



## **Tug of War Ireland**

### **Rules for National Competition**



# *TUG OF WAR RULES NATIONAL COMPETITION*

## **DEFINITIONS AND SPECIFICATIONS**

### **1. TUG OF WAR SPORT**

Tug of War is a sport practiced by teams who are bona-fide members of registered clubs that are affiliated to T.O.W.I. The participants must be amateurs, as approved by T.O.W.I and they will adhere to the Constitution, Rules and Directions as laid down by Tug of War Ireland, including any anti-doping rules.

### **2. CATEGORIES**

(a) In National Tug of War competitions, the following categories are recognized:

Outdoor and Indoor Men  
and Women  
Senior, Under 23 and Youths  
Mixed 4x4 Male & Female

(b) T.O.W.I organizes each year National Championships for Junior and U23 categories women and men

### **3. WEIGHT CLASSES**

In all National competitions the following team weights will apply:

Ultra-Featherweight	not exceeding	480kg Kilos Junior Women
Featherweight	not exceeding	500 Kilos U23 Women Lightweight
	not exceeding	500 Kilos Senior Women Light
Heavyweight	not exceeding	520 Kilos Senior Women Heavyweight
	not exceeding	540 Kilos Senior Women Heavyweight
	not exceeding	560 Kilos Senior Women Lightweight
	not exceeding	560 Kilos Junior Men
Lightweight	not exceeding	560 Kilos Senior Men
Light Middleweight	not exceeding	600 Kilos U23 Men Light Middleweight
	not exceeding	600 Kilos Senior Men Middleweight
	not exceeding	640 Kilos Senior Men Cruiserweight
	not exceeding	680 Kilos Senior Men Heavyweight
	not exceeding	720 Kilos Senior Men
Catch weight	no weight limitations	
Mixed (4 x 4)	not exceeding	580 Kilos Senior
Mixed (4 x 4)	not exceeding	520 Kilos Junior
Mixed (4 x 4)	not exceeding	560 Kilos U/23 Mixed

#### **4. WEIGHING AND STAMPING**

1. All athletes must have T.O.W.I. ID Card for presentation.
2. All potential pullers must weigh at pre-determined time schedule.
3. The athlete will weigh on an individual scale. The number of scales to be determined by the organizers. Only one weigh-in on the official scales.
4. After weighing the athletes, the weight will be recorded in an individual weigh sheet hand written. Two parts one for the athlete and one for the Recorder.
5. The athlete will be given his or her certified weight. The athlete can then give his or her weight to the coach of the team.
6. Team weigh in. The coach of his team may choose any pullers that are registered to his club and listed and weighed from the Individual weigh sheets. Substitutes to be weighed in also at this stage.
  - 6.1 **A coach may change any and all pullers prior to and up until stamping, as long as the maximum weight for that particular weight class is not exceeded. Changes must be reported to control by the coach 30 minutes before stamping begins.**
7. The coach of a particular team will present a completed weigh certificate to control at a predetermined time schedule.
8. Control shall enter teams in a draw for a particular weigh class, after checking the weight & I.D. numbers against the completed individual weigh sheets.

#### **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 12 years until the end of the year in which the puller reaches the age of 18 years.

##### **5.2 Under 23**

Male and female pullers are eligible to participate in the Under 23 category from the beginning of the year in which the puller reaches the age of 12 years until the end of the year in which the puller reaches the age of 22 years.

##### **5.3 Senior**

Male and Female pullers are eligible to participate in the senior category from the beginning of the year in which the puller reaches the age of 15 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 contest will have deemed to have commenced when both teams are in a position to pull under the direct supervision of the judge.

##### **6.2 Team Members**

Members of each team must be registered to the club they are representing. Proof of membership will be the current T.O.W.I. identification 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 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) with both of their I.D. cards available for checking by the Official in charge of the match; before being sent to the Official designated by the Chief Judge to deal with the substitutions.

**6.4.1** I.D. cards & weigh sheets will be used to verify the athletes and their weights. 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 communicate to his/her team whilst they are pulling and must take up position as directed by the judge in charge of the match.

### **8. SPORT EQUIPMENT 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 uniform.

#### **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.

*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 by the Chief Judge.*

### **8.1.4 Protective clothing**

Clothing to protect the skin may be worn under the sport clothing subject to judge's approval. A leather or woven belt may be worn by a puller to support his/her back during competition. No construction or additional material may be attached to any belt. The buckle or closing apparatus of the leather belt cannot come into contact with the rope and must be worn to the front of the body. The loose ends of a woven belt cannot come into contact or be wrapped around the rope and must be worn to the front or opposite side of the rope. Under no circumstances will the rope be permitted to run BETWEEN the belt and the pullers' body. Leather belt to be worn over the shirt and neoprene back support belt can be worn under shirt.

