

Clarion University Intramural Sports

Tug-Of-War Rules

It is assumed that all Intramural Participants have read all policies and procedures in the [Intramural Sports Handbook](#). The purpose of this Handbook is to assure equitable and enjoyable participation as possible for all participants at Clarion University. All participants, referees and staff are responsible for all of this information

Players:

- Teams are made of eight (8) participants
- Men's, women's and coed divisions are offered
- Coed teams are four (4) men and four (4) women

Equipment:

- Games are played in the Student Rec Center
- Rope is provided and taped
- NO cleats, athletic indoor shoes must be worn
- Gloves or any grip assistance is prohibited
- A red mark will indicate the center line
 - Two white marks will indicate 13 feet left and right of the center mark
 - This is the mark the center of the rope must pass in order to win a tug
 - Two blue marks will be 5 feet from the white marks
 - These indicate where the first puller can grip

Gameplay:

- This is a one day event
- Gameplay will vary based on participation
- Matches (based on participation):
 - Best two out of three tugs
 - Double elimination tournament
 - Single elimination tournament
- Each tug has a time limit of five (5) minutes
 - If no winner after five (5) minutes:
 - Each team eliminates one (1) player from the opposing team every minute until there is a winner

Rules:

- Each tug is officiated by a judge who stops and starts the tug
- Contestants are not allowed to lie down at any point during a tug
 - Contestants who lie down will be disqualified for that tug and their team will have to play one member down
- **NO tying the rope around your body**
 - The anchor puller must grip the rope the same as any other puller
- Fouls: (one warning and then disqualification from that tug)
 - Lowering your elbow below knee level while pulling
 - Touching the ground for longer than a second (other than catching your balance)