

Passed Proposals of the Indoor Sub-Committee

- The Novice Nationals will drop from an 8-a-side competition to a 5-a-side competition to make it easier for more clubs to take part.
- Last season, 2 5-a-side open leagues took place, each run over 2 days. There was a Senior and Novice division in each league. This set-up will be replaced this season. The Novice Division will be dropped entirely from this event because the main Novice Championship is now a 5-a-side competition. The league format will also be replaced by 5 stand alone weight events run from heavy to light. The fixtures will be as follows:
 - Oct 18th 450kg
 - Nov 1st 425kg
 - Nov 15th 400kg
 - Nov 29th 600kg
 - Dec 13th 560kg
- Any proposed venue that hasn't hosted a national competition before should be vetted by the NEC.
- Every national has to be run with at least 2 ropes and only on modern mats.
- There will be no Saturday night weigh-in for the 720kg national.
- Competitions to start by 12.30.
- The club who wins a national will represent Ireland in that weight. The coach of that club will be the national coach for that weight and will decide if the team needs strengthening.
- A club can only represent Ireland in 1 competition per day. If they have won both of the days weights at national level then they must pick one and the runner up of the other weight will be promoted to represent Ireland.
- 2 trial days will be held to assess pullers who wish to be available for selection on a national team if it needs strengthening. The first day will be on Sunday the 22nd of November. The 2nd day will be on Sunday the 17th of January. Any puller who took part in the first day and still wants to be available for selection must also take part in the 2nd day. The trials will be conducted using Andrew Clarke's Tug of War machine. Anchor men will be assessed on 1.4 times their

body weight. All other pullers will be assessed on 1.25 times their body weight.

- The trials will be facilitated by Martin Hogan who will arrange with Andrew Clarke for clubs to be assessed and will keep a record of the testing.
- Any club who looks for a permit to hold an open competition on January the 17th will not be granted one as this would interfere with the trial day.
- Nicola Conway is to be responsible for photography of the National Indoor Championships.
- Andrew Clarke is to be appointed as an Indoor Development Liaison Officer and his contact info should be published on the website. His role will be to give any club who contact him, information regarding shoes, mats and anything else they want to know to get started. He will also put them in contact with the closest Senior Club to them that is willing to give them help and advice for training.
- The makeup of the next meeting of the Indoor Sub Committee will not be restricted to clubs who have competed at nationals for 2 seasons. Instead every club taking part in Indoor will be entitled to send a representative but only clubs who have competed at nationals are entitled to vote.