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Tug of War



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General Information

Guiding Bodes

World Police and Fire Games Federation (WPFGF)
7944 Convoy Ct., San Diego, CA 92111 USA
Tele. (858) 579919; EMAIL: 4info@cpaf.org

Tug of War International Federation (TWIF),
c/o Glenville P. Johnson, Gen. Secretary
P.O. Box 77, Orfordville, WI 5360077 U.S.A.
Tele. (608) 8792869 www.tugofwar-twif.org E-Mail: twif@t6b.net

Venue

Maple Grove Park

Entry Deadline

June 15 2023

Events Information

Men's: Open

- | | |
|-----------------|---|
| Lightweight: | 6 man team (1 substitute allowed) and nonpulling coach
Maximum total weight (pullers) 1,080 lbs (490 KG) |
| Heavyweight: | 6 man team (1 substitute allowed) and nonpulling coach
Maximum total weight (pullers) 1,500 lbs (680 KG) |
| Catch Weight *: | 6 man team (1 substitute allowed) and nonpulling coach
No limit to total weight |

* Catch Weight Category: An international Open event in Tug of War for which there is no maximum weight requirement.

Women's: Open

- | | |
|--------------|---|
| Lightweight: | 6 woman team (1 substitute allowed) and nonpulling coach
Maximum total weight (pullers) 767 lbs (380 KG) |
|--------------|---|



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Heavyweight: 6 woman team (1 substitute allowed) and non-pulling coach
Maximum total weight (pullers) 828 lbs (410 KG)

Co-Ed Team; Open

Catch Weight *: 8 person team - 4 women and 4 men (1 female & 1 male substitute allowed, however a man cannot substitute for a woman) and a non-pulling coach.

No limit to total weight

Active competitors from police, fire and eligible first responder agencies may combine to form a team regardless of agency size **WITHIN A COUNTRY**

Retired competitors may combine to form a team in any manner they wish with other eligible competitors whether police or fire. This includes cross country lines.

Officials

All officials will be TWIF (or national/state affiliate) qualified.

Medical

Emergency Medical Personnel will be present at the competition. Basic medical supplies will also be available at each venue.

Communications will be available at each venue and preparations made in case it is necessary to summon emergency service.

Sport Equipment

Sport dress

Sport dress puller

Teams will wear proper sports clothing consisting of shorts, sports shirt or jerseys and knee stockings or socks. The sport dress of the pullers in the teams shall be uniform.

Competition Formating

Scheduling

Scheduled for 1 day of competition. See [Sport Schedule](#) for details.



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Awards

Medals are awarded First through Third Place (1st - 3rd). Medals will be given to each puller, substitute, waterboy and sworn non pulling coach on the winning teams who duly registered and paid entry fees.

Sport Rules

Best of 3 pulls. Teams switch ends after each pull.

The starting center judge will determine the pulling lane to be used. Judge's discretion, as permitted by TWIF. Pulling lane may not be changed in midmatch.

Teams are not to drop the rope at the end of a match, to prevent injury to a puller on the opposing team.

Teams will line up and shake/slap hands at the end of a match.

Weighing and Stamping

1. All athletes first collect accreditation, having prepaid.
2. All potential pullers must weigh at a predetermined time schedule.
3. The athlete will weigh on a team scale. The number of scales to be determined by the organizers
4. After weighing the athletes, the weight will be recorded on the team weigh sheet.
5. A coach may change any and all pullers prior to and up until stamping, as long as the maximum weight for that particular weight class is not exceeded. Changes must be reported to be controlled by the coach 30 minutes before stamping begins.
6. Control shall enter teams in a draw for a particular weight class, after checking the weight & accreditation numbers.

Teams and Substitutions

Number of pullers in a team

Teams will consist of six pulling members at the start of the competition. The contest will be deemed to have commenced when both teams are in a position to pull under the direct supervision of the judge.



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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 will not participate in any subsequent matches of that weight class.

The substitute must be a registered puller of the specific Club or Country for which he/she acts as a substitute.

Substitution procedures

Both, the puller to be replaced and the substitute, must report in full pulling outfit, (shirts, shorts, stockings and footwear) with both of their accreditation cards available for checking by the Official incharge of the match; before being sent to the Official designated by 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 will cancel the stamp or marking of the replaced puller, and indicate similar marking on the substitute, with an indelible marker.

Minimum number of pullers

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

Coach / Trainer

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



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One trainer for each team is also allowed. The trainer's function is to take care of his/her team before and after pulls. He/she is not allowed to speak to his/her team whilst they are pulling and must take up position as directed by the judge in charge of the match.

Pulling Area and Markings

- The pulling area will be a flat, level grass covered surface.
- One centre line will be marked on the ground.

Rope Specifications

Rope Dimensions

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

Rope marking

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

Rope marking outdoor

Five tapes or rope markings will 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.
- d) markings listed in (a), (b) and (c) will be in three different colours.

Sport Dress

Sport dress puller

Teams will wear proper sports clothing consisting of shorts, sports shirt or jerseys and knee-stockings or socks. The sport dress of the pullers in the teams will be uniform.

Sport dress coach and team attendant

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



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Headgear

Pullers, coaches and team attendants are allowed to wear the following headgear; cap, visor or bandanna. The headgear will conform to the colour(s) of the sports dress.

Exemption; Headgear such as turbans or other such headgear may be allowed according to religion or culture. This would be decided on a case by case basis.

Protective clothing

Clothing to protect the skin may be worn under the sport clothing subject to the judge's approval. Protective belts are only permitted if worn over the sport clothing. The protective clothing worn by the anchor will not exceed a maximum thickness of 5 centimeters; it must always be worn under the sport clothing and 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.

Resin

Resin is allowed to facilitate the grip on the rope and the use is restricted to the hands only.

Shoes

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 will 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.)

Pulling Techniques Rules

Rope Grip

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



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

Pulling Position

With the exception of the Anchor, every pulling member will hold the rope with both bare hands by the ordinary grip, i.e. the palms of both hands facing up, and the rope will 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.

Anchor's Position

The end puller will be called the Anchor. The rope will pass alongside the body, diagonally across the back and over the opposite shoulder from rear to front. The remaining rope will pass under the armpit in a backward and outward direction and the slack will run free. The Anchor will then grip the standing part