

Sport Equipment

1. Protective Clothing:

- Teams will wear normal sports clothing consisting of shorts, sports shirt or jerseys and knee stockings.
- Protective clothing (Clothing to protect the skin), may be worn under the sports clothing subject to judge's approval.
- Protective belts are only permitted if worn over the sports clothing.
- The protective clothing worn by the anchor shall not exceed a maximum thickness of 5 centimetres, it must always be worn under the sports clothing and be placed between the rope and the body.
- No hooks, grooves or other constructions intended to lock the rope are allowed on any of the protective clothing.

2. Sports dress coach and team attendant:

The Coach and team attendant of a team will wear either the same proper sports dress as the team or will wear proper tracksuit which will conform to the colour(s) of the sport dress of the teams.

3. Resin:

Resin is allowed to facilitate the grip on the rope and the use is restricted to the hands only. In indoor competition, resin may only be allowed when authorisation is obtained to utilise resin in the sports hall. If permitted to use resin in the sports hall, it shall be applied under the direction of the judge only.

4. Dress at Weigh-In:

Men's teams may weigh-in, in proper sized non transparent shorts only, Women's teams may weigh-in, in proper sized nontransparent shorts and shirts only. Boots need not be carried or worn on the scales during weigh-in.

5. Shoes:

• Outdoor shoes:

Heel: The heel shall be flush with the sole of the shoe – vertically down from the sole as seen from the back and side of the shoe. The front of the heel facing forward shall also be straight across, perpendicular to the sole and vertically down from the sole of the shoe.

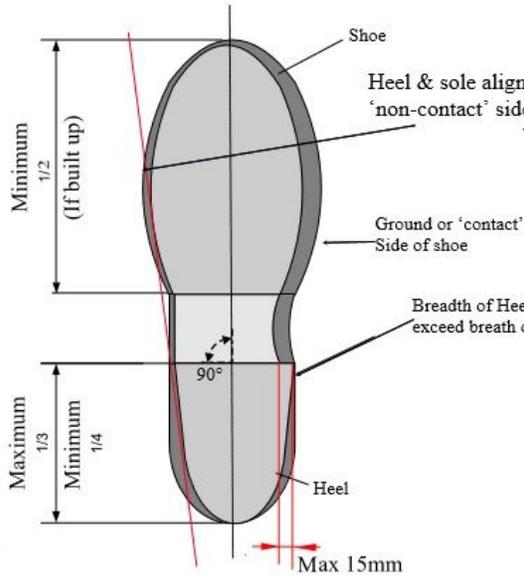
The side of the heel impacting with the ground – the “cutting edge” – can have a tapered edge towards the front of the heel with a maximum protrusion of 15mm to the outside of the heel as measured from the vertical line from the sole. The other side of the heel must be completely flush with the sole and may not have any protruding feature. The breadth of the heel must not exceed the breadth of the shoe.

The maximum height of the heel, including a metal plate with a maximum thickness of 6.5mm, may not be more than 35mm from the bottom of the shoe. The 35mm includes the thickness of the sole. The length of the heel may not be less than one quarter or more than one third of the length of the shoe. (see illustration/drawing).

Sole structure: The sole ‘structure’ (which includes the structure of the heel) may be metal but the sole plate must not be metallic. The minimum thickness of the non-metallic plate is 6.5 mm (see illustration/drawing).

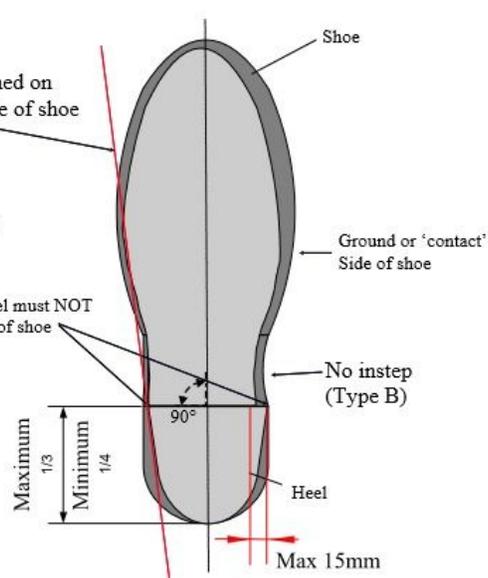
Front part of the Shoe: Can be built up or left as is. If not built up, the sole can be higher than the heel when viewed on a flat horizontal surface. In this configuration, the sole must be a minimum of 6.5 mm higher than the heel. If built up, the front part of the shoe may not be less than half the total length of the shoe. The maximum height, including the sole, may not be more than 35mm. The ‘sole plate’ must not be metallic and be a minimum of 6.5 mm (see illustration/drawing).

TYPE A

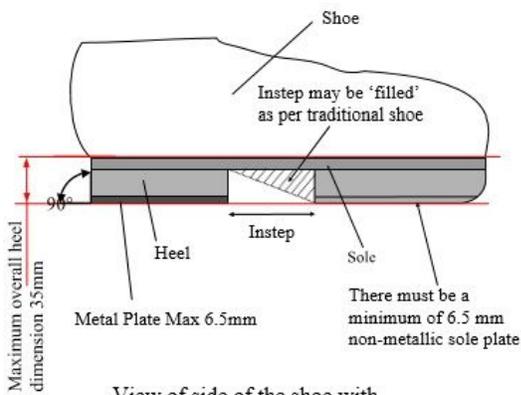


View of bottom of the shoe with 'cut-out' instep

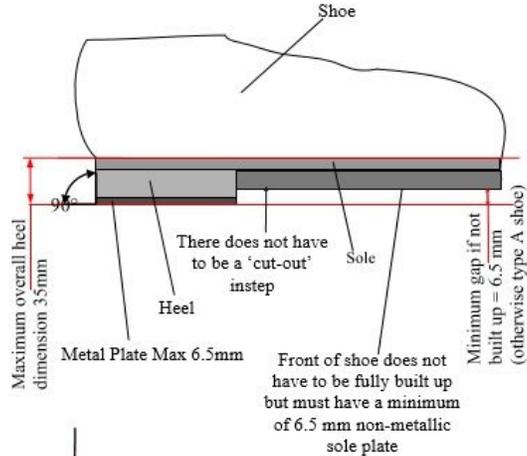
TYPE B



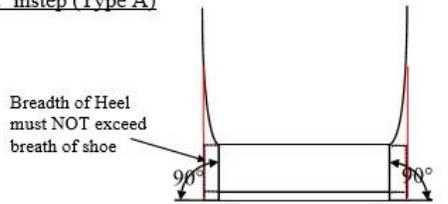
View of bottom of the shoe without 'cut-out' instep



View of side of the shoe with 'cut-out' instep (Type A)



View of side of the shoe without 'cut-out' instep (Type B)



View of heel from the rear of the shoe (Type A and B)

- **Indoor shoes:**

The shoes to be worn for indoor tug of war should be as originally produced by any sport shoe manufacturer. The sole may be adapted, but should not be wider or longer than the upper part of the shoe. 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 :barefoot : measurement of the puller by more than 20%. Indoor shoes can only be cleaned with a dry cloth, no liquids or solvents are allowed.