

ATOWA MANUAL 2015

RULES

PART 1

GENERAL RULES

Entries for all competition held under Australian Tug of War Association Incorporated (ATOWA) Rules must be on an official entry form completed as required, plus any entry fee. Organisers must stipulate a closing date for entries.

The ATOWA Executive will not accept responsibility of the competition to be known as The Australian National Tug Of War Titles, until the host club supplies to the ATOWA Executives satisfaction:

- 1) Grounds and Facilities
- 2) Ropes and Scales
- 3) First Aid

2 Judges

- a) There shall be one Chief Judge, responsible for the conduct of the competitions from weigh-in to close of the meeting and all other judges shall act under the direction of the Chief Judge.
- b) All qualified Tug of War judges shall register annually and shall be members of the ATOWA

3 Teams

- a) Every club must register with the Tug of War Association within three months of its formation.
- b) When a new club wishes to register with the ATOWA. they must apply in writing to the Secretary stating name and colours of pulling strip.
- c) Any club wishing to change name or colours must follow the procedures as laid down for a new club.
- d) A maximum of two pullers may be borrowed for a specific weight division to allow a club to get down to the prescribed weight. No club shall be allowed to borrow any puller for any competition at catchweight where eight pulling members of that club are or have been present. A puller injured in a previous competition may be substituted in a catch weight team at the discretion of the Chief Judge.

- e) If a club had eight (8) members present they cannot borrow for any weight division above that combined weight of those eight members.
- f) Pullers and coaches are permitted one (1) transfer in any one (1) calendar year. All transfers to be completed twenty eight (28) days prior to the ATOWA. Championships. All clubs shall 'release' upon request of said puller or coach, any puller or coach within seven (7) days of such application.
- g) Where competitors or supporters interfere with or abuse officials and/or members, he/she/ and the Club are liable to a maximum penalty of twelve months suspension and/or fine, this to be decided by committee. Offenders are automatically suspended for one month from the date of the offence.

4 Ages for Competitors

- a) In senior competition no member shall be under 15 years of age on the day of competition.
- b) Tug of War for youths shall be confined to competitors who are aged 13 (thirteen) years or over but have not attained their 18th (eighteenth) birthday on the date of the competition.
- c) State Associations will be responsible for verification of proof of age of youth competitors before forwarding the registration to the ATOWA. for registration. On receipt of the completed and verified registration form and photographs the Registration Officer will issue at no cost a Youth Registration card. The Youth Registration card entitles the holder to compete Youth Competition only. Members wishing to compete in open competition will need to register as full members and pay the appropriate registration fee.

5 The Draw

The draw shall be made in the presence of a majority of the coaches. One draw only shall be made for each weight provided that it includes all teams who have entered and are participating.

6 Competition and Heats

Two types of competition shall be recognised by ATOWA:

- a) Knockout Competition or
- b) Points Competition.

All heats shall be won by pulls out of three. Coaches shall toss for choice of ends at the start of each round. Teams will change ends after a reasonable rest on the completion of each pull. In the event of a match going to three pulls, coaches shall toss for a choice of the third end.

7 Dress

Teams shall be properly dressed for competition,

i.e. Appropriate shirts, shorts, socks and approved footwear.

At weigh-in minimum required dress for men is shorts and for women, shorts with t-shirt and/or aerobics/crop top.

