



## Tug-of-War Rules

### Format:

- 10 Players (5 male + 5 female)
  - Minimum of 8 players (4 male + 4 female) to compete
  - Substitute players are ENCOURAGED.
- Double-Elimination Tournament

### Equipment:

- Tug Rope (150 feet long, 2 inches diameter, hemp), provided
- SLEEVES REQUIRED, bring a long sleeve shirt, or something to cover your arms
- Boots highly recommended, NO SPIKES, CLEATS, STUDS, HOBNAILS, or other metal fittings permitted.
- Wrist secured gloves highly recommended, no sticky substances allowed on hands or gloves.

### Sport Specific Rules:

- **The Team**
  - Each team is allowed up to 19 players on their roster, 1 of which is the cadence caller. Only 10 players will tug at one time.
  - Once an alternate replaces a participant, that participant may not re-enter the competition.
  - Males and Female will be alternated in positions on the rope.
  - One coach per team will be permitted on the line to assist with organization. It will be the coach's responsibility to notify the official that the team is ready to tug.
- **The Tug**
  - Teams will be lined up so that the rope will be pulled on the right side (under the participants' right arms). The anchor (the last person) will be permitted to tie in, and is the only member who can touch the ground with only his/her hands.
  - If any team member falls to the ground during the tug, they have 5 seconds to re-establish themselves on the rope or the match will be lost.
  - The tug will be started on the command of the official.
  - The team that pulls the rope 12 feet from the center will be declared winner.
  - There will be a 90-second time limit on each tug.
  - All tugs will be timed.
  - Prior to the beginning of the pull, no participant may "dig-in" to the ground.
  - A 5-minute rest period between tugs will be guaranteed to all teams.
  - This is a DOUBLE-ELIMINATION TOURNAMENT. Each team will continue tugging through the bracket until the team records two losses.

**After your first two rounds, game times are subjected to change. If not present at the start of your game, your game will be forfeited!**

**Akron Corporate Challenge staff members and officials reserve the right to settle any disputes, as well as, interpret, modify, and enforce all rules and regulations.**