more than two members of a team shall be between the ages of 15 and 17 years on the day of the competition.
(b) Tug of War for Junior & Under 23  <u>Juniors</u> A puller is eligible to pull as a junior from the beginning of the academic 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 17.  <u>Under 23</u> 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.
(c) In Junior (GENSB) competitions team members must be at least 12 years old, and must not have reached their 19 <sup>th</sup> birthday.
Teams knowingly breaking any of these rules risk automatic suspension.
<b>TEAM NUMBERS</b>
3.6 At the start of each Championship competition senior teams shall consist of eight pulling members subject to team qualifications. In open competitions teams will start with a minimum of 7 and maximum of 8 pullers.  Teams may consist wholly or partly of women pullers for men's open club competitions only.
In Junior (GENSB) competitions, teams shall consist of between 7 and 10 pulling members; subject to a maximum weight of 560k for each girl in the team add 10 kilos up to a maximum of 600kilos. Teams can contain both boys and girls.
NB. GENS B competitions are named after the annual International Junior Tournament organised by Germany, England, Netherlands, Switzerland and Belgium where the format was first used.
Senior women's teams may pull against junior and under 23 teams in open competitions.
A competition is considered to have started for a particular team when it is in position to pull under the

direct supervision of the judge.
<b>COACHES AND TRAINERS</b>
3.7 (a) Only one Coach is permitted with each team. The coach is regarded as a member of the team and therefore should be a member of the club.
(b) Only one Trainer or “Water-Carrier” is permitted with each team. During pulling he or she shall take up a position well clear of both teams and is not permitted to address any remark to them during actual pulling.
<b>BORROWING</b>
3.8 (a) A maximum of two pullers (male or female for men’s competitions and female for ladies competitions) may be borrowed for any open competition.
(b) That representing teams can borrow up to two pullers even if they have pulled in an open or closed weight prior to their weight class at the discretion of the England teams manager.
<b>DROPPING A PULLER</b>
3.9 If one team loses a puller through injury the decision to "Drop a puller" from the opposing team is left entirely to the discretion of that team's coach (different pullers maybe ‘dropped’ for each end). The “Dropped puller” shall rejoin his or her team for the next match, but the injured person may not return in that day's competitions. However in all championships, listed in Rule 2.2, and any designated by the Services, if a puller is dropped through injury, the opposing team shall not drop a puller.
<b>RESTRICTIONS</b>
3.10 No club shall enter more than one team in any championship competition.
<b>SUBSTITUTION</b>
3.11 NO SUBSTITUTE CAN BE ALLOWED once a team has pulled in a weight class. However, a puller injured in a previous competition may be substituted in a weight that has not yet started at the discretion of the chief judge.
<b>SECTION FOUR - RULES FOR OFFICIALS</b>
<b>TESTING &amp; REGRADING</b>
<b>JUDGES COURSE &amp; EXAM</b>
4.1 The ToWA shall be responsible for the testing and grading of ToW Judges.
Current regulations (revised 1977) are as follows: -
(a) The examination shall be held only after a course authorised by the ToWA.
(b) It shall be in three parts and be based on current ToWA Constitution and Rules: (i) written, (ii) oral, (iii) practical.
(c) A candidate must be registered as an Individual Member of the ToW Association, have had at least 3 years experience of Tug of War and be recommended by their Area. To obtain a Judges Certificate, must attain a minimum of 75% marks in each section of the examination. Candidates will be appointed Grade III Judges and may be appointed to Class 3 Competitions.
<b>JUDGES RECORD &amp; REPORT FORMS</b>
4.2 (a) Judges Record Form - All Judges are required to return the completed record form to the O/R