8 Footwear

8.1 Outdoor shoes

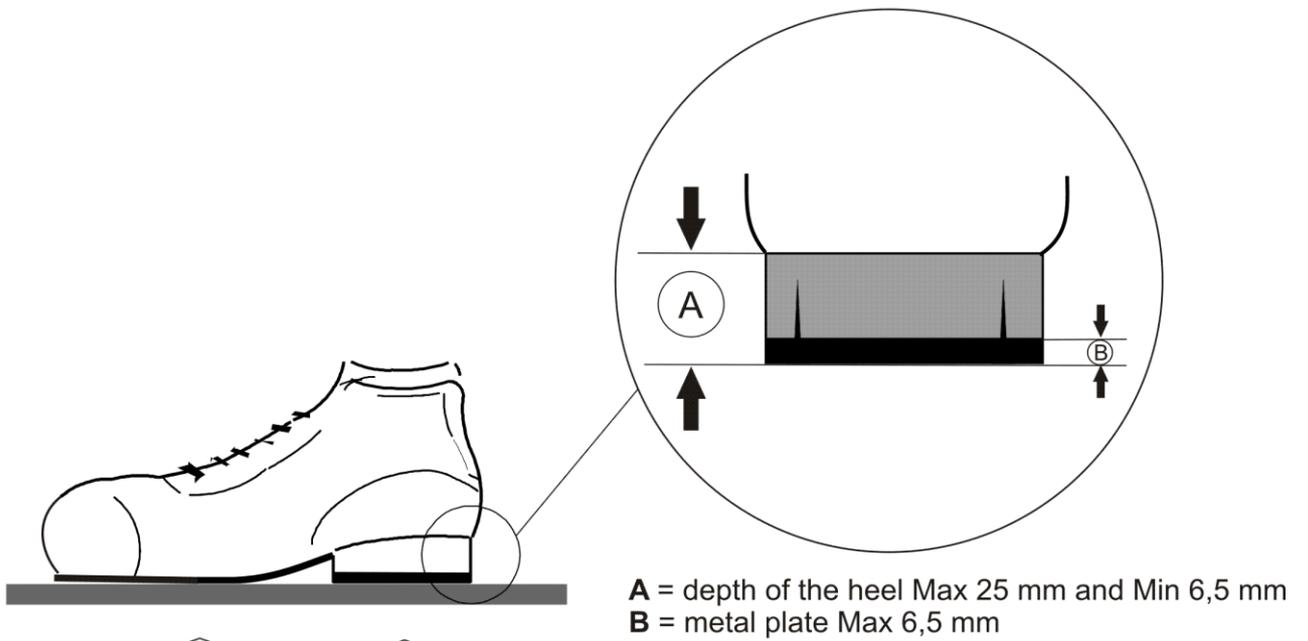
Boots are to be worn by all competitors. No spikes or sandshoes are permitted. The sole, heel and side of the heel must be perfectly flush. No metal sole, toe caps or toe plates are permitted. Spikes and protruding nails from the soles or heels of the boot are not permitted. The fastening of the shoe shall not consist of any protruding clips which might cause injuries. A metal heel plate with the maximum thickness of 6, 5 mm that is flush on the side and bottom of the heel is permitted. The size of the heel should not constitute more than one third of the entire sole area, nor less than one quarter. The depth of the heel as measured from the sole should not be less than 6.5 mm and not more than 25 mm. (Including the plate.)

8.2 Indoor shoes

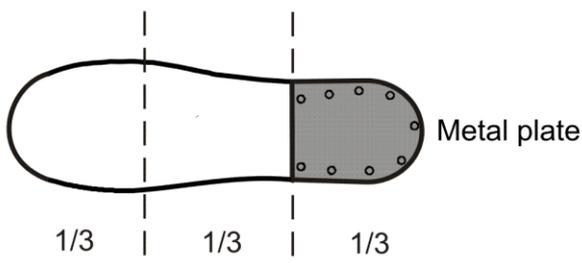
The shoes to be used for indoor tug of war should be as originally produced by any sport shoe manufacturer. The sole should be made of rubber or such material as to give optimum grip but not cause damage to the pulling surface or floor. The maximum length and width of the sole must not exceed the 'bare foot' measurement of the puller by more than 20%. The only material or substance which may be applied to the sole of the shoe is a clean dry cloth which must be devoid of any chemicals or fluids.

Championship controlling officials shall arbitrate in matters of dispute.

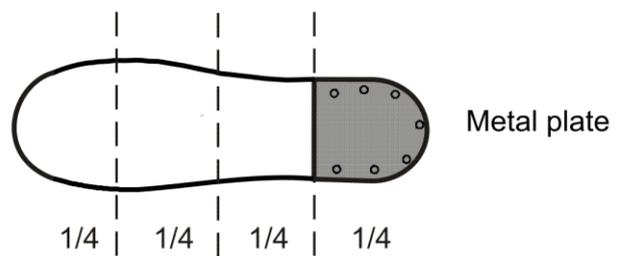
Attachment 1 Outdoor shoes



↑ ↑
Sole and heel perfectly flush



heel is no **more** than $1/3$ of total footprint



heel is no **less** than $1/4$ of total footprint

9 Resin

- a) Resin or tack will be applied to the HANDS ONLY (outdoor competition).
- b) No resin/tack is permitted in indoor competitions

10 First Aid

First Aid facilities to be a minimum of St John's qualified First Aid Officer, First Aid kit for sport, Oxygen/Resuscitation Unit, and a First Aid post, at all Australian Championships

11 Betting is PROHIBITED

12 Markings and Measurements

12.1 Rope Dimensions

The rope shall not be less than 10cm or more than 12.5cm in circumference and must be free of knots and other holdings for the hands. The ends of the rope shall have a whipping finish. The minimum length of the rope must not be less than 33.5 metres, and maximum length 35 metres.

