

University of Wyoming
INTRAMURAL SPORTS

Tug of War Rules

(Updated 4/09)

1. Uniform: JEWELRY IS NOT PERMITTED IN INTRAMURAL COMPETITION. It must be removed and may not be worn during the game. A guard, cast, or brace made of hard or unyielding materials is not permitted. Hair devices may be worn if made of soft material.
2. A team shall consist of five players. A match may begin with four players. If a team has fewer than four players, the game will be declared a forfeit.
3. The Court and Pull: There will be three lines drawn on the field, each line 15 feet apart. The center line will be white, and the other two will be orange. The white center line will designate the starting point of the match, with white tape on the rope over that line. The Pull is won when the center white tape on the rope has been pulled over the orange line on the ground. The red markings on the rope signify the closest point any team member can be to the center of the rope.
4. The Match: The winner will be determined by the best of three pulls.
5. Equipment: Metal cleats are not permitted. Rubber or molded cleats may be worn. Hands must be bare and gloves of any kind may not be worn.
6. Each Pull will begin with the rope on the ground and the white tape over the white line. The anchor for each team will first gain a grip on the rope, followed by the remaining members of the team. The match official will maintain the white rope over the white line while each team prepares. Once the match official is satisfied that both teams are ready, they will verbally begin the match. After a pull the teams shall carry the rope back to the starting position ready for the next pull.
7. Violations: For a first violation by a team, the match official will call out "first caution". In case of a second violation by that team, the match official will call out "second caution" which will result in that team being disqualified for that pull. The match official shall declare "no pull" if both teams are guilty of violations or if both teams let go of the rope before the finish of a pull. The following acts will be considered violations:
 - **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.
 - **Rowing** - repeatedly sitting on the ground whilst the feet are moved backwards.
 - **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.