

**Mens Tug of War**  
**Weigh In Time: 2.00pm**  
**First Pull Commences: 3.00pm**

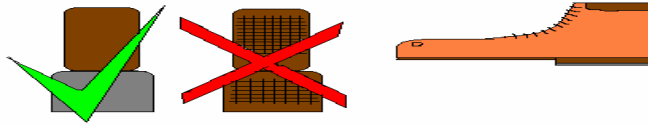
- 1 Each team to consist of eight pulling members. A maximum of **two** members of the team **may** be between the ages of 15 and 18 years on 1<sup>st</sup> September 2009, and the remainder of the team **must be** over 18 years but 26 years of age or under on 1<sup>st</sup> September 2009.  
**Competitors Will Be Required To Show Their Current Membership Cards.**
- 2 A coach and trainer who must be amateurs under TOWA Laws are allowed and need not comply with other Rules of eligibility.
- 3 **Health & Safety and Child Protection**– All competitions carried out at National and County level must comply with Health and Safety Legislation and meet the relevant safety standards.
- 4 **Procedure** - Draw and Byes - The draw will be made on the day of the Competition. Teams will be advised of the time at which they should report. Teams not reporting on time will forfeit any heat missed.
- 5 **Weighing In Procedure and Weight Limits** - Weighing-in will commence at the time stated on the entry form. The weighing scales will close 15 minutes prior to the first pull.

The 8 members of the team will be weighed as one and will not exceed:

680 kg          Men

- 6 The competitors will be stamped or marked on a limb in a position easily seen by the Judge, but not easily erased by the rope or competitors clothing.
- 7 Teams shall be drawn into leagues as directed by the Judge. The highest scoring team from each league will pull against the second team from the other league to determine the two teams for the Championship Pull.
- 8 All heats will be won by two pulls out of three. Teams shall change ends after reasonable rest on completion of each pull.
- 9 Points will be awarded as follows:-

|            |  |
|------------|--|
| 3 points   | To the winners in a straight pull (two straight pulls) |
| Nil points | To the losers in a straight pull                       |
| 2 points   | To the winners in the best of three pulls              |
| 1 point    | To the losers in the best of three pulls               |
- 10 **Dress**- In the County Final, all competitors must be suitably dressed and all dressed the same, in boots, shorts and shirts (shirts must be of the same colour).
- 11 **BOOTS AND SHOES – Competitors’ boots must not be “faked” in any way, i.e. THE SOLE HEEL AND SIDE OF THE HEEL SHALL BE PERFECTLY FLUSH – THIS MEANS THE SOLES MUST BE SMOOTH.** No metal toecaps or metal toe-plates are permitted. Metal heel tips that are flush on the side and the bottom of the heel are permitted – this means that tips on the bottom of the heel must be smooth. If teams do not adhere to this they will be disqualified. See example below:



12 **ROPE** - The rope shall not be less than 4" and not more than 5" in circumference (10 cm minimum, 12½ cm maximum) without knots or other holding for the hands and the minimum length not less than 35 yards (32 metres).

13 **ROPE MARKINGS** - Five tapes or markings shall be affixed to the rope as follows:-

- i) A red tape or marking at the centre of the rope which 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.

The white and two outer coloured markings shall be capable of easy adjustment by the Judge in the event of the rope shrinking or stretching.

14 **GROUND MARKINGS** - One line shall be marked on the ground at right angles to where the centre of the rope will be at the start of the competitions.

15 **KNOTS OR LOOPS** - No knots or loops may be made in the rope nor may it be locked across any part of the body by any member of a team. Crossing the rope over itself constitutes a loop.

16 **LOCKS** - From the start the rope shall be taut. Every pulling member shall hold the rope with both hands by the ordinary grip and the rope shall pass under the armpit. Any other hold, which prevents the free movement of the rope, is a lock and is an infringement of the Rules.

17 **ANCHOR-MAN'S GRIP**

- i) Upon taking up position the anchorman will place the rope around his/her body in the approved manner for the inspection of the Judge or his assistant.
- ii) The approved manner will be:-  
The rope will pass under one armpit diagonally across the back and over the opposite shoulder from rear to front. The remaining rope shall pass in a backward and outward direction and the slack shall run free. He/she shall grip the standing part of the rope with both arms extended forward.

18 **THE START** - When the Judge has received the sign from the two coaches that all is ready, he shall give the teams the following verbal commands:-

**'Pick up the Rope'** - at the same time extending his arms forward and horizontally. The rope shall be held as defined in paragraphs 16 and 17, the feet being flat on the ground.

