

Rules and Regulations

1. Teams shall consist of eight pulling members and two substitutes. Each team must have a minimum of two female members pulling. The contest will have deemed to have commenced when both teams are in a position to pull under the direct supervision of the referee.
2. The substitute may replace any one puller of the same gender. Substitution may only take place before the pull commences, not during.
3. No knots or loops shall be made in the rope, nor shall it be locked across the body of any one puller. Crossing the rope over itself constitutes a loop. At the start of a pull, the rope shall be taut with the centre rope marking over the centre line marking on the ground.
4. With the exception of the Anchor, every pulling member shall hold the rope with both hands in the ordinary position, i.e. the palms of both hands facing up and the rope shall pass between the body and the upper part of the arm. Any other hold which prevents the free movement of the rope is considered a Lock and an infringement of the rules. The feet must be extended forward of the knees and team members shall be in a pulling position at all times.
5. Infringements:
 - **Sitting:** deliberately sitting on the ground, or failure to return immediately to a pulling position after slipping
 - **Leaning:** touching the ground with any part of the body other than the feet
 - **Locking:** any hold which prevents the free movement of the rope
 - **Climbing the rope:** passing the rope through the hands
 - A team will receive two (2) cautions for infringement in any one (1) pull before being disqualified.
6. A reasonable rest period will be granted between pulls.
7. A pull is won by a team either by pulling the centre rope marking beyond the centre line marking on the ground or through the disqualification of the other team by the referee. This is a single elimination competition, therefore, only the winning team moves on in the competition.
8. Gloves are strongly recommended for all participants.