12.2 Rope Markings

12.2.1 Outdoor

Five tapes or rope markings shall be fixed as follows:

- a) A coloured tape of markings at the centre of the rope
- b) Two white tapes or markings each four (4) metres each side of the centre marking.
- c) Two coloured tapes or markings each five (5) metres on either side of the centre markings.

No competitor shall grip the rope within the length bounded by the outer tapes or markings referred to in 12 (c). At the commencement of each pull the first pulling member shall grip the rope as close as possible to the outer tape or marking. The white and coloured marking shall be affixed so that they are easily adjustable by the judge in the event of the rope stretching or shrinking.

The pulling area shall be a flat, level grass covered surface. One centre line shall be marked on the ground. At the start of a pull, the rope shall be taut with the centre rope marking over the centre line on the ground.

The markings shall be easily visible and may be readjusted on the authority of the judge on the day.

12.2.2

Indoor

Three tapes or markings,

- d) Red at the centre;
- e) White 2 metres on either side.

The mat for indoor Tug of War must be a minimum of 34 metres long by 90 cm wide.

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PART 2

CONDUCT OF THE COMPETITIONS

13 Weighing and Stamping

In all weight competitions, the judge will test the scales at the stated time for the commencement of the weigh-in, this test to be carried out in view of those coaches present. Stewards may be appointed to assist, but must be under the direct supervision of a qualified judge. The stamping or marking of competitors should be done on a limb, in a position easily seen by the judge but not easily erased by the rope or competitors' clothing.

'A' teams must be stamped so they are easily distinguishable from a 'B' team. In catch weight competitions all competitors shall be marked as they leave the rope. In any catch weight competition where any club enters two teams, such teams must be declared and one marked in a conspicuous manner before the draw is made. This will prevent a team looking at the draw and then putting the strongest team in the half that appears to be the least difficult.

14 Scales

a) Scales shall be made available until 720 kilo or last weighted competition commences, to enable teams to be reweighed at the Chief Judge's discretion in event of an injury to a competitor in a previous event.

b) If a number of scales are being used, those scales weighing lightest are to be used for 560kg and 520kg divisions.

15 Draw

a) For knockout competitions the name of the teams shall be recorded on the draw sheet in the order in which they are drawn commencing from the rope.

When a preliminary round is necessary such rounds shall be made up from the requisite number of teams who are drawn last. The preliminary round must be conducted first, and the winners from there take their place at the bottom of the first proper round. From that point the competition shall be regulated as shown on the draw sheet working from top to bottom. Where three teams only compete, the teams drawing the bye shall, if defeated by the winner of the first round pull for second place.

b)(i) for points competition the teams shall be drawn into an agreed number of groups. Each group will compete as a separate unit, the winners of each group competing in a final

(ii) With two or more groups, the team drawn will be allocated to each group in turn, i.e. first team Group 1, second team Group 2, and so on.

16 Competition

a) At all times the matches must be conducted in the order as stated and in competitions where it is necessary to divide into groups, the competition will operate in such a manner as to ensure that teams are given the maximum rest period between pulls that circumstances will permit, for example, the competition will be conducted with two matches alternating between the groups containing four teams and the other five, in which case start with one match from the group of four alternate with two matches from the group of five.

b) Where three teams only compete at the request of request of two of the coaches, the competition shall be run as a points competition. In the event of a tie using the initial draw the three competing teams shall then pull off in the knockout competition, thereby determining the winners and runners up.

Points shall be awarded for each match as follows:

Teams winning two pulls to nil	3 points
Teams winning two pulls to one	2 points
Teams losing two pulls to one	1 point

17 Rest Periods

A minimum of 6 minutes rest shall be allowed between rounds of a competition and between separate competitions.

18 Team Members

At the start of each competition, senior teams consist of 8 pulling members, subject to a first claim rule and team qualifications. A competition is considered to have started for a team when they are in position to pull under direct supervision of a judge.

18.1 Conditions for using a substitute

The substitute may replace any one puller for the duration of the competition. After the substitution has taken place, no other such changes may occur.

Substitution may be used for tactical reasons or due to injury.

Substitution may only take place after the team has weighed-in, and has finished the first end of the first match it pulls in.

The replaced puller shall not participate in any subsequent matches of that weight-class.

18.2 Substitution procedures.

Both the puller to be replaced and the substitute, must report in full pulling outfit, (shirts, shorts, stockings and footwear) to the Chief Judge to deal with the substitutions.

The substitute puller must be of equal weight or less than the puller he/she replaces. The total weight of the team cannot be increased by the weight of the substitute, even if the team originally weighed less than the maximum weight for that weight class.

Directly after the change, the Chief Judge or designated official shall cancel the stamp or marking of the replaced puller, and indicate a similar marking on the substitute, with an indelible marker. The Chief Judge or the designated official shall note the substitution on the appropriate weight certificate.

