

## TUG-O-WAR

**It is recommended that participants wear gloves during this event.**

1. Teams consist of 8 male or 8 female competitors. **(General Rule 1.1 & 1.2 apply)**
2. The anchor person **must not** tie the rope around themselves.
3. It must be the same team competing through all the heats unless an injury occurs.
4. Participants must not twist the rope around their arms.
5. Spectators must remain behind field markers during this event and must not encroach onto the courts.
6. Spectators must not congregate at ends of the courts. (This could jeopardise the teams as they make their way down the courts).

### Equipment

SportsFest Supply all Gear

Competitors can supply and wear gloves