

## Revised Rules April 2019

### 1. ***Officials and Judges:***

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

The Judge in Charge along with the Scorekeeper of the competition, Must ensure that the Officials Report form must be completed and signed by both at the end of competition and returned to Hon Secretary

### 2. **Powers and Responsibilities of the Judge in Charge:**

The judge in charge shall be responsible for ensuring:

#### **(a) That the Rules of the I.T.O.W.A. are adhered to.**

The weigh in area is defined, Individual weigh sheets and Team sheet are available, and weigh in Times are adhered to.

That all Team sheets are returned to the Scorekeeper 30 minutes before First Pull Start time.

**(b)** That the rope is laid out in the arena ready for competition before the teams arrive,

**(c)** Consult with Chief Marshall in Matters Concerning the efficient and safe running of the competition, that the Judge in competition has clear view of both teams, and be aware of Health & Safety of competitors and public alike.

**(d)** That the ropes are correctly marked.

**(e)** Brief all Judges and marshal's and Coaches prior to competition.

**(f)** Allocate Judges to their respective ropes for competition.

**(g)** The appointed judge for a match shall have sole control, the judge's decision is final.

**(h)** Deal with matters of Dispute related to pulling.

**(i)** Decide to move ropes to fresh ground when appropriate.

**(j)** 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.

**(k)** To govern the use of Belts/supports permitted to be used at indoor competitions and how they are worn. This s will ensure consistency in the ruling of what belts are and are not permitted at competitions

**(l) That as far as possible, the Predetermined Timetable is adhered to.** If the Advertised Start time is to be delayed this must be announced clearly too all competitors of the delay and reason for.

The chief Judge may decide that any delay that may run the competition Program late, **must not run the time table for that competition or any other competition on that day late** 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 Must Start on time.**

***The Judge has the power to:*** (During Pull)

- (l) Grant rest periods as shown in rule (17)
- (m) Declare a: NO PULL:
- (n) Disqualify a team or teams after caution
- (o) A judge may award only 1 friendly caution to a particular Team during a pull
- (p) 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 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 must be clear and brief using the appropriate signals. The judge's 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.

**5. Team Coach / Water Man:**

Each team may have a team coach to direct their pulling.

One Water man for each team is also allowed.

**Responsibility of Team Coach.**

The Team coach is responsible for his team at all times during the competition

1. Present his Teams Sheet to Scorekeeper on time
2. Make sure the team are lined up and ready to compete when the Chief Marshall calls them.
3. Team coach is responsible for each team member during the pull regarding attitude towards the judge in charge of that pull.
4. All Members of his team in the competition are dressed in that club Jerseys & Shorts.

The **Water Mans** 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.

### **Chief Marshall**

The Role of the Chief Marshall is to consult with the Judge in Charge of competition, to ensure the efficient running of the competition,

1. Arena entry and exit is suitable for the number of the number of teams competing
2. Is responsible for calling the teams to line up and be ready for the pull they are partaking in.

*If the team do not abide with the Marshals request he must report this to the Judge in charge on the day who in turn should approach the team coach and issue the team with either a Caution or disqualification as he deems appropriate for that Match.*

### **Matches, Pulls and Rest Period:**

A point's competition consists of  $(n \times (n-1) + 2)$  matches, in which n is the number of teams in the competition. Each match consists of 2 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 re-enter the arena.

#### **1. 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. In the event of both teams winning 1 end each there will be no third pull. Each team will be awarded 1 point each.

To qualify for semi-finals,

(a) Where 1 team have gained 2 points over the team level on points, this team will be placed the highest

(b) Where 2 teams are on equal points having gained one point each from their match a toss of a coin will decide placing.

## **No Saturday Night Weigh Inn, Sunday Morning weigh in Times as advertised only**

### **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.

## 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.