

RULES FOR COMPETITION

1. TUG OF WAR Sport

Tug of War is a sport practised by teams who are bonafide members of the Irish Tug of War Association. The participants must be amateurs, as approved by I.T.O.W.A. and they will adhere to the Rules and Constitution as laid down by the Irish Tug Of War Association.

2. Categories

In Tug Of War Competition, the following categories will be used :

Outdoor and Indoor

Men, Ladies, Youths, Under 23 and Mixed 4 x 4. Ladies five(5) and six(6) aside

3. Weight Classes

In all National Competitions the following team weights will apply :

World(W), European (E), Indoor (I), Outdoor (O).

Ultra Featherweight:	Not exceeding, 480 Kilos Junior Women. (I.O.) W.
Featherweight:	Not exceeding ,500 Kilos U23 Women. (I.O.) W.
Light weight:	Not exceeding ,500 Kilos Senior Women. (I.O.)W.
Light Heavyweight:	Not exceeding,520 Kilos Senior Women.(O.) E.
Heavyweight:	Not exceeding,540 Kilos Senior Women. (I.O.) W.
Heavyweight:	Not exceeding,560 Kilos Senior Women.(O.) E.
Light weight:	Not exceeding,560 Kilos Junior Men.(I.O.) W.
Light weight:	Not exceeding,560 Kilos Senior Men.(I.) W.. (O.) E.
Light weight:	Not exceeding,580 Kilos Senior Men.(O.) W.
Light Middleweight:	Not exceeding ,600 Kilos U23Men.(I.O.) W.
Light Middleweight:	Not exceeding,600 Kilos Senior Men.(I.)
Middle weight:	Not exceeding,640 Kilos Senior Men.(I.O.) E.W.
Cruiserweight:	Not exceeding, 680 Kilos Senior Men.(I.)W.(O.)E.
Heavyweight:	Not exceeding ,700 Kilos Senior Men.(O.)W.
Heavyweight:	Not exceeding,720 Kilos Senior Men.(O.)E.
Catchweight:	No weight limitations.
Mixed (4x4):	Not exceeding, 600 kilos.(I.O.) W,E.
Ladies 6 Aside:	Not exceeding, 375 Kilos,405 Kilos,435 Kilos.

4. Weighing and Stamping:

The weighing and stamping shall be completed at least one hour before the published time for the start of the competition.

Any substitutes must be weighed at this time also.

Blank Individual weigh certificates and team sheets will be available from the ITOWA officials at the weigh-in.

Once a puller arrives to weigh in, they present their ID card and completed Individual weigh certificate and stand on the scales. Their weight is recorded onto their Individual weigh certificate by the ITOWA official, who also signs and stamps the pullers weigh certificate.

Once a puller has had their Individual weigh certificate signed and stamped, they can not weigh-in again.

The team coach will be given a team sheet to fill in.

Once the team coach presents the completed team sheet to the ITOWA official, the official will check that the total team weight is on or below the competition weight. If it is, then all 8 pullers will be stamped.

5. Age Limits:

No person under the age of 10 years is allowed to compete in a National Tug Of War Match.

(1) Junior Category:

A puller is eligible to participate in the Junior category when the puller has reached the age of 10 years until the end of the year in which the puller reaches the age of 18 years.

(2) Under 23:

A puller is eligible to participate in the under 23 category from the beginning of the year in which the puller reaches the age of 16 years until the end of the year in which the puller reached the age of 22 years.

(3) Senior category:

A puller is eligible to participate in the senior category from the beginning of the year in which the puller reaches the age of 16 years. A female puller is eligible to participate in the senior category from the beginning of the year in which the puller reaches the age of 16 years.

If a Team has a Woman or Junior on the team, a weight advantage of 10 Kilos will be allowed. Only Two (2) Women or Junior's are allowed on the team. The team will only get a maximum weight advantage of 10 kilos, regardless if there are one (1) or two (2) women / Junior's on the team. The 10kg weight advantage is available even if the outdoor team are also availing of the 25kg weight advantage.