A second substitution will not be permitted.

19 Footwear

Before the start of the competition the footwear of the competitors and, if necessary, the stamp mark must be inspected by the judge.

20 (a) Rope Grip

No competitor shall grip the rope within the length bounded by the outer tapes or markings. At the commencement of each pull the first pulling member shall grip the rope as close as possible to the outer tape or marking.

No knots or loops shall be made in the rope, nor shall it be locked across any part of the body or any member of the team. Crossing the rope over itself constitutes a loop. At the start of a pull, the rope shall be taut with the centre rope marking over the centre line marking on the ground.

(b) Pulling Position

Every pulling member shall hold the rope with both hands by the ordinary pulling grip, i.e. the palms of both hands facing up, and the rope shall pass between the body and the upper part of the arm. Any other hold which prevents free movement of the rope is a Lock and is an infringement of the Rules.

The feet must be extended forward of the knees and team members should be in a pulling position at all times.

(c) Anchor Man's Position

The end man shall be called the Anchor Man. The rope shall pass under one armpit, diagonally across the back and over the opposite shoulder, from rear to front. The remaining rope shall pass in a backward and outward direction and the slack shall run free. He shall then grip the rope by the ordinary grip, i.e. the palms of both hands facing up, with both hands extended forward.

21 The Start

When the judge has received the signal from the two coaches that all is ready he shall give the teams the following verbal and visual commands:

“PICK UP THE ROPE”: and 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 in any way before the command to take the strain. The pullers' feet shall be flat on the ground and the rope held in both hands by the ordinary grip.

“TAKE THE STRAIN” At the same time raising both hands above the head (sufficient strain shall be put on the rope to ensure that it is taut and each man may establish one foothold with the heel or side of the boot on the extended foot). Both teams shall give and take rope through the hands. When the rope is steady with the centre mark over the centre line on the ground the judge must make it quite clear by exposing the palms of his hands with the added words

“STEADY” that he is about to signal the start, then after a slight pause

“PULL” at the same time flinging both hands downwards.

Infringements during competition:**(a) Infringements General**

- 1) Sitting: deliberately sitting on the ground, or failure to return immediately to the pulling position after slipping.
- 2) Leaning: touching the ground with any part of the body other than the feet.
- 3) Locking: any hold which prevents the free movement of the rope.
- 4) Grip: any grip other than the ordinary grip as described in Rule 21 (a)
- 5) Propping: holding the rope in a position where it does not pass between the body and upper part of the arm.
- 6) Position: sitting on a foot or limb on the feet not extended forward of the knee.
- 7) Climbing the rope: passing the rope through the hands.
- 8) Rowing: repeatedly sitting on the ground whilst the feet are moved backwards.
- 9) Anchor Man Position: any other than the position described in Rule 21(c)
- 10) Trainer: trainer speaking to his team whilst they are pulling.

(b) Infringements during outdoor competitions

- 11) Footholds: making footholds in the ground in any way before the command "Take the Strain" is given.
- 12) Side-stepping: stepping out of the track in an outdoor competition

(c) Infringements during Indoor competitions

- 13) Side-stepping: stepping outside the pulling surface of an indoor competition

(d) Other infringements

- 14) There shall be no contact by word or act which is likely to bring the sport in disrepute.
- 15) No member of a team, i.e. coach, trainer or pulling member is allowed to address any remarks to the judge during the actual pulling. Any advice sought from the judge can only be obtained through the coach.
- 16) The function of the trainer to attend to the requirements of the team before, between and after pulls. He must not speak to his team during a pull.
- 17) There should be only one coach.
- 18) The use of water for any purpose will be prohibited within the immediate vicinity of the rope.

23 List of Commands in Tug of War Competition (See Attachment 'A')

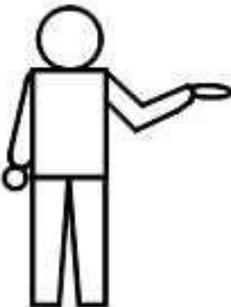
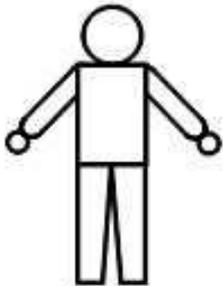
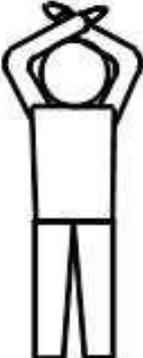
COMMAND