<p>Secretary each year before October 16<sup>th</sup>. Those who fail to do so or who fail to register annually will be omitted from the Association's list of officials and not be recognised by the Association until such time as a written application for reinstatement is made to the Hon. General Secretary and accepted by the General Committee, but <b>also</b> return their report form.</p>
<p>(b) Judges Report Form - The Chief Judge at a competition will report on the performance of other judges on the reverse of the permit, which is to be sent to the O/R Secretary within seven days of the competition together with the results sheets. Assisting judges who are given a "poor" rating must be informed on the day and given the reason. Organisers are allowed to see the Chief Judge's report concerning their meeting before he or she forwards it to the Association. Entry forms are to be retained by the Chief Judge for a minimum of 4 weeks after the competition</p>
<p><b>RE-GRADING OF JUDGES</b></p>
<p>4.3 Grade III judges may be re-graded to Grade II only after two years satisfactory experience and a minimum of twelve competitions and 4 competitions in the year of being put forward for regrading. Grade II judges may then be appointed to Class 2 competitions.</p>
<p>Grade II judges may be re-graded to Grade I after two years as Grade II provided that, by the year in which they apply, they have officiated at a National Championship and they have in the year that they apply:</p>
<p>(a) Organised at least three competitions at more than one weight</p>
<p>(b) Judged at least ten open competitions</p>
<p>Grade I judges may be appointed to Class 1 Competitions.</p>
<p>Reports and recommendations for upgrading, or otherwise, for all judges in an Area eligible for regrading, shall be submitted to the Referees Panel (prior to its annual meeting) by an Area Panel of three Grade I judges.</p>
<p><b>REFEREES PANEL</b></p>
<p>4.4 A Referees Panel of seven, consisting of four Grade I judges, with not less than 5 years at that grade and three bona fide coaches, with not less than 4 years coaching experience, shall be appointed by the General Committee at its meeting, subsequent to the Association's AGM, the term of office will be three years. The Panel will meet between mid October and the penultimate weekend in November of each year, to review the records of all Association judges, and make decisions on regrading. The Officials and Records Secretary shall be the Secretary of the Panel, and will convene meetings of the Panel as indicated above.</p>
<p>If the Panel refuses to upgrade a judge who is qualified for upgrading, that judge shall have the right of appeal. The judge must notify the O/R Secretary in writing, and the appeal will be heard by the General Committee at its first meeting following when the Panel last sat. The Panel will also appoint judges for the World and Continental Championships.</p> <p>A single roster for the TWIF judge appointments will be run covering indoor and outdoor competitions.</p>
<p><b>TWIF JUDGES</b></p>
<p>4.5</p> <p>a) When a place is available on the TWIF Judges course/exam and the committee deems the need for an additional TWIF judge within The Association, nominations shall be received from the Area</p>

Rep's or by a Judge in writing to the Hon. Gen Sec. The nominations shall be voted on by the General Committee.

- b) From time to time (as specified by TWIF) Association TWIF judges are required to re-sit their exam.
- c) Should a Judge not pass either the initial or re-sit exam and they wish to retake, they shall apply to the General Committee in writing to the Hon.Gen Sec.
- d) Should any TWIF Judge be invited to attend an International Championship and decline without a valid reason accepted by the General Committee they may be moved to the bottom of the roster.

#### **TIMEKEEPERS/RECORDERS**

4.5 To qualify and be recognised by the Association, timekeepers/recorders must first become registered as individual members. Then after they have officiated at three meetings under the supervision of a Grade I Judge, the Area Committee shall put forward an application to the Officials/Records Secretary who will in turn ask for the timekeeper/recorder to be approved by the General Committee.

It shall be open to the General Committee to make special arrangements for the appointments of timekeepers/recorders where there are particular difficulties in an area.

#### **JUDGES AT COMPETITIONS**

5.1 There shall be one Chief Judge responsible for the conduct of the competition from weigh-in to the close of the meeting and all other judges shall act under his or her direction. The decision of the judge is to be accepted as final on the day. Where an official complaint is made by or against a judge, the rules of procedure to be followed are as in Appendix B of the ToWA Constitution.

