

## WELLINGTON COMMUNITY CHALLENGE TUG-O-WAR RULES

- Each Team will consist of 6 participants (3 males/3 females)
- Only rubber cleats, tennis shoes, aqua socks or bare feet will be allowed. Absolutely NO Metal Cleats allowed. Those participants found to be wearing illegal shoes will not be allowed to compete.
- Gloves ARE allowed and recommended.
- No sticky substances may be used on hands or gloves.
- No Anchor Belts
- Teams will be lined up so that the rope will be pulled on the right side (under the participant's right arm).
- Males and females will be alternated in positions on the rope.
- Participants in the Tug may use feet or hands only to gain foothold. They will not be allowed extensive time to dig in and get set. There will be a one-minute time limit per tug.
- Participants are NOT ALLOWED to face the opposite direction, put their hands on the ground, or sit down on the ground.
- The winning team will pull the opposing team across the designated victory line (15 feet). If no team has been pulled over the line at the end of the one-minute time limit, the tug will go to the team who has the advantage at the time.
- No substitution of players can be made once play begins.
- If an injury occurs to a team participant, a substitute may be allowed, same gender.