SIGNAL

- | | |
|------------------------|--|
| 1. Team are you ready? | Indicating the team with the arm. |
| 2. Pick up the rope. | Arms extended in front of the body. |
| 3. Take the strain. | Arms extended upward with palms inward. |
| 4. Rope to centre. | Indicating with one arm to the side which has to move to the centre. |
| 5. Steady. | Arms extended upwards with palms outwards. |
| 6. Pull. | Flinging the arms down to the side. |
| 7. Indicate winner. | Blowing whistle and pointing to the winner. |
| 8. Change ends. | Blowing whistle and crossing the arms over head |
| 9. No pull. | Blowing the whistle and crossing the arms in front of the body. |
| 10. Caution. | Raising the arm to the side of the infringing team and indicating by one or two fingers the first or second caution. |

Ref. Rule 23 LIST OF COMMANDS IN TUG OF WAR COMPETITION

Attachment A Signals Commands

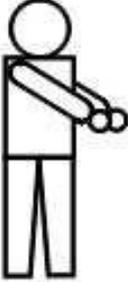
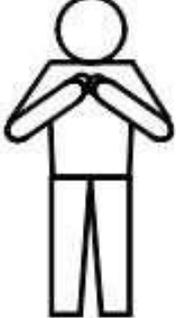
		
TEAM ARE YOU READY	PICK UP THE ROPE	TAKE THE STRAIN
		
ROPE TO CENTRE	STEADY	PULL
		
INDICATING WINNER	CHANGE ENDS	NO PULL
		
FIRST CAUTION	SECOND CAUTION	

List of Common Infringements during Tug of war Competition (See Attachment 'B')

INFRINGEMENTS	SIGNAL
1. Sitting	Moving flat hand horizontally.
2. Leaning	Open hand horizontal indicating to the ground.
3. Locking	Elbow touching the lifted upper leg.
4. Grip	Two fist one in front of the other.
5. Propping	Lifting movement with hands alongside the body.
6. Position	Kicking movement and stretching of the lower leg.
7. Climbing the rope	climbing movements with the fists.
8. Rowing	Rowing motion with arm and upper body.
9. Anchor Man's Grip	with the hand touching the back.
10. Trainer	With the finger touching the lips.
11. Footholds	Kicking the heel in the ground.
12. Side-stepping	Side stepping with one foot.

Ref. Rules 24 LIST OF COMMON INFRINGEMENTS IN COMPETITION

Attachment B Signals infringements

		
SITTING	LEANING	LOCKING
		
GRIP	PROPPING	POSITION
		
CLIMBING	ROWING	ANCHORMAN
		
TRAINER	FOOTHOLDS	SIDESTEP

Cautions, Pulls and No Pulls

For any infringements of the rules during the 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 offenders. A team will be deemed guilty of an infringement even though only one member offends. Only two cautions can be given in any one pull. However, the judge has the authority to disqualify a team or teams without caution for any offence against the rules.

Winning a pull

(a) Outdoors

A pull shall be won when one of the 4 metre rope markings is pulled over the ground marking.

(b) Indoors

A pull shall be won when the centre marking of the rope has been pulled over one of the 4 metre markings on the mat. The team on that side of the mat will be declared the winner.

A no-pull will be awarded

(a) In the event of any irregularity without offence by the two competing teams, after which the judge may allow a reasonable rest.

(b) In the event of both teams being guilty of infringements there will be no rest period or welfare to competitors being permitted.

For (a) and (b) the judge shall blow his whistle, and announce ‘NO PULL’ and point to the centre ground marking.

The finish of a pull shall be signalled by the judge blowing the whistle and then pointing in the direction of the team winning the pull.

Protests

If a competing team has a protest on the day of competition the team manager is to submit the protest in writing, quoting the Rule no, Page no, and paragraph his team is protesting against.

Side Judges.

Side judges shall when necessary, act under the direction of the judge within his responsibilities. During actual pulling each side judge shall be in a position alongside the competing team on the opposite side to the judge. A side judge shall not address any remarks to the coach or any member of the team unless he is signalled to do so by the judge. In the event of a judge signalling a caution, the side judge shall inform the offenders, naming the team and adding ‘first caution’ or ‘last caution’. Any instructions of the judge conveyed by the side judge

to a team must be clear and brief.

Championships

The rotation of the ATOWA National Titles is, South Australia, Victoria, New South Wales, Western Australia and Queensland.

States that are not willing or able to stage the Championships during their rotation year are to inform ATOWA at the Nationals prior so that ATOWA may make alternative arrangements.

The following championships and weights are recognised by the ATOWA.