#### **SIDE JUDGES**

5.2 Side judges shall, when necessary, act under the direction of the judge within his or her responsibilities. During actual pulling each side judge shall be in a position alongside the competing team on the opposite side of the rope to the judge. A side judge shall not address any remark to the coach or any member of the team unless they are signalled to do so by the judge. In the event of the judge signalling a caution, the side judge shall inform the offenders naming the team and adding "First Caution" or "Final Caution." Any instructions from the judge conveyed by the side judge to a team must be clear and brief.

#### **JUDGES DRESS**

5.3 The uniform of judges shall be dark blue or black blazer, grey flannels or skirt, white shirt, a ToWA tie, a red cap and black shoes.

#### **RESTRICTIONS ON JUDGES**

5.4 Under no circumstances shall an official act as a judge and coach or puller at the same meeting.

#### **SECTION SIX - RULES FOR COMPETITIONS**

##### **WEIGHING AND STAMPING**

6.1 In all weight competitions, the judge will test the scales prior to the commencement of weighing, this test to be carried out in view of those coaches present. Stewards may be appointed to assist, but must be under the direct supervision of a qualified judge. The stamping or marking of competitors should be done on a limb, in a position easily seen by the judge but not easily erased by the rope or competitors' clothing. "B" teams must be stamped so that they are easily distinguishable from "A"

teams. In catchweight competitions the first round winners shall be marked as they leave the rope. In any catchweight competition where any club enters two teams such teams must be declared and one marked in a conspicuous manner before the draw is made. This will prevent a team looking at the draw and then putting the strongest team in the half that appears to be the least difficult.
<b>DRESS FOR THE WEIGH-IN</b>
6.2 At the weigh-in, minimum clothing requirement shall be non-transparent shorts for men and non-transparent shorts and tops for women.
<b>PRACTICE SCALES</b>
6.3. Where accurate practice scales are available at championships, a team will only be allowed two weighs at the official scales.
<b>SECTION 7 - DRESS FOR PULLERS</b>
<b>DRESS FOR PULLERS</b>
7.1 Teams shall be properly dressed for competitions, ie appropriate shirts, shorts, stockings and approved footwear. A team's dress may include sensible headgear for those members wishing to wear it. Headgear must be in one style and in keeping with team colours. Unmodified Protective belts may be worn; articles preventing free movement of the rope are not permitted i.e. hooks or groves etc. The protective clothing worn by the anchor shall not exceed a maximum thickness of 5 centimetres. (See also section 10.3)
<b>SPONSORS LOGO</b>
7.2 Sponsorship will be permitted. A team may display the name of its sponsor, in keeping with the requirements of TWIF (currently in letters not exceeding 10cm high). However where such sponsorship is displayed the name of the club must also be quite clearly displayed.
<b>BOOTS</b>
7.3 Boots must not be "faked" in any way, i.e. the sole, heel and the side of the heel shall be perfectly flush. No metal toecaps or metal toe plates are permitted. Metal heel tips that are flush on the side and bottom of the heel are permitted.
The types of heel permitted are:
Full Tip, Half Tip, Quarter Tip and Full Metal Plate.
"A" = non-metallic material.
Only one tip or plate may be fitted to each heel and be no more than 6.5 mm thick.
For indoor Tug of War, off-the-shelf training shoes (i.e. not modified) without heels must be worn.
<b>SECTION 8 - THE DRAW</b>
<b>TYPES OF COMPETITION</b>
8.1 (a) Three types of competitions are recognised by the ToWA (a) Open, (b) Closed, and (c) Invitation. Such competitions may be pulled on a points or knockout basis, but at all open competitions at least one weight must be pulled on points
(b) That open competitions may be graded.
(c) Ladies Juniors and under 23's League. <u>(LYL)</u>