Any belt should be made available for inspection by a judge at any time before or during a tournament.

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 20)

## **8.2 Resin**

Resin is allowed to facilitate the grip on the rope and the use is restricted to the hands only. In **indoor** 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 proper sized non-transparent shorts and shirt or suitable sports top.

Boots need not be carried or worn on the scale during weigh-in, but should be presented for inspection by officials during the weigh-in to ensure compliance with boot specifications.

## **8.4 Shoes**

### **8.4.1 Outdoor shoes**

Heel: The heel shall be flush with the sole of the shoe – vertically down from the sole as seen from the back and side of the shoe. The front of the heel facing forward shall also be straight across, perpendicular to the sole and vertically down from the sole of the shoe.

The side of the heel impacting with the ground – the “cutting edge” – can have a tapered edge towards the front of the heel with a maximum protrusion of 15mm to the outside of the heel as measured from the vertical line from the sole. The other side of the heel must be completely flush with the sole and may not have any protruding feature. The breadth of the heel must not exceed the breadth of the shoe. The maximum height of the heel, including a metal plate with a maximum thickness of 6,5mm, may not be more than 35mm from the bottom of the shoe. The 35mm includes the thickness of the sole. The length of the heel may not be less than one quarter or more than one third of the length of the shoe. (See illustration/drawing Page 18)

### Sole structure

The sole 'structure' (which includes the structure of the heel) may be metal but the sole plate must not be metallic, the minimum thickness of the non-metallic plate is 6.5 mm. (see illustration/drawing)

Front part of the Shoe: Can be built up or left as is. If not built up, the sole can be higher than the heel when viewed on a flat horizontal surface. In this configuration, the sole must be a minimum of 6.5 mm higher than the heel. If built up, the front part of the shoe may not be less than half the total length of the shoe. The maximum height, including the sole may not be more than 35mm. The 'sole plate' must not be metallic and be a minimum of 6.5 mm. (see illustration/drawing)

### **8.4.2 Indoor 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%. The only material or substance which may be applied to the sole of the shoe is a clean dry cloth which must be devoid of any chemicals or fluids.

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 metres.

### **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.

#### **9.1.1 Rope marking *OUTDOOR***

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) metres on either side of the centre marking.

c) two (2) tapes or markings each five (5) metres on either side of the centre marking.

d) markings listed in (a), (b) and (c) shall be in three different colours.

### 9.1.2 Rope marking **INDOOR**

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) metres 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 Outdoor pulling area and marking

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

One centre line shall be marked on the ground. **Indoor 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 Tug of War Ireland. The recommended length of the pulling surface will be 36 metres. The recommended width of the pulling surface will be 100 - 120 centimetres

One centre line and two side lines four (4) metres 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 the 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 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.

### 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 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 clothing and contact with the belt for safety considerations will not constitute a Lock.**

## INFRINGEMENTS OF THE RULES

### 14. INFRINGEMENTS DURING COMPETITION

#### 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          | 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          | communicating to his team whilst they are pulling   |
| 11 Side-Stepping    | Stepping outside the pulling track, lane or surface. For outdoor this would mean a team moving sideways out of the existing tracks/footholds such that neither foot is in the existing tracks/footholds |

#### Infringements during outdoor competitions

- |              |   |
|--------------|---|
| 12 Footholds | Digging with the heel and making indents in the ground in any way prior to the Judge issuing the instruction to "Take the Strain" |
|--------------|---|

#### Infringements during Indoor competitions

- |           |                                      |
|-----------|--------------------------------------|
| 13. Resin | Using resin where it's not permitted |
|-----------|--------------------------------------|

#### Interpretation of Inactivity (not leading to disqualification)

- |               |  |
|---------------|--|
| 14 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", (see rule 21) which can be called at any time. The judge will make the coach aware |
|---------------|--|

of his/her plan to give a no pull by pointing at his/her watch and if no activity starts, a no pull will follow. *The pull will be restarted, and will continue for this match, on either new or less broken ground in the immediate proximity of the original pulling lane. This match will not be allowed to return to the original pulling lane. If a pull with periods of inactivity lasts longer than ten minutes, the Chief Judge will draw the attention of the Centre Judge to call a "No pull" for this purpose.*

## **15. DISQUALIFICATION**

Teams will receive two (2) cautions for infringements of the Rules in any one (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 National Competition may disqualify teams from competing.