MEN

560 kg

600 kg

640 kg

680 kg

720 kg

Catch weight

600 kg State

Challenge

680 kg State Challenge

600 kg Indoor

640kg Indoor

680 kg Indoor

720 kg Indoor

Catchweight Indoor

WOMEN

520 kg

560 kg

Catchweight

560 kg State Challenge

520 kg Indoor

560 kg Indoor

MIXED

640 kg

680 kg

720 kg

600 kg Indoor

640 kg Indoor

680 kg Indoor

730 kg Indoor

YOUTH

560kg

28 National Championships

The following officials must be appointed

- (c) Chief Judge
- (d) Weigh master
- (e) Time keeper / Recorder(s)

29 International Competition

Australian teams chosen, selected or otherwise nominated to represent the Australian Tug of War Association at International level shall be subject to the control and management of the ATOWA. at all times.

30 Weigh-Ins

When accurate practise scales are available at Championships, only two weighs shall be allowed.

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PART 3

RULES FOR OFFICIALS

The ATOWA, with the approval of T.W.I.F. shall be responsible for the testing and grading of Tug of War judges.

31 Testing

- (a) The examination shall be held only after a course held by the ATOWA.
- (b) It shall be in three parts and based on current tug of war constitution rules.
 - (i) Written
 - (ii) Oral
 - (iii) Practical
- (c) A candidate must be registered as an individual member of the ATOWA, and must obtain an overall minimum of 75% in the examination.
- (d) Successful candidates will be appointed Grade 3 Judges

Grade 3 judges may be upgraded to Grade 2 judges after two years satisfactory experience and a minimum of 20 competitions, when they may be appointed Grade 2 judges by the Association. Grade 2 judges may be upgraded to Grade 1 after two years at Grade 2 provided that by the year in which they apply they have officiated at a National Championship, organised at least four competitions at more than one weight and judged at least 12 open competitions.

32 Responsibilities of Judges

All judges are required to return a completed record to the Officials Representative seven days after the event. An official shall not act as a centre judge and coach/puller at the same meeting, without the prior approval of the Chief Judge.

33 Time Keepers / Recorders

To qualify and be recognised by the Association, time keepers must first become registered as individual members and hold a current registration card. After they have officiated at three meetings under the supervision of a graded judge, they may put forward an application to the ATOWA.

34 Uniform

On qualification and deposit of \$25.00 to the Treasurer, officials will be supplied with an official shirt, badge and ID card.

ORGANISING A TUG OF WAR COMPETITION

The object of these notes is to assist organisers and promoters of Tug of War competitions in their planning and presentation of proposed events and to give some indication of their responsibilities and commitments.

Experience has shown that once general principles have been agreed, the responsibility of Tug of War can best be carried out under the direct control of one person who will maintain close liaison with the organisers allowing the event to continue with a minimum interruption. Contact with the Tug of War Association at the outset may well help to remove lots of problems and save valuable time.

Selecting the time of day

Whilst the day of proposed tug of war is frequently determined by an already established event such as Agricultural Show, Sports Meeting etc, the timing of the tug of war events is very important and must be given consideration. Many factors are involved such as time and distance teams have to travel. Tug of War events should be planned to commence from about 1 pm and be completed in daylight unless adequate flood lighting is provided in which case the time may be extended, but in all cases teams should be informed of the programme when they are invited. Competitions should always be completed in one day except in the case of an organised league.

Inviting Official Judge/s

The size of the competition will determine the number of judges required. Organisers of competitions are at liberty to invite any judge/s from those named in the official list of judges in the Tug of War Handbook.

The Association Secretary will be pleased to advise where organisers desire his/her assistance. Reasonable travelling expenses are permitted in cases where the judges are invited to attend beyond a reasonable distance (Tug of War Judges are Amateurs). A limited number of Time keepers / recorders are available whose services are a great asset to the Judge especially when a large number of teams or competitions are involved.

Publication of Events

Details of planned tug of war competitions are published by the Tug of War Association in the form of a Newsletter which is circulated periodically. Promoters wishing to use this service may become members of the Tug of War Association and gain benefits including the widest possible publication not only of their own event but up to date news about Tug of War.

Equipment and Facilities

The equipment required for Tug of War is relatively little.

(a) The Rope. Specifications of which may be found in the rules.

(b) The Arena. The arena should be flat measuring a minimum of 50 metres by 12 metres and surrounded by a firmly erected means of barrier to prevent encroachment by the spectators.

(c) Dressing Rooms. Availability of dressing rooms would be appreciated.

(d) Control of Events. A small tent with a table and chairs sited within the area is an asset to the officials in their conduct of the event. Details of rope markings can be found within this handbook. A public address system enables control to be exercised better and keep spectators informed of the position, thus maintaining more interest.