<p>Any club can pull in the ladies and youth league.</p> <p><b><u>LYL</u></b> to be advertised in the Handbook</p> <p><b><u>LYL</u></b> to commence at the start time but the weigh-in may continue.</p> <p>There will be two Weight classes 520kg &amp; 560kg.</p>		
<p>NB. In practice all weights should be pulled on points, but it may be necessary to pull some weights as knockouts when a competition is running late.</p>		
<p><b>STARTING AND FINISHING TIMES</b></p>		
<p>8.2 All competitions (other than special events or shows) of two weights or more shall start no later than 11.00am. All Sunday competitions should finish no later than 6.00pm.</p> <p>Starting times -If an organiser wished to change the start time of a competition, it should come before the General Committee for approval or if no appropriate committee meeting, can be agreed by the Officers of the Association..</p>		
<p><b>THE DRAW</b></p>		
<p>8.3 The draw shall be made in the presence of a majority of the coaches. One draw only shall be made for each weight provided that it includes all teams who have entered and are participating.</p>		
<p><b>POINTS</b></p>		
<p>8.4 (i) For points competitions the team shall be drawn into an agreed number of groups. Each group will compete as a separate unit, the winners of each group competing in a final.</p>		
<p>(ii) With two or more groups, the teams drawn will be allocated to each group in turn, ie First Team - "A" in Group 1, Second Team - "A" in Group 2, Third Team - "B" in Group 1, and so on.</p>		
<p>(iii) At all times the matches must be conducted in the order as stated below. Where it is necessary to divide into groups, the competition will operate in such a manner as to ensure that teams are given the maximum rest period between pulls that circumstances will permit, for example the competition will be conducted with TWO matches alternating between the groups. The exception to this would be in the case of one containing FOUR teams and the other containing FIVE teams, in which case start with ONE match from the group of FOUR and alternate with TWO matches from the group of FIVE.</p>		
<p>(iv) In the event of a tie at the top of a group, using a fresh draw, the tied teams shall pull off in a knockout competition thereby determining the group winners and runners-up.</p>		
<p>(v) Points should be awarded for each match as follows: (3 points) to team winning two pulls to nil, (2 points) to team winning two pulls to one, (1 point) to team losing two pulls to one.</p>		
<p>(vi) Team withdrawing from a weight class - If a team withdraws part way through a weight class all points won by any other club shall be deducted.</p> <p>Except National league, where all teams due to pull the team after withdrawing will receive three points in that weight competition on that day.</p>		
<p><b>ORDER OF PULLING IN POINTS COMPETITIONS</b></p>		
For Seven teams	For Six teams	For Four teams
A v B	A v B	A v B
C v D	C v D	C v D

E v F	E v F	Rest
A v G	B v D	A v C
B v C	A v F	B v D
D v E	C v E	Rest
F v G	A v D	A v D
A v D	B v E	B v C
B v E	C v F	
C v F	D v E	
D v G	A v C	For Five teams
A v E	B v F	A v B
B v F	A v E	C v D
C v G	D v F	A v E
B v D	B v C	B v C
A v F		D v E
C v E		A v C
B v G		B v E
D v F		A v D
A v C		C v E
E v G		B v D
<b>KNOCKOUT</b>		
8.5 (i) For knockout competitions the names of the teams shall be recorded on the draw sheet in the order in which they are drawn commencing from the top. When a preliminary round is necessary such a round shall be made up of the requisite number of teams who are drawn last. The preliminary round must be conducted first and the winners there from shall take their appropriate places at the bottom of the first round proper, from the position on the draw sheet AFTER the last bye working from top to bottom. Where three teams only compete, the team drawing the bye shall, if defeated by the winner of the first round pull for second place.		
(ii) Byes shall be worked out by subtracting the number of teams from the next number above on the following scale: 4, 8, 16, 32, 64, 128, e.g. 25 teams, 32-25 = 7 byes. See examples below.		
(iii)		
<b>SECTION 9</b>		
<b>MARKINGS &amp; MEASUREMENTS</b>		
<b>ROPE DIMENSIONS</b>		
9.1 Tug of War ropes shall not be less than 10 cm and not more than 12.5 cm in circumference without knots or other holdings for the hands, and shall be a minimum of 35 metres in length.		