## **COMPETITION MATCHES AND SCORES**

### **17. MATCHES, PULLS AND REST PERIOD**

A point's 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 outdoor**

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 indoor**

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-offs, 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;

- a) both teams being guilty of infringements; after twice being cautioned
- b) both teams being guilty of inactivity: A warning (judge pointing to his/her watch) shall be given to both teams before a No Pull for inactivity is given in order for both teams to have a possibility to react. Any cautions will be carried over to the new pull.
- c) both teams leaving go of the rope before the finish of a pull
- d) a pull being interrupted without infringement by either of the teams, the teams will be granted a reasonable rest and retake the pull.

**21.1 When a "No pull" is declared**, in the case a), during the points phase of a competition, in the event of a "no pull", the pull will not be repeated. Both teams get nil (0) points and three (3) cautions for that end. If one of the teams win the other end, that team will get 1 point and the other team nil. If both ends during a match result in a "no pull", both teams will get nil (0) points and six (6) cautions.

This change will not be applicable to rule 20.2, for pull-offs, semi-finals and finals.

## JUDGING

### 22. OFFICIALS AND JUDGES

Officials shall be appointed by the Tug of War Ireland to have control of all National competitions. The final selection of judges for national competition shall be the responsibility of the Officials Committee.

### 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 officials committee, which in accordance with 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 "T.O.W.I." are adhered to
- (2) that the rope is laid out ready for competition before the teams arrive in the pulling area
- (3) that, as far as possible, the pre-determined timetable is adhered to
- (4) grant rest periods as shown in Rule 17

- (5) declare a "No pull"
- (6) disqualify a team or teams after caution.
- (7) a judge may award only 1 friendly caution to a particular team during a pull. (8) 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 of the pull 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 of the pull 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. WEIGHMASTER**

In National competitions, stewards may be appointed by T.O.W.I. 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 outdoor 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 In dictating by one or two fingers the first or second caution
11 Inactivity	Pointing to wristwatch before a no pull for inactivity is given (when pull is timed)

## 30. LIST OF COMMON INFRINGEMENTS IN COMPETITION

<u>INFRINGEMENTS</u>	<u>SIGNAL</u>
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 SIDE-STEPPING	side stepping with one foot
12 12 FOOTHOLDS	kicking with heels in the ground
13 INACTIVITY	pointing to wristwatch

## COMPETITION STRUCTURE

### 31. General

The T.O.W.I. National Championships competition consists of a qualifying round, semi-finals and finals.

- The qualifying round will be a point's competition. The draw shall be made in the presence of the appointed OFFICIALS and club coaches. (See rule 37)
- 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 gold medals.

### **32. Minimum number of teams**

A minimum number of 2 teams per weight class are required for participation in National Championships. If there are not two teams taking part in a particular weight class, it will not be considered a National Championships

### **33. Competition with one group**

When less than 10 teams have entered in a weight class, all teams will compete in one qualifying points competition.

- The top four teams of the qualifying point's competition will enter into the semi- finals.
- The team in 1<sup>st</sup>. place will be matched against the team in 4th place and the team in 2nd place will be matched against the team in 3<sup>rd</sup> place
- The winners of the matches will then compete for the gold and silver medal and the losers will compete for the bronze medal

### **34. Competition with more than one group**

When 10 or more teams have entered in a weight class, the qualifying point's competition will be divided into two groups or as many as the judge deemed necessary.

The placing into the groups will be based on a draw on the day.

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

### **Policy to standardize the number of teams in a group**

1-9 teams 1 group

9-up teams 2 groups or as many groups as the judge deemed necessary - judge's discretion.

**Policy for timing of competitions:** Where there is more than one group at a competition weight class, if those groups have different numbers of teams, that the group(s) with the greater number of teams start a suitable number of pulls before the groups with the lesser number of pulls.

### **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) against their **permitted** weight 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**

Following the first draw a second draw may take place, if a team withdraws after the original draw has taken place and the competition for the specific weight class has not started.

**37.** The qualifying round will be a points competition. Should a team or teams (club or national) withdraw from a competition after the draw was made which causes a gross inequality in the number of the teams in different groups, a new draw may be made to ensure a more equal distribution of teams between groups for the point competition. The draw shall be made in the presence of the appointed delegates of Tug of War Ireland.