(e) Scales. Tug of War competitions are held at specified weights

MEN 560kilo, 600kilo, 640kilo, 680kilo, 720kilo and Catch weight (open weight)

LADIES 520kilo, 560kilo and Catch weight

In case of catch weight competitions there is no limit to the weight of the teams, there is therefore no need to weigh-in. In the case of weighted competitions, it is necessary to have the use of reliable scales. Ideally these scales should be capable of weighing a full team at once, saving valuable time. The responsibility of weighing teams should be carried out under the direct supervision of a qualified judge. It is the responsibility of the promoters to provide scales. Teams are marked or stamped immediately after weighing and examined prior to each round of the competition.

Types of Competitions

There are two types of Tug of War competitions, the knockout competition and the points tournament. The knockout competition is the type most suitable when the numbers of entries exceed eight, but to afford those competitors that have the misfortune to be knocked out of the competition at an early stage, for another opportunity of enjoying their sport, it is recommended that there be at least two competitions with one more at a stated weight. In selecting weights of a competition, it is recommended that weights closely related, are much more acceptable to the teams than those of extreme weights, i.e. 560 kilo with a 640 kilo is much better than a 560 kilo with a catch weight.

Points Tournament

Points tournaments are most suitable when there are a small number of entries. Refer to rules of the manual.

Entry Fees

Promoters must state the amount of entry fee and conditions when invitations are sent.

Trophies and Prizes

The existence of a challenge trophy is always pleasing and helps to attract teams annually. Promoters are responsible that receipts for challenge trophies are available for signature as soon after presentation as it is possible. The copy, which should contain details of the date on which the trophy must be returned and to whom it should be addressed should be given to the team winning any trophy. Individual prizes should be awarded to all members of the winning team and the team coach and where more than five teams are competing the same for runners-up. The value of each prize will depend on the size of the entry and financial circumstances of the promoter. Advice on this matter can be obtained from the Secretary of the Association.

Toilets

Toilets for both men and women are essential and where ever possible facilities for hand washing should be provided. Toilets for men should be sited as near as practicable to the arena and those for women should be free and within a short walking distance from the arena.

Refreshments

Tug of War competitors are healthy creatures. Most have good appetites and welcome the opportunity of purchasing a cup of tea or coffee, together with a sandwich and pie. Beer, whilst an excellent beverage, is seldom taken by the Tug of War athlete during the period of any competition.

Duties of Time Keepers / Recorders

Arrive early and contact the Chief Judge. Date, Weight Divisions, competition and venue should be clearly written on the score sheet. The draw order is shown in the back of this Rule Book. Results and timings of all rounds of the competition are to be logged. All score sheets on completion of the event are to be signed by the judge and officiating time keeper / recorder.

Essential Equipment

Stop watch, pen / pencil, scoresheets and spare paper, clip board.

To all interested in Tug of War

In addition to the hard, physical effort and grit demanded by the individual, there must be the highest order of self discipline and co-operation in the interest of the team. This fact must be accepted if a Tug of War team worthy of the name is to be built and maintained. One of the great merits of Tug of War is that it is essentially a team event, each individual giving nothing but his best in unison and harmony with his colleagues. Tug of War has many brilliant teams but no individual 'stars'. To those who desire to develop mind and muscle together with the true spirit of comradeship within the principles of sportsmanship, Tug of War affords such an opportunity. It is not only a good clean sport, it is the attitude of mind which helps to develop the finest qualities which is the true purpose of sport, to which real sportsmen aspire.

Advise to judges and Tug of War teams on the control and conduct of Tug of War contests.

Teams entering and leaving the arena

Teams should enter and leave the pulling area together and be led by their coach. Trainers, if in attendance, should follow at the rear of the team.

Choice of ends

When teams arrive near the pulling area, they will halt. The judge will call the coaches to him and they will toss a coin for choice of ends. In the event of there being three ends, coaches will toss for the third end after the second has been completed. When choice of ends has been decided, teams will take up position along the rope by proceeding in single file and moving towards the rope mark nearest their end and wait instructions from the judge.

Position of Judge

Before starting any pull, the judge will position himself in line with the centre marking on the ground and ensure he has complete supervision of the markings on the rope and line on the ground and all members of both teams. The judge should stand, feet apart, in line with the centre markings on the ground, his movement should be limited to the range of 4 metres within the limits of the two outside rope markings. He must be parallel with the rope and in line with the ground marking when the white marking on the rope passes over the line.

Trainers

Only one trainer or 'water attendant' is permitted with each team during pulling. He shall take up a position on the opposite side to his/her team and adjacent to the judge, and is not permitted to address the team during actual pulling.

ORGANISING THE AUSTRALIAN CHAMPIONSHIP

The object of this paper is to assist with the planning and presentation of the Australian Tug of War Championships and giving some indication as to the responsibilities of the organisers.

