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# Hants County Exhibition Tug of War Rules

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1. Teams must consist of ten pullers on the rope, a water person, and a coach. Exceptions can be made if the judge and other coaches all agree.
2. All teams must report for weigh-in 1.5 hours prior to competition time. All teams are to be weighed in 30 minutes prior to competition start time or be subjected to disqualification. Weight shown on exhibition scales is final.
3. Weight limits per team:

Leagues	Maximum Weight Limits
Men's	1700lbs
Women's	1450lbs

4. After weigh-ins have been completed there are to be no changes of personnel on any team allowed.
5. 1/8" hobnails or flat plates permissible, but not cleats or corks.
6. Time limits per pull:

Leagues	Maximum Pull Times
Men's	15 minutes
Women's	8 minutes

7. To win the pull a team must either have the most rope over the center line at the end of the maximum pull time, or one team must pull out the opposing team by having their anchors shoulder touch the wall/board. (If the pull is within 6 inches at the end of the maximum pull time, it is the judges call if overtime is necessary.)
8. In the case of a tie at the end of the time limit, there will be 5-minute overtime for the men's teams and 2-minute overtime for the women's teams.

Leagues	Maximum Over Time Allowed
Men's	5 minutes
Women's	2 minutes

9. Hip and/or knee lock will not be allowed.
10. Side swaying of the rope to provoke a team from holding position is prohibited.
11. No part of any persons' body may stay in contact with the ground except their feet. The Anchor may keep one hand on the ground to maintain balance.
12. Each team is only allowed one coach and one water person during a pull.
13. The coach and water person cannot touch the rope for any reason unless allowed by the judge to untwist the anchor loop.
14. The judge and referee's decisions will be final and must be abided by.
15. The tactic known as the whip, sudden dropping to the ground violently breaking the back lock of the opposing team while straight holding on the hands, is prohibited.
16. Lines will be placed down 8 feet apart. All players must keep within the lines during a pull, or they will be disqualified.
17. If the rope breaks and two pullers or less are over the starting line, the pull will restart at the beginning. If more than two pullers are over the starting line, then the pull will restart at the breaking point with the same number of pullers over starting line.
18. No team member may put their hands past the center flag on the rope.
19. Teams may not trade pullers once they are pulling for another team already. Exceptions may be made if the judge and opposing coaches agree.
20. Any violence towards the judge, referees, or between teams will result in automatic disqualification.