**'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 man may establish one foothold with the heel or side of the boot of the extended foot) - and when the rope is steady with the centre mark over the centre line on the ground - **PULL** - at the same time flinging both arms downwards.

- 19 **LEAVING GO OF THE ROPE** - In the event of both teams leaving go the rope before a side tape has been pulled over the side ground farthest from it, '**No Pull**' shall be declared and the pull shall not constitute on the requisite on that heat.
- 20 **WINNING A PULL** - A 'Pull' shall be won when one of the side markings on the rope is pulled over the centre line.
- 21 **FINISH 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.
- 22 **THE JUDGE** - His powers and responsibilities. There shall be one Judge who shall have sole control with power to appoint assistants. He shall be responsible:-
- a) That the Rules of the Competition are adhered to
  - b) That the rope is laid out ready before the teams arrive in the pulling area

He has the power to:-

- a) Grant reasonable rest periods between pulls and a minimum of ten minutes rest to each team between rounds of any competition.
- b) To award 'No Pull' in the event of both teams being guilty of infringement (in such cases the pull will be re-taken immediately with no rest period or welfare to competitors being permitted).
- c) To disqualify a team or teams after caution, or disqualify without caution for any offence against the Rules. In the event of a team being disqualified the pull will be awarded to the opposite side.

**NOTE:-** A team will be deemed guilty of any infringement even though only one member offends. Should it be necessary to caution a team for any infringement of the Rules, the Judge shall, in addition to naming the team and calling 'first caution' or 'last caution' also signal such caution by raising his arm to the horizontal position and pointing in the direction of the offenders. Only two official cautions shall be given during any one pull. Any team guilty of any offence meriting a caution after already having received two official cautions in any one pull will be disqualified.

### 23 **INFRINGEMENT DURING CONTESTS**

**Sitting** - deliberately sitting on the ground, or failure to return immediately to the pulling position.

**Leaning** - touching the ground with any part of the body other than the feet.

**Locking the Rope** - 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.

**Grip** - any grip other than the ordinary grip as described in Rule 16

**Propping** - holding the rope in a position where it does not pass between the body and the upper part of the arm.

**Position** - sitting on a foot or limb or the feet not extended forward of the knee.

**Climbing the rope** - passing the rope through the hands

**Rowing** - repeatedly sitting on the ground whilst the feet are moved backwards.

**Anchor Man's Grip** - any grip other than described in Rule 17

**Footholds** - 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.

There shall be no conduct by word or act likely to bring the sport into disrepute.

No member of a team, i.e. coach, trainer or puller, may address any remark to the Judge whilst pulling is in progress.

The use of water, for any purpose, is prohibited within the immediate vicinity of the rope

The function of the trainer is to attend to the requirements of the team before, between, and after pulls; he must not speak to his team during a pull.

- 24 Assistant Judges shall at all times act under the direction of the Judge and shall be responsible to him for inspection of competitors' footwear, checking the ground and rope markings, the laying out of the rope before a competition and its re-alignment after each pull.

During actual pulling, each Assistant Judge shall be in a position alongside the competing teams on the opposite side of the rope to the Judge.

An Assistant Judge shall not address any remark to the coach or any member of the team unless he is signalled to do so by the Judge.

In the event of the Judge signalling a caution, the Assistant Judge shall inform the offenders, naming the team and adding 'first caution' or 'last caution'.

Any instructions of the Judge conveyed by the Assistant Judge to a team must be clear and brief.

- 25 NFYFC KEY SKILLS: Tug-of-War skills, teamwork, physical, being healthy

## HFYFC Pre Rally & Rally Competition General Rules

1. The competitions listed herein are open to members of Herefordshire Federation of Young Farmers' Clubs (HFYFC) holding a valid current YFC membership card. (Valid is classed as being of the correct year, having a signature and passport photograph of the member attached to the card) These general rules apply to all pre rally and rally competitions
2. Any member who fails to produce a valid membership card will be able to purchase a temporary membership card from the office on the day provided that they are already a member. The card will cost £5 and will only be valid for the purpose of entering competitions on Rally day. Failure to produce a valid membership card will mean that the member will be unable to compete in the competition
3. Age ranges for competitions are as follows:
  - Senior - Open to members 26 years of age or under at the start of the YFC year
  - Intermediate - Open to members 21 years of age or under at the start of the YFC year
  - Junior - Open to members 16 years of age or under at the start of the YFC year and 10 years of age or over on the day of the competition.
4. Health and Safety requirements must be adhered to at all times.
5. Competitors must act in accordance with HFYFC policies, where applicable.
6. No alcohol is to be consumed by competitors before or during competitions. Any member judged to be under the influence of alcohol or any other substance will not be permitted to continue with the competition and may be disqualified.
7. The use of all mobile phone's during competitions is prohibited.
8. No competitor can enter the same competition in different age ranges.
9. All work entered must be that of the competitor who has booked in.
10. Competitors must arrive on time and report to the competition steward *before* the start time of the competition to book in with all equipment necessary to complete the competition.
11. In the event of a conflict between the competition rules and the general rules, the competition rules will govern.
12. All staged items remain the responsibility of the competitor. HFYFC nor the site hosts accept any liability for loss, damage or theft of any item.
13. No staged items or exhibits can be removed before the end of prize giving at the penalty of disqualification.
14. In competitions with size limits; for any items that are over or under size, 5% of the marks scored will be deducted per 25mm, or part thereof over the amount stipulated in the rules up to a maximum of 100% of the marks
15. In competitions with time limits marks will be deducted if the allocated time is not reached or exceeded at the following rates:

| <b>Competition length</b> | <b>Penalty</b>  |
|---------------------------|---|
| up to 30 mins             | 5% of total marks per minute or part there of up to a maximum of 100% of the marks        |
| 31 mins to 60 mins        | 5% of marks scored per two minutes or part there of up to a maximum of 100% of the marks  |
| 61 mins to 120 mins       | 5% of marks scored per five minutes or part there of up to a maximum of 100% of the marks |
| 121 mins and over         | 5% of marks scored per ten minutes or part there of up to a maximum of 100% of the marks  |
16. The chief steward and rally task group leader reserve the right to cancel or amend any competition or rule at any time.
17. In all competitions the decision of the chief steward and the rally task group leader will be **final**.

**Ladies Tug of War**  
**Weigh In Time: 2.00pm**  
**First Pull Commences: 3.00pm**

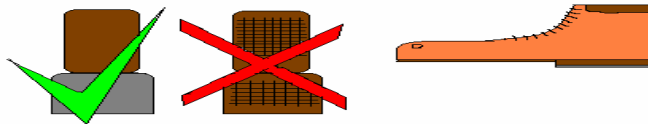
- 1 Each team to consist of six pulling members. A maximum of **two** members of the team **may** be between the ages of 15 and 18 years on 1<sup>st</sup> September 2009, and the remainder of the team **must be** over 18 years but 26 years of age or under on 1<sup>st</sup> September 2009.  
**Competitors Will Be Required To Show Their Current Membership Cards.**
- 2 A coach and trainer who must be amateurs under TOWA Laws are allowed and need not comply with other Rules of eligibility.
- 3 **Health & Safety and Child Protection**– All competitions carried out at National and County level must comply with Health and Safety Legislation and meet the relevant safety standards.
- 4 **Procedure - Draw and Byes** - The draw will be made on the day of the Competition. Teams will be advised of the time at which they should report. Teams not reporting on time will forfeit any heat missed.
- 5 **Weighing In Procedure and Weight Limits** - Weighing-in will commence at the time stated on the entry form. The weighing scales will close 15 minutes prior to the first pull.

The 6 members of the team will be weighed as one and will not exceed:

420 kg      Ladies

- 6 The competitors will be stamped or marked on a limb in a position easily seen by the Judge, but not easily erased by the rope or competitors clothing.
- 7 Teams shall be drawn into leagues as directed by the Judge. The highest scoring team from each league will pull against the second team from the other league to determine the two teams for the Championship Pull.
- 8 All heats will be won by two pulls out of three. Teams shall change ends after reasonable rest on completion of each pull.
- 9 Points will be awarded as follows:-

|            |  |
|------------|--|
| 3 points   | To the winners in a straight pull (two straight pulls) |
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- 10 **Dress**- In the County Final, all competitors must be suitably dressed and all dressed the same, in boots, shorts and shirts (shirts must be of the same colour).
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12 **ROPE** - The rope shall not be less than 4" and not more than 5" in circumference (10 cm minimum, 12½ cm maximum) without knots or other holding for the hands and the minimum length not less than 35 yards (32 metres).

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- 22 **THE JUDGE** - His powers and responsibilities. There shall be one Judge who shall have sole control with power to appoint assistants. He shall be responsible:-
- a) That the Rules of the Competition are adhered to
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He has the power to:-

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The use of water, for any purpose, is prohibited within the immediate vicinity of the rope

The function of the trainer is to attend to the requirements of the team before, between, and after pulls; he must not speak to his team during a pull.

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12. All staged items remain the responsibility of the competitor. HFYFC nor the site hosts accept any liability for loss, damage or theft of any item.
13. No staged items or exhibits can be removed before the end of prize giving at the penalty of disqualification.
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