The Venue

The venue shall be decided at the A.G.M. each year, members wishing to stage the Championships shall place their application before the meeting when called to do so.

Chief Judge

The ATOWA. shall appoint a Chief Judge at the A.G.M. The ATOWA. shall make available funds to transport the Chief Judge to and from the Championships.

The ATOWA. will pay up to \$150.00 for the travel expenses of the Chief Judge to the Championships. The Chief Judge shall:

- a) Provide his own accommodation;
- b) Liaise closely with the organisers during the preparation period;
- c) Appoint all available judges to various tasks;
- d) Will appoint the weigh master (the weigh master shall be a registered judge);
- e) Appoint available time keepers and recorders;
- f) In the event of a final, officiate.

Head Time keeper

The ATOWA. elects annually a Head Timekeeper.

Organiser: From now on will be known as the host. The host will provide the following:

- a) Venue, a suitable parcel of land for the Australian Championships.
- b) Arenas, shall be roped off and be large enough to cater for all ropes, taking into account both the comfort of spectators and competitors.
- c) Ropes and Scales, Ensure there are enough ropes of the correct length and diameter (four ropes should be provided). Scales, a suitable set of scales will be made available; these scales must be accurate and able to hold a complete team at any one time. Scales should be made available at least one hour prior to official weigh in, this will ensure a smoother weigh in both for competitors and officials.
- d) Public address system powerful enough to keep competitors and spectators informed, thus making it more interesting for all.
- e) Cover and changing rooms. In the absence of cover, it will be necessary for the host to provide cover for the following: change rooms, toilets, official's team and adequate cover for the time keeper and recorders.
- f) Refreshments shall be made available for purchase bearing in mind the climate.
- g) Facilities for the guests of honour should include undercover seating and free refreshments made available. I would suggest making a hostess responsible for the comfort of guests.
- h) Entrance fees to be retained by the organising State Association.
- i) Entrance fee will be \$10.00 per club for each division contested.
- j) If clubs do not pay nomination fee by close on entry date, a late fee will be incurred of 50% extra. Closing date will be 1 week prior to the competition.
- k) Only costs to be met by the ATOWA. will be recognised awards and perpetual trophies.
- l) Host will provide facilities for presentation of medals. Any additional awards to be presented will be at the discretion and cost of the host.
- m) Qualified first aid facilities must be available.
- n) The ATOWA. will not be liable for any expenses incurred.

- o) Presentation Dinner tickets will be available up to one week prior to the championships. Tickets purchased on the day will incur an additional charge of 50%, if tickets are available.
- p) Provide a white board to list order of pulls.
- q) Adequate lighting on ground if required.

The Association or Club elected to stage the Championships should form a committee, which should include:

- a) Public Relations Officer
- b) Ground Committee

The Public Relations Officer will be responsible for informing the media with a view to gaining maximum press coverage. The host will provide assistance when required i.e. providing local information, list of hotels, transport etc. Upon completion of Championships, the host shall prepare a report including a financial report listing any recommendations they may wish to make, the report will be made available to the AGM.

Weigh In and Draw

The weigh master will record the name of each team as they are weighed and rubber stamped. On completion of weigh in, he will report to the Chief Judge with the list. The Chief Judge in company with a Timekeeper and Recorder and the majority of coaches will enter the names into a hat and proceed with the draw. In the event of groups, the first name out will become team 'A' of group one, the second name will team 'A' of group two and so on.

The Championships will remain a points competition unless decided otherwise by the executive. A practice weigh-in will be conducted at 5:00pm on the eve of the Championships.

The competition shall commence no later than 9:00am.

Teams will nominate their coach for weighted competitions during weigh-in.

The ATOWA Executive will meet the Chief Judge and the host on the evening prior to the Championships where final details will be discussed and the Executive will issue directives as necessary.

TABLES FOR POINTS COMPETITION

FOR THREE (3) TEAMS	FOR FOUR (4) TEAMS	FOR FIVE (5) TEAMS
A v B	A v B	A v B
6 Min. rest	C v D	C v D
C v A	6 Min. rest	E v A
6 Min. rest	A v D	B v C
B v C	B v C	D v E
	6 Min. rest	A v C
	A v C	E v B
	B v D	D v A
		C v E
		B v D

FOR SIX (6) TEAMS	FOR SEVEN (7) TEAMS
A v B	A v B
C v D	C v D
E v F	E v F
B v D	G v A
F v A	B v C
C v E	D v E
A v D	F v G
B v E	A v D
C v F	B v E
E v D	C v F
A v C	D v G
F v B	A v E
A v E	B v F
D v F	C v G
B v C	B v D
	F v A
	C v E
	G v B
	D v F
	A v C
	E v G