

The Rules of Competition

The Draw

The draw for each competition will be made in the presence of one representative from each team involved and all teams are to be ready to compete at the time the draw is made.

Only one draw shall be made provided all participating teams are included.

Heats

All heats should be won by pulls out of three.

Coaches will toss for choice of ends at the start of each heat.

Teams will change ends after a reasonable rest on the completion of each pull. In the event of the match going to three pulls, coaches will toss for choice of third end.

Dress

Teams should be properly dressed for competition, i.e. appropriate shirts, shorts and the approved footwear. Track suits may be worn.

Boots

The boots of an established team or puller should not be faked in any way. The soles shall be perfectly flush with no studs or toe tips. The heels may be plated provided they are flush on the bottom and stay within the confines of the heels on the sides. (An established team or puller shall be one which has competed in no less than four Federation controlled events).

Markings

One line shall form the centre tape or mark.

For outdoor competitions five tapes or markings shall be fixed to the rope:

- (i) a red tape or mark at the centre.
- (ii) two white tapes or markings 4 metres each side of the centre mark.
- (iii) two blue tapes or markings 5 metres each side of the centre mark.

Grip

No puller shall grip the rope between the blue and white tapes in outdoor competitions.

Pullers shall hold the rope with both bare hands by the ordinary grip.

The Anchor man shall pass the rope under one armpit, diagonally across the back, over the opposite shoulder from the rear to the front, then backward and the remaining slack shall be free. Alternatively, the rope may pass under one armpit, across the back, under the opposite armpit, over the top of the shoulder and the remaining slack shall be free. In both cases the standing part of the rope shall be gripped with both bare hands extended forward, and the remaining slack rope should hang free on the anchorman's left side!

Teams

At the commencement of the competition the team shall normally consist of eight pullers. Mixed teams are permitted and juveniles may participate providing a disclaimer has been signed by a parent or legal guardian

(b) If a team loses a puller through injury, he may be substituted by another puller. The injured puller may not return to the competition.

(c) Each team may have a coach to direct their pulling.

Starting the Competition

The judge shall give the teams the following verbal and visual commands:

(a) **"Pick up the rope"** at the same time extending the arms forward and horizontally. Loose earth may be removed before the start but no indents of any kind shall be made in the ground. The rope shall be held with both hands.

(b) **"Take the strain"** at the same time the judge will raise his hands above his head. Sufficient strain shall be put on the rope to ensure it is taut. Each puller may establish one foothold with the heel or side of the extended boot.

(c) When the rope is steady with the centre mark over the ground line, the Judge must make it quite clear by exposing the palm of his hands, with the added word **"steady"** that he is about to signal the start.

(d) After a slight pause, the word **"Pull"** at the same time flinging both hands downwards.

Infringements

No part of the body shall touch the ground other than the feet. Both feet shall be forward of the knees.

Lifting backwards and dropping to the ground is a cautionable offence. After slipping a reasonable time will be given to return to the normal pulling position.

Both hands shall be on the rope at all times. Resting one hand on the ground, or pushing along the ground while pulling is also a cautionable offence.

The rope shall not be bent over the leg nor shall the hand or arm be rested on the leg. The rope shall not be bent over or around any part of the body (except the anchorman). Any hold, other than with the hands, which prevents the free movement of the rope is a lock.

Propping - holding the rope in a position where it does not pass between the waist and the armpit.

Climbing the rope - passing the rope through the hands.

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

No member of any team, including the coach, may address any remark to the Judge during a pull.

The use of water for any purpose will be prohibited within the immediate vicinity of the rope and pulling strip.

Any competitor abusing or swearing at the Judge during or after a pull or in the arena, will render his team to be disqualified for the remainder of that particular weight.

Winning a Pull

12. A pull shall be won when one of the white tapes or markings is pulled over the ground line. This will be signalled by the Judge blowing his whistle and pointing in the direction of the winning team.

Cautions

For any infringements of the Rules during a pull the Judge shall, in addition to naming the team, call **"First caution"** clearly pointing with one finger, or **"Final caution"** clearly pointing with two fingers, in the direction of the offending team.

A team will be guilty of an infringement even though only one member offends.

Only two cautions may be given to a team prior to disqualification in any one pull. However, a

Judge has the power to disqualify a team without caution which he deems guilty of ungentlemanly conduct, by word of mouth or act, which is likely to bring the sport into disrepute.

No Pull

If a team pulls the white tape or marking over the ground line while committing an offence, the Judge will blow his whistle and point to the ground line and declare a "**No Pull**". The pull will be retaken immediately, no rest period or welfare to the competitors being permitted.

In the event of both teams being equally guilty of infringements the Judge may declare a "**No Pull**". The pull will be retaken immediately, no rest periods or welfare to the competitors being permitted.

Use of Tack

Tack may be applied to the hands only. In wet weather sawdust may be used. The coach or trainer may wipe clean a muddy rope but no cloth or other aid whatsoever may be used to assist the grip during a pull. Injuries to the hands should be notified to the Judge and only tape strapping should be used.

Rest Periods

Teams may be allowed six minutes rest between rounds and between competitions.