TEAMS AND SUBSTITUTIONS

1. Number of Pullers in a Team:

Teams shall consist of a minimum of 7 and a maximum of 8 pulling members at the start of the competition. The contest will have deemed to have commenced, for particular teams, when they are in position to pull under the direct supervision of the judge.

2. Conditions for Using a Substitute:

- The substitute must be weighed at least one hour before the published time for the start of the competition.
- The substitute may replace any one puller for the duration of the competition.
- After the substitution has taken place, no other such change may occur.
- Substitutions may be used for tactical reasons or due to injury.
- Once the team has been stamped, substitutions may only take place after the team 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.
- The substitute must be a registered puller of the specific Club of which he / she acts as a substitute.

3. Substitution Procedure:

- The puller to be replaced, the substitute and the Coach must report to the Chief judge, who may designate an official to deal with the Substitutes.
- The coach must present the I.D Card and Individual weigh certificate showing the name, I.D Number and weight of the puller to be replaced and the I.D Card and Individual weigh certificate showing the name, I.D Number and weight of the substitute puller.
- 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, by adding and deleting the I.D Card numbers of the pullers involved with the changes.

4. Minimum number of pullers:

A second substitution will not be permitted. Should a second injury occur, the team is allowed to continue with seven pullers. A team is not allowed to continue in the competition with less than seven pullers.

5. Coach / Trainer:

Each team may have a team coach to direct their pulling. One trainer for each team is also allowed. The trainers function is to take care of the team before and after pulls. He is not allowed to speak to his team whilst they are pulling and must take up a position as directed by the judge in charge of the match.

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.

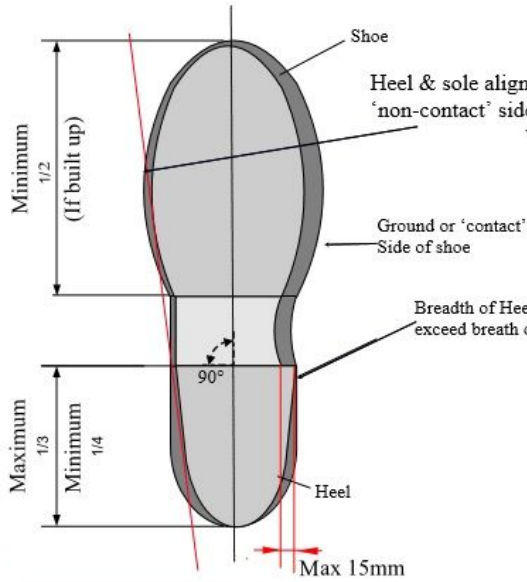
The side of the heel impacting with the ground – the “cutting edge” – can have a tapered edge towards the front of the heel with a maximum protrusion of 15mm to the outside of the heel as measured from the vertical line from the sole. The other side of the heel must be completely flush with the sole 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).

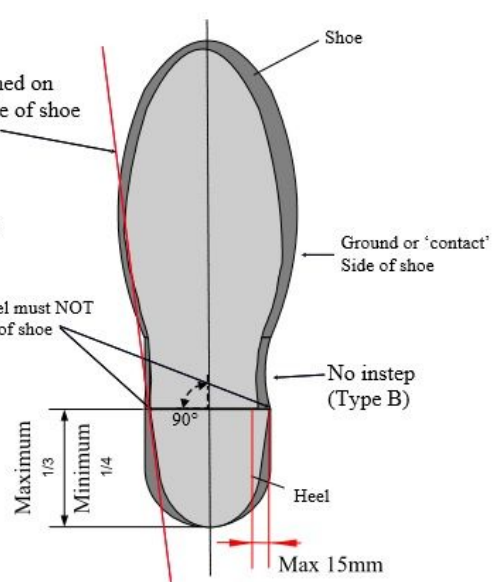
Front part of the Shoe: Can be built up or left as is. If not built up, the sole can be higher than the heel when viewed on a flat horizontal surface. In this configuration, the sole must be a minimum of 6.5 mm higher than the heel. If built up, the front part of the shoe may not be less than half the 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