**38.** All pull-offs 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.

**39. Judges Dress Code**

The appropriate Tug of War Ireland Judges uniform comprises of a softshell branded jacket & t- shirt (Supplied), black/navy pants (not supplied) (see illustration below)

**Black/Navy Pants - (not supplied)**



White T-shirt - Supplied

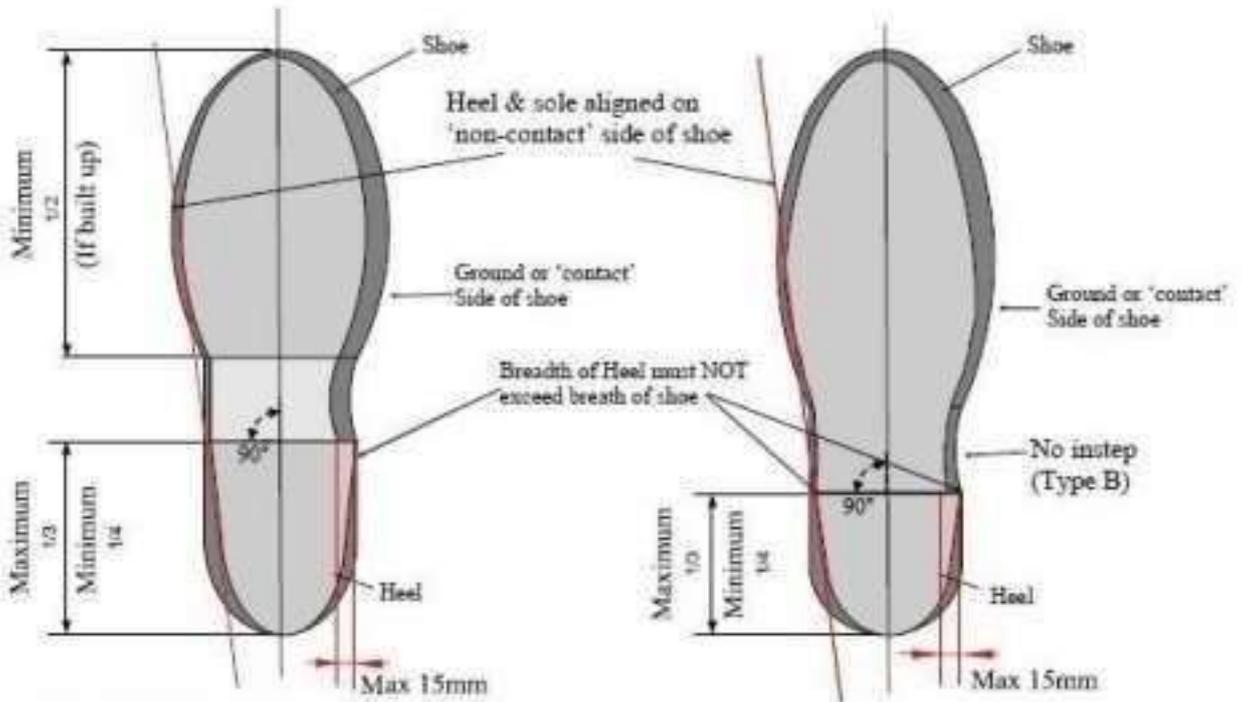


Soft Shell Jacket - (Supplied)