<b>OUTDOOR TUG OF WAR</b>
<b>GROUND MARK</b>
9.2. One line shall be marked on the ground, at right angles to the line of the rope, where the centre of the rope will be at the start of competitions.
<b>ROPE MARKINGS</b>
9.3 There shall be five tapes or markings fixed to a rope:
(i) A red tape or marking at the centre of the rope that will be level with the ground mark at the start of every pull.
(ii) Two white tapes or markings each 4 metres either side of the red centre tape or marking
(iii) Two blue tapes or markings each 5 metres either side of the red centre tape or marking. The first puller in each team shall grip the rope within 30 cm of these outer blue tapes or markings.
<b>WINNING A PULL</b>
9.4 A pull shall be won when one of the white tapes or markings on the rope has been pulled over the mark on the ground (4 metres), and will be signalled by the judge blowing his or her whistle and pointing in the direction of the winning team.
<b>INDOOR TUG OF WAR</b>
<b>MAT DIMENSIONS</b>
9.5 There shall be a mat for Indoor Tug of War. It will be a minimum of 27.4 metres long, and 90 cm wide.
<b>GROUND MARKINGS</b>
9.6 There shall be three lines on the ground or mat, each 4 metres apart. The centre line shall be red, and the other two shall be white.
<b>ROPE MARKINGS</b>
9.7 There shall be three tapes or markings fixed to the rope.
(i) A red tape or marking at the centre of the rope which will be level with the centre red ground tape or marking at the start of every pull.
(ii) Two blue tapes or marking each 2 metres either side of the centre red tape or marking. The first puller in each team shall grip the rope within 30 cm of these outer blue tapes or markings.
<b>WINNING A PULL</b>
9.8 A pull shall be won when the centre red tape or marking on the rope has been pulled over the white line on the ground or mat. (4 metres), and will be signalled by the judge blowing his or her whistle and pointing in the direction of the winning team.
<b>ADJUSTMENTS OF MARKS</b>
9.9 Adjustment of rope tapes or markings for both Outdoor and Indoor competitions may be made, at the discretion of the officiating judge, as required, but only between rounds of a competition.
<b>INDOOR SHOES</b>
9:10 Indoor shoes - For open competition, any flat - soled readily available retail bought shoe that has



not been modified in any way from the manufacturer's specification, may be worn. For Indoor National Championships and AAA's teams must wear shoes from the list as published by the Committee on the Association web site as from November 1 <sup>st</sup> each year.
<b>SECTION 10</b>
<b>MATCHES AND REST</b>
<b>PRE PULL CHECKS</b>
10.1 The competitors' footwear and stamp marks must be inspected by the judge before the start of a competition.
<b>RESIN</b>
10.2 Approved resin or 'tack' (when permitted) will be applied to the hands only.
<b>ANCHOR'S GRIP</b>
10.3 (a) Upon taking up position the anchor will place the rope around his or her body in the approved manner for the inspection of the judge.
(b) The approved manner will be:- The rope shall pass alongside the body, diagonally across the back and over the opposite shoulder from rear to front. The remaining 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.
<b>PULLERS GRIP &amp; POSITION</b>
10.4 From the start the rope shall be taut, every pulling member shall hold the rope with both bare hands by the ordinary grip, i.e. gripped by both hands with the arms extended forwards with the palms of the hand NOT on top of the rope, and the rope shall pass at waist level or above. Any other hold that prevents the free movement of the rope is a lock and is an infringement of the rules. The feet must be extended forward of the knees and team members should be in a pulling position at all times.
<b>TEAM AT THE READY</b>
10.5 When the judge sees that each team is in position, he or she will call on each coach in turn "Are you ready Coach" also naming the team. When the coaches have affirmed their team's readiness and the judge is satisfied, he or she will then start the pull.
<b>THE START</b>
10.6 When the judge has received the signal from the two coaches that all is ready he or she shall give the teams the following verbal and visual commands:
"PICK UP THE ROPE" at the same time extending the arms forward and horizontally. No indents of any kind shall be made in the ground in any way before the command: "Take the strain". The pullers' feet shall be flat on the ground and the rope held with both hands by the ordinary grip.
"TAKE THE STRAIN" at the same time raising both hands above the head. Sufficient strain shall be put on the rope to ensure that it is taut, and each puller may establish one foothold with the heel or side of the boot of the extended foot. When the rope is steady with the centre mark over the ground line, THE JUDGE MUST MAKE IT QUITE CLEAR BY EXPOSING THE PALMS OF HIS OR HER HANDS WITH THE ADDED WORD "STEADY" THAT HE OR SHE IS ABOUT TO SIGNAL THE START, THEN, AFTER A SLIGHT PAUSE THE WORD "PULL" at the same time flinging both

