



# Cumbrae Taekwondo Community Fun Day

## TUG O WAR RULES

1. Teams to consist of five members and one coach (if required)
2. No spiked footwear permitted
3. Gloves may be worn
4. Overall pull to be 12ft and winner is the team to pull the opposition 6ft from start mark
5. No hand over hand pulling allowed. Team members must go back with rope when pulling
6. Anchorman to loop rope round one shoulder to secure, no knot is permitted
7. All team members to remain on their feet at all times, no hands are persistently allowed on the ground apart from the anchorman who is permitted to use one hand on the ground
8. Only coach can consult with the judge
9. A team member is permitted to pull for one team only

**No inappropriate behaviour or foul language will be permitted one warning will be given, a further warning will result in disqualification.**