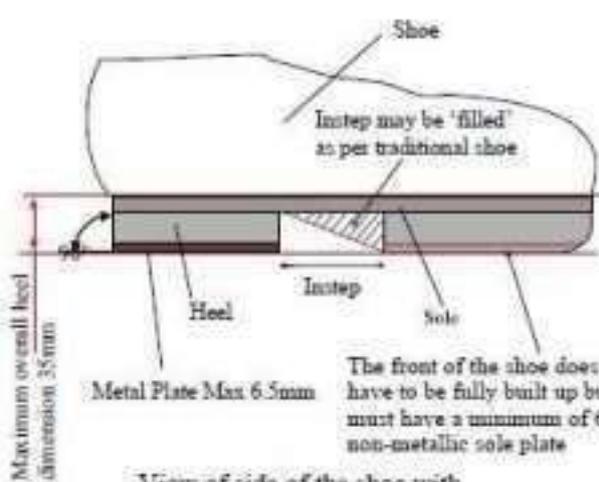
### TYPE A

### TYPE B

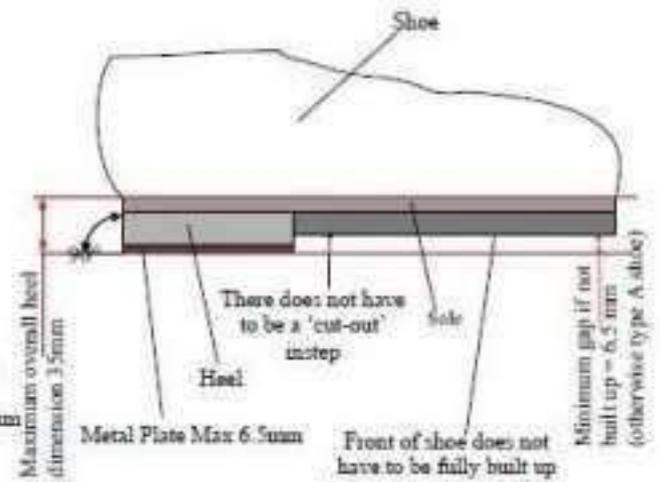


View of bottom of the shoe with 'cut-out' instep

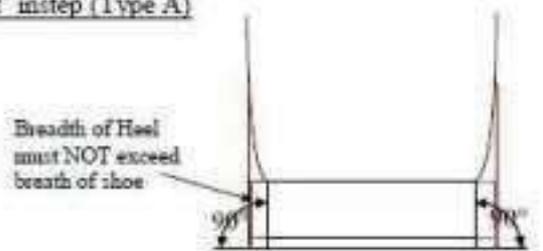
View of bottom of the shoe without 'cut-out' instep



View of side of the shoe with 'cut-out' instep (Type A)

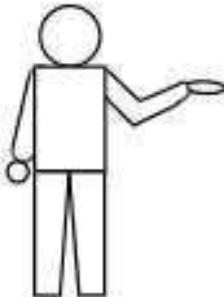
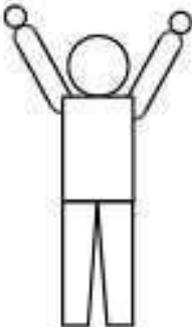
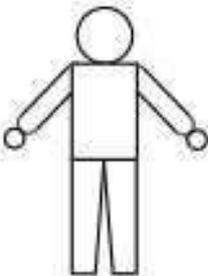
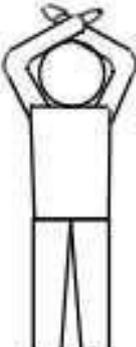


View of side of the shoe without 'cut-out' instep (Type B)

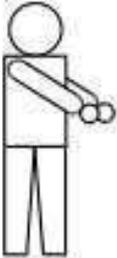
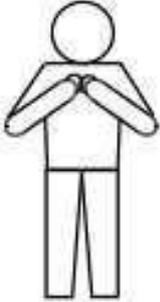


View of heel from the rear of the shoe (Type A and B)

## Attachment 1 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	INACTIVITY

## Attachment 2 Signals Infringements

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

Ref: 8.1.4: Anchor Vest



## **Appendix 1:**

### **ADDITIONAL INFORMATION FOR CLUB RECRUITMENT AND NATIONAL COMPETITIONS**

#### **Club Recruitment**

- 1.** TOWI strategy is to encourage all Clubs to promote tug of war in their local and surrounding area and actively recruit men, women and youths from that area to build up strong community- based teams. The following rules 2 – 6 shall apply from the date Revision 2 was adopted and shall not have retrospective effect.
- 2.** Notwithstanding Rule 1 above, Clubs shall only be entitled to recruit pullers who are resident within that Club's County. The Club's County shall be the county in which the Club's address declared on the Club Membership form held on file by TOWI is situated.
- 3.** A Club wishing to recruit a puller who is not resident within the Club's County, must apply to the Sport Committee through the TOWI Secretary, specifying reasons as to why the puller should be entitled to join its Club, and justifying why the rationale in Rule 1 should be deviated from. That application must include a transfer form from the puller and club in question, justifying the reasons he or she wants to join a club outside of his or her resident county. The transfer form can be found on the TOWI Website or by contacting the TOWI Secretary.
- 4.** Subject to Rules 12 and 13 below, the TOWI Board and/or TOWI Sport Committee shall have sole discretion in assessing such application, and shall take the following into account in assessing such application and making a decision:
  - If a new club is formed nearer to a member's address, they can apply for a transfer
  - If a club is situated on or near the County boundary, athletes from two counties could be part of a community-based club.
  - Whether the club is the nearest club to their principal primary residence.
  - If a member moves address temporarily due to work, college etc... or if they can show strong family connections to a club, they may apply for a transfer (temporary or permanent).
  - As a general rule, a member is not allowed to join a club if there is another club in close proximity to their principal primary residence.
- 5.** The above factors are a non-exhaustive list of factors. The TOWI Board/ Sport Committee may add to it on a case-by-case basis if required.
- 6.** The TOWI Board shall provide reasons for its decision and may provide recommendations. Its decision is final and is not appealable.
- 7.** Any Club or puller who is found in breach of any rule herein, shall be subject to disciplinary action under TOWI's rules.