hands downwards.
<b>MATCHES</b>
10.7 All matches shall be won by pulls out of three. Coaches will toss for choice of end at the start of each match. Teams will change ends after a reasonable rest on the completion of each pull. In the event of a match going to three pulls, coaches will toss for the choice of the third end.
<b>TAKING THE ROPE BACK</b>
10.8 After a pull the teams shall carry the rope back to the starting position ready for the next pull.
<b>REST</b>
10.9 Teams may claim a maximum of six minutes rest between matches of a competition and between separate competitions.
<b>SECTION 11-</b>
<b>INFRINGEMENTS, CAUTIONS, NO PULLS</b>
<b>INFRINGEMENTS</b>
11.1 (a) <b>Sitting</b> - deliberately sitting on the ground, or failure to return immediately to the pulling position.
(b) <b>Leaning</b> - touching the ground with any part of the body other than the feet.
(c) <b>Locking the rope</b> - no knots or loops shall be made in the rope, nor shall it be locked across any part of the body or any member of the team. Crossing the rope over itself constitutes a loop.
(d) <b>Grip</b> - any grip other than the ordinary grip as described above.
(e) <b>Propping</b> - holding the rope in a position where it does not pass at waist level or above
(f) <b>Position</b> - sitting on a foot or a limb or the feet not extended forward of the knee.
(g) <b>Climbing the rope</b> - passing the rope through the hands.
(h) <b>Rowing</b> - repeatedly sitting on the ground whilst the feet are moved backwards.
(i) <b>Anchor's Grip</b> - any grip other than described above.
(j) <b>Footholds</b> - making indents in the ground, in any way before the command. "Take the Strain" is given. Thus cleaning the ground by foot or hand is prohibited.
(k) There shall be no conduct by word or act likely to bring the sport into disrepute.
(l) No member of a team, i.e. coach, trainer or puller may address any remark to the judge whilst pulling is in progress.
(m) The use of water, for any purpose, is prohibited within the immediate vicinity of the rope.
N.B. Advice sought from the judge may only be obtained via the coach. The function of the trainer is to attend to the requirements of the team, before and after pulls. The trainer must not speak to the team during a pull, and there shall be only one coach
<b>CAUTION</b>
11.2 For any infringement of the rules during a pull the judge shall, in addition to naming the team call "First caution" clearly pointing with one finger, or "Final caution" clearly pointing with two fingers in

the direction of the offenders.
A team will be deemed guilty of an infringement even though only one member offends. Only two cautions can be given to a team, prior to disqualification in any one pull. However, the judge has the authority to disqualify a team or teams without caution for any offence against the rules.
<b>NO PULLS</b>
11.3 A judge shall declare a "No pull" in the event of:
(a) Both teams being guilty of infringements.
(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 cases (a) or (b), 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 (c) a reasonable rest will be granted. The judge shall blow the whistle and point, with both arms crossed, at the centre line.
<b>SECTION 12</b>
<b>DEVELOPMENT OF NEW TEAMS.</b>
12.1 A new team is defined as a team consisting mainly or wholly of inexperienced pullers. The judgement of this and the relaxation of the rules to those given below will always be at the discretion of the Chief Judge.
12.2 New Teams may be up to 40Kgs over the prescribed weight category.
12.3 New Teams may borrow up to 3 pullers.