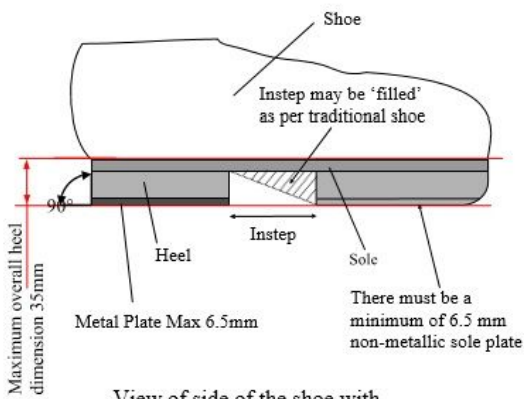


View of bottom of the shoe with 'cut-out' instep

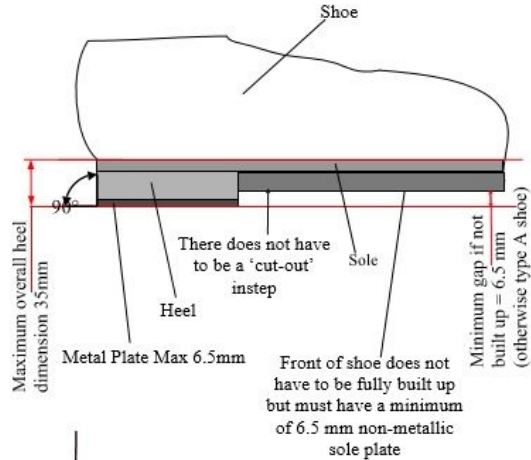
TYPE B



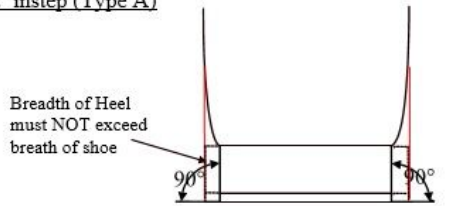
View of bottom of the shoe without 'cut-out' instep



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.

Rope Specifications

1. Rope Dimensions:

The rope must not be less than 10 centimetres (100mm) or more than 12.5 centimetres (125mm) in circumference and must be free from knots or other holdings for the hands. The end of the rope shall have a whipped finish. The minimum length of the rope must not be less than 33.5 metres.

2. Rope Markings:

The tapes or markings shall be affixed so that they are easily adjustable by the judge in the event of the rope stretching or shrinking.

3. Rope Marking Outdoor:

Five tapes or rope markings shall be affixed as follows :

- (a) One (1) tape or marking at the centre of the rope
- (b) Two (2) tapes or markings each four (4) metres on either side of the centre marking
- (c) Two (2) tapes or markings each five (5) metres on either side of the centre marking

Markings listed in (a), (b) and (c) shall be in three different colours

4. Rope Marking Indoor:

Three tapes or rope markings shall be affixed as follows :

- (a) One (1) tape or marking at the centre of the rope
- (b) Two (2) tapes or markings each two and a half(2.5) metres on either side of the centre marking

Markings listed in (a) and (b) shall be in three different colours.

Pulling area and Markings

1. Outdoor Pulling Area and Marking:

The pulling area shall be flat, level grass, or other suitable covered surface. One centre line shall be marked on the ground.

2. Indoor pulling area and marking:

- The pulling surface shall be made of a material that gives sufficient friction to normal indoor sports shoes and is approved by TWIF.
- The recommended length of the pulling surface will be 36 metres.
- The recommended width of the pulling surface will be 100 - 120 centimetres.
- One centre line and two side lines four(4)metres on either side of the centre line shall be marked on the pulling surface/floor.
- Indoor National Competitions must be run with at least 3 ropes and only on modern mats.

PULLING TECHNIQUES RULES

1. 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.

2. Pulling Position:

- With the exception of the Anchor, every pulling member shall hold the rope with both bare hands by the ordinary grip, ie. The palms of both hands facing up, and the rope shall pass between the body and the upper part of the arm.
- For hold of Anchor see rule 13.
- Any other hold, which prevents the 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.

3. Anchors Position:

- The end puller shall be called the Anchor.
- The rope shall pass alongside the body, diagonally across the back and over the opposite shoulder from rear to front.

- The remaining rope shall pass under the armpit in a backward and outward direction and the slack shall run free.
- The anchor shall then grip the standing part of the rope by the ordinary grip: ie. The palms of both hands facing up, with both arms extended forward.
- The anchor is allowed to keep the rope below the level of the protective belt and contact with the belt for safety considerations will not constitute a Lock.

INFRINGEMENTS OF THE RULES

1. Infringements General:

Sitting: Deliberately sitting on the ground, or failure to return immediately to the pulling position after slipping.

Leaning: Touching the ground with any part of the body other than the feet.

Locking: Any hold which prevents the free movement of the rope.

Grip: Any grip other than the ordinary grip as described in Rule 11,12,and 13.

Propping: Holding the rope in a position where it does not pass between the body and the upper part of the arm.

Position: Sitting on a foot or a limb or the feet not extended forward of the knee.

Climbing the rope: Passing the rope through the hands.

Rowing: Repeatedly sitting on the ground whilst the feet are moved backwards.

Anchor Position: Any other than the position described in Pulling Technique Rule 3 above.

Trainer: Trainer speaking to his team whilst they are pulling.

Inactivity: Teams failing to actively engage in a competitive effort during a pull leading to a prolonged stalemate, which could bring the sport into disrepute, constitutes a no pull which can be called at any time. The pull will be restarted on either new or less broken ground in the immediate proximity of the original pulling lane. If a pull with periods of inactivity lasts longer than ten minutes, the chief judge will draw the attention of the centre judge to call a :NO PULL:

Side stepping: Stepping outside the pulling surface.

Footholds: Making indents in the ground in any way before the command :TAKE THE STRAIN: is given.

2. Disqualification:

Teams will receive two (2) cautions for infringement of the rules in any one (1) pull, before being disqualified. For all infringements of the rules, a team may be deemed guilty if only one person offends.

3. Breach of Rules:

Failure to comply with any of the rules for National Competition may obviate teams from competition.

COMPETITION MATCHES AND SCORES

1. Matches, Pulls and Rest Period:

A points competition consists of $(n \times (n-1) + 2)$ matches, in which n is the number of teams in the competition. Each match consists of the best of 3 pulls. A reasonable rest period

will be granted between pulls. A maximum of (6) six minutes may be claimed between matches, beginning when the team leaves the arena and ending when the team is in the marshalling area ready to reenter the arena.

2. Toss:

Before pulling commences, the choice of ends will be decided by the toss of a coin. After the first pull, the teams will change ends. If a third pull is necessary, the choice of ends will again be decided by the toss of a coin.

3. Winning a Pull:

- (a) Winning a pull general:
 - A pull is won by a team either moving the rope the required distance as indicated by the markings or through the disqualification of the other team by the judge.
- (b) Winning a pull outdoor:
 - A pull is won when one of the side markers on the rope is pulled beyond the centre line marking on the ground.
- (c) Winning a pull indoor:
 - A pull is won when the middle marker on the rope is pulled beyond the side marking on the floor.

4. Score Points Competition:

- Matches will be won by two (2) pulls out of three (3).
- A team winning a match by two (2) pulls to nil (0) will score three (3) points, the losing team scoring no (0) points.
- A team winning a match by two (2) pulls to one (1) will score two (2) points, the losing team scoring one (1) point.

5. No Pull:

A no pull will be declared in the event of :

- (a) Both teams being guilty of infringements, after twice being cautioned
- (b) Both teams being guilty of inactivity.
- (c) Both teams leaving go the rope before the finish of a pull.
- (d) A pull being interrupted without infringement by either of the teams.

When a no pull is declared in the case of (a),(b),or ©, no rest period will be granted and the pull shall be retaken immediately and without any aid or service.

When a : NO PULL : is declared in the case of (d), a reasonable rest period will be granted.

JUDGING

1. Officials And Judges:

Officials and judges shall be appointed by the I.T.O.W.A. to have control of all National competitions, neutral judges shall be appointed if available. The Judge in charge will NOW BE RESPONSIBLE for ensuring that the official scales is available for weigh inn, and also that the official printer is available for the draw sheets on Sunday.

2. Powers And Responsibilities of the Judge:

The appointed judge for a match shall have sole control, the judges decision is final, the judge shall be responsible for ensuring:

- (a) That the rules of the I.T.O.W.A. are adhered to.
- (b) That the rope is laid out ready for competition before the teams arrive in the pulling area.
- (c) That the ropes are correctly marked.
- (d) Brief all Judges and marshall's prior to competition.
- (c) Allocate Judges to their respective ropes for competition.
- (e) Deal with matters of Dispute related to pulling.
- (f) Decide to move ropes to fresh ground when appropriate.
- (g) During a pull the ten (10) minute inactivity will apply; that is no activity by either team. In that case the Judge has the power to blow a no pull, move the rope to new ground with immediate re start without the teams availing of any services. After the first end then finishes, he has the power to move the rope back to the original ground.
- (h) That as far as possible, the predetermined timetable is adhered to. But should use common sense in some cases for instance, if Ladies or Youths are Present with only a small number of teams entered in a weight categories. Then, in order to speed up the competition and not have them waiting around until late evening, the competition should be started early.

The Judge has the power to :

- (i) Grant rest periods as shown in rule (17)

- (j) Declare a :NO PULL:
- (k) Disqualify a team or teams after caution
- (l) A judge may award only 1 friendly caution to a particular team during a pull
- (m) disqualify a team without caution which he deems to be guilty of ungentlemanly conduct, by word or act, which is likely to bring the sport into disrepute

In the event of the judge in charge giving a caution, which the judge will indicate by the common signal code, naming the team and adding :first caution: or :last caution:. Any such instructions given by the judge in charge must be clear and brief using the appropriate signals. The judges decision shall be final at all times.

3. Responsibilities of Side Judges:

Side judges shall at all times act under the directions of the judge in charge. During the actual pulling, the side judge shall take up a position alongside the competing teams and to be opposite side of the judge in charge. The side judge shall observe the competing teams and indicate the infringements of the team to the judge in charge, using the common signal code. The side judge will inform the offenders of the cautions given by the judge in charge.

4. Weighmaster:

In National competitions, Judges may be appointed by the chief judge, who shall be responsible to the judge in charge for correctly weighing and stamping all competitors.

SIGNALS AND COMMANDS

1. The Start Procedure:

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

- PICK UP THE ROPE - The rope shall then be gripped as defined in paragraphs 11, 12 and 13, the feet being flat on the ground.
- TAKE THE STRAIN - Sufficient strain being put on the rope to ensure that it is taut. In outdoor competitions each puller may establish one foothold with the heel or side of the boot with the extended foot.

- STEADY - The judge shall then signal the rope to the centre position. When the rope is steady with the centre mark over the centre line on the ground.
- PULL After a reasonable pause.

2. Finish of a pull:

The finish of a pull shall be signalled by the judge blowing a whistle and pointing in the direction of the team winning the pull, or in the case of a :NO PULL: crossing his arms and pointing to the centre mark.

LIST OF COMMANDS IN TUG OF WAR COMPETITION

Command	Signals
(1) Team are u 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 in front of the body
(4) Rope to centre	Indicating to the side that has to move to the centre
(5) Steady	Arms extended upwards with palms outward
(6) Pull	Flinging arms down to the sides
(7) Indicate winner	Blowing whistle and pointing to the winning team
(8) Change Ends	Blowing whistle and crossing the arms over the head
(9) NO Pull	Blowing whistle and crossing the arms in front of the body
(10) Cautions	Raising the arm on the side of the infringing team and indicating by 1 or 2 fingers The 1st and 2nd caution

LIST OF INFRINGEMENTS IN COMPETITION

- | | |
|-----------------------|---|
| (1) Sitting | Moving flat hand horizontally |
| (2) Leaning | Open hand horizontally indicating to the ground |
| (3) Locking | Elbow touching the lifted upper leg |
| 4) Grip | Two fists in front of each other |
| (5) Propping | Lifting movement with hands along the body |
| (6) Position | Kicking movement and stretching the lower leg |
| (7) Climbing the Rope | Climbing movement with the fists |
| (8) Rowing | Rowing motion with arms and upper body |
| (9) Anchors Grip | With the hand touching the back |
| (10) Trainer | With the finger touching the lips |
| (11) Footholds | Kicking with heel in ground |
| (12) Sidestepping | Side stepping with one foot |

COMPETITION STRUCTURE

1. General:

The I.T.O.W.A. National Championships competition consists of a qualifying round, semifinals and final

- (a) The qualifying round will be a points competition. For the points competition only one draw shall be made. The draw shall be made in the presence of the appointed delegates of each club.
- (b) The qualifying competition will result in four teams entering the semifinals. The loser of the semifinal matches enters into the pull-off for the bronze and the winners of the semifinal matches enter into the final for the gold and silver medals.

If there is only two (2) teams entered in a competition it will be the best of five (5) pulls.

2. Competitions with One Group:

When less than 12 teams have entered in a weight class, all teams will compete in one qualifying points competition.

- (a) The top 4 teams of the qualifying points competition will enter into the semifinals
- (b) The team in 1st place will be matched against the team in 4th place and the team in 2nd place will be matched against the team in 3rd place
- (c) The winners of the matches will then compete for the gold and silver medal and the loser will compete for the bronze medal

3. Competitions with More Than One Group:

When 12 or more teams have entered in a weight class, the qualifying points competition will be divided into TWO groups.

- (a) The team's ranking 1st and 2nd places of every group after the qualifying points competition will enter into the semifinals.
- (b) The teams ranking 1st in their group will compete against the teams ranking 2nd from the other group.
- (c) In case after the qualifying competition, the first two teams in a particular group are equal on points, teams will be ranked in accordance with rule 34.

4. Determination of Ranking in Qualifying Competition:

In the event that, after the qualifying competition, teams are in contention to enter into the semifinals, the following rules will apply to determine which team(s) will qualify for the semifinals. These rules will also apply to rank teams with equal points in qualifying competition.

- (a) Result of matches - The team(s) with the best result in matches between the teams concerned during the qualifying rounds, will be first to qualify for participation in the semifinals.
- (b) Matches Won - In the case that the results between the teams do not break the tie the team with the most matches won will go to the semifinals.
- (c) Team Weight - In case the first 2 options do not break the tie, the lightest team(s) will be the first to qualify for participation in the semifinal. For this criterion the certified weight on the weighing sheet will be used.
- (d) Toss or Draw - In case all of the above criteria have not broken the tie, the qualification for participation in the semifinals will be decided by a coin toss or draw.

5. Supervision Pull-Off And Draw:

All pull-offs and drawing of lots shall be done under direct supervision of the appointed officials of the competition, these officials shall arbitrate in matters of dispute.

6. Matters Arising:

Any Matters that arise on the day and that are not covered in all of the above will be resolved by the Executive Members present and their decision will be Final.

ADDITIONAL INFORMATION FOR NATIONAL COMPETITIONS

1.

In outdoor, a division 2 team ranked in the top 2 places among the division 2 teams and who also qualifies for a place in the semi finals of the senior MUST CHOOSE ONE EVENT OR THE OTHER AT THE END OF THE ROUND ROBIN. A division 2 team cannot pull in the senior semifinal and the division 2 final. If a division 2 team is in a position where they have to choose, their place in the competition they do not participate in, goes to the next team in the ranking.

- (a) Example 1: Assuming there are 3 senior teams (either full senior teams or division 2 teams senior for that weight) and 4 division 2 teams in the senior/division 2 round robin. Assuming after the robin the senior teams are in the top 3 places, and the 4th ranked team will be a division 2 team, this team will have to choose to compete in the senior semifinals or the division 2 final. If they choose to pull senior there place in the final of the division 2 goes to the division 2 team positioned 3rd among the division 2 teams. If the top division 2 team chooses to pull in the final of the division 2, then the 5th ranked team(2nd ranked division 2 team) also gets to choose whether they compete in the senior semifinals or the division 2 final. Again the same applies if they choose to pull in the final of the division 2 their place in the senior semi goes to the next team,(ranked 6th overall)
- (b) Example 2: Assuming there are two senior teams (either full senior teams or division 2 teams senior for that weight) and 4 division 2 teams in the senior/division 2 round robin. Assuming after the round robin the senior teams are in the top 2 places and the 3rd and 4th ranked teams will be a division 2 team, these teams will have a choice to compete in the senior semifinal or the division 2 final. If one or both choose to pull senior there places in the final of the division 2 goes to the next highest ranked division 2 teams. Vice versa if one or both choose to pull in the final of the division 2 there place in the senior goes to the next highest ranked division 2 teams

2.

In outdoor, a Novice or Division 2 team pulling in a senior event are allowed a weight advantage of 25 kilos. If a team has a Woman or Junior on the team, an additional weight advantage of 10 Kilos will be allowed. Only Two (2) Women or Junior's are allowed on the team. The team will

only get a maximum additional weight advantage of 10 kilos, regardless if there are one (1) or two (2) women / Junior's on the team.

A team with all new pullers, never affiliated to the Association before, will have a 25kg weight advantage for the 1st year competing in National Novice competitions.

There will be no weight advantage for Indoor.

3.

A puller who has won a National Novice or Division 2 Title is not eligible to pull in that weight of competition in the same grade again.

4.

Once a puller wins a Division 2 National title they are no longer eligible to pull Novice at any weight.

5.

A Novice puller who wins all National Novice weight categories, is automatically promoted to Division 2.

6.

A Division 2 puller who wins all National Division 2 weight categories, is automatically promoted to Senior.

7.

A Division 2 team that becomes Senior will hold the 25kg weight advantage until they win their first senior National. When they win their first Senior Competition they no longer have a weight Advantage in any Weight Class.

8.

Saturday night weigh-in must be booked 7 days in advance with the Judge in charge.

9.

If a competition is pulled in two Groups, the senior teams must be divided equally between the groups. For instance the first senior team drawn goes into GROUP 1, and the second senior team drawn goes into GROUP 2, and so on until they are finished.

10.

If a competition is run with Novice, Senior and Division 2 teams combined together, then all novice teams will pull all other novices teams before they are put in the mix to pull against Division 2 & Senior teams.

11.

The affiliation year for all members of the association will run from April 1st until March 31st. After March 31st each year, all membership of the association will cease and all members and clubs will have to reaffiliate to the association.

12.

An Annual Individual Membership Subscription of €50 shall be paid by each individual member of the Irish Tug of War Association. The Annual Individual Membership Subscription fee for youths who are under 18 years of age, shall be €10.

13.

Successful applicants for Individual Membership will be issued with a Valid I.D. Membership Card to allow them take part in Association activities.

14.