## Rules for transfers

1. The primary club that a puller affiliates to is their club for the duration of their participation in the sport. If during a given year due to a change of circumstances that you want to leave your primary club then you may submit a letter of release from that club to the Sports Committee outlining your reasons, who will then review the situation and will make a recommendation to the Board of TOWI, who in turn will make a decision on the matter. **Their decision is final.**

## 2. Temporary transfer

Pullers who are transferring must submit a letter of release from their primary club, to the Secretary of the T.O.W.I. 14 days before they intend to compete:

- The primary club, and the Individual must receive written approval from the T.O.W.I. before a temporary transfer can be completed.
- When the season in question is over, the pullers who transferred must return to their original club
- An individual can only leave a club if the club is not competing in an event. You cannot leave your club for outdoor/indoor if your club is competing in the outdoor/indoor season.

## National Competition

1. In Indoor & Outdoor Competition, a team competing in an event above their division is allowed a weight advantage of 25kg
2. If a team has a Lady or/and Junior on the team, an additional weight advantage of 10 Kilos per puller will be allowed. Teams can use a maximum of 2 youth's (U18) or Ladies from any club to make a **National Competition. The team will only get a maximum additional weight advantage of 20 kilos.**  
**This is for Indoor and Outdoor Competition.**

**NOTE:** A team with all new pullers, never affiliated to TOWI before, will have a 25kg weight advantage for the 1st year competing in Division 3, in addition to above weight advantages.

3. A Division 2 team that becomes Division 1 will hold the 25kg weight advantage until they win their first Division 1 National. When they win their first Division 1 Competition, they no longer have a weight advantage in any Weight Class.
4. Sunday Morning Weigh in Times as advertised only.
5. A club must submit their Registration at least 7 days before the first event they compete in. Members must be registered (on line) 5 days before taking part in a TOWI event.
6. Clubs can only borrow 2 pullers **youth or lady only** from another TOWI Registered club, to compete in championships.
7. **Regrading** - Teams can regrade to lower division if they lose more than 4 members of the original winning team, application to be made to Secretary of TOWI for attention of Sports Committee for decision.
8. Coaches or another team representative must to be present when the draw is taking place.

## **Development League**

1. 5 a side outdoor/ 5 a side indoor
2. 3 senior pullers outdoor/ 2 senior pullers indoor, other 3 pullers made up of the following: A Novice puller, U23's or ladies.
3. Subject to approval of the Sports Committee and subject to any additional conditions that the Sports Committee apply, 2 clubs may join to make up an 8 a side team to compete in a National, they have to both pull in the Development League with the above criteria **OR** hold 2 TOWI Community Pull's in their local area. If they fail to hold an event, then their request to join another team the following season will be denied.

## **Advice for Clubs Attending International Competitions**

1. All Clubs affiliated to the TOWI must notify the Secretary of TOWI in writing (email) at least 14 Days prior to competing at all competitions including International Club Competitions. If they wish use a puller from a third-party club based in the UK or elsewhere, this athlete will not be covered by the TOWI policy, it is the responsibility of the TOWI Registered club to inform this puller. The events being attended must be fully insured & a travel policy must be put in place for all travel (no travel cover on policy) Only affiliated members of TOWI are covered under insurance policy.
2. Registered Members of the TOWI that wish to compete with a Club that is not affiliated to TOWI must notify the Secretary of TOWI in writing (email) at least 14 Days prior to that Competition .
3. As a TOWI member wanting to participate and compete with a third-party club based in the UK or elsewhere you would not be covered by the insurance policy as you are under the control and supervision of another club.
4. You will need to ensure that you are being covered under the insurance of the thirdparty club while you are competing/participating with them. This will be the responsibility of that Individual Member

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