- A fully completed form of Registered pullers must accompany your Club Affiliation Form and Payment. Additional pullers may be added throughout the season.
- A club must submit their Registration at least 7 days before the first event they compete in and updates must be submitted 7 days before that person competes.
- At the start of the pulling Season, the Club you first pull with is the Only club you are allowed to pull with for the Year.
- All named members on the Club Affiliation Form, must also be bonafied, paid up individual members of the Irish Tug of War Association, with valid I.D cards.

15.

The Club registration form you Sign, is the only Club you Can pull with for the year. If during the year for some unknown reason that you have a dispute with the club you have signed with, you may submit a letter of release from that club to the Executive, who will then look at the situation and will make a decision on the matter. Their decision is final.

16.

Pullers who are transferring must submit a letter of release, accompanied with 2 photos, to the secretary of the I.T.O.W.A. one month before they intend to compete.

- (a) The club must receive written approval from the I.T.O.W.A. before a temporary transfer can be completed.
- (b) When the season in question is over, the pullers who transferred must return to their original club
- (c) An individual can only leave a club on a temporary transfer if the club is not competing in an event. You cannot leave your club for outdoor/indoor if your club is competing in the outdoor/indoor season.

17.

- 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 next highest ranking team of the other weight will be promoted to represent Ireland.
- A team who has won a national with a weight advantage is not eligible to represent Ireland in that weight.

For the Outdoor British & Irish Championship's, National Men's A teams will be decided as follows:

- The club who wins the 680kg National Outdoor League will represent the Ireland A team in that weight. The coach of that club will be the national coach for that team and will decide if the team needs strengthening. If a club cannot represent, then the next highest ranked team will take their place.
- The club who wins the 600kg National Outdoor League will represent the Ireland A team in that weight. The coach of that club will be the national coach for that team and will decide if the team needs strengthening. If a club cannot represent, then the next highest ranked team will take their place.

For the Outdoor British & Irish Championship's, National Men's B teams will be decided as follows:

- The Ireland B team in both the Men's 680kg and 600kg competition, will be made up of pullers from Division 2 and Novice Clubs.

For the Indoor British & Irish Championship's, National Men's A & B teams will be decided as follows:

- A club can only represent in either the 680kg or the 600kg, not both. If they have won both weights at national level then they must pick one and the next highest ranking team of the other weight will be promoted to represent Ireland.
- The club who wins the 680kg Senior National will represent the Ireland A team in that weight. The coach of that club will be the national coach for that team and will decide if the team needs strengthening. The club who wins the 680kg Senior Silver medal will represent the Ireland B team in that weight.
- The club who wins the 600kg Senior National will represent the Ireland A team in that weight. The coach of that club will be the national coach for that team and will decide if the team needs strengthening. The club who wins the 600kg Senior Silver medal will represent the Ireland B team in that weight.

18.

Indoor National Championships will be run in the following format:

- All Senior, Division 2 and Novice teams will pull together in the same competition.
- If there are 10 or more teams, then the teams will be split into 2 groups that are seeded to make sure all the senior clubs are divided equally between the groups.
- After the qualifying round, the top 4 teams will progress to the Senior semi finals. The next 2 teams will go into the Division 2 Final. The next 2 teams will go into the Novice Final.
- Any team can qualify for the division 2 final, unless they are using a puller who has won a Senior Indoor National Championship before. A team using any puller who has won a Senior Indoor National Championship before, will not be able to compete in the division 2 or novice final.
- To make it easier for novice clubs to pull on the same rope as the senior teams, they will be allowed a weight advantage.

- The weight advantage for Novice teams will be as follows:
 - 25kg's for the 720kg and 680kg 8-a-side competitions
 - 15kg's for the 640kg, 600kg and 560kg 8-a-side competitions
- Any Novice team who wins a Division 2 final loses the weight advantage across the board.

19.

A club may submit a letter to the Executive looking to have a maximum of 3 pullers regraded. The Executive will then look at the situation at their next meeting and will make a decision on the matter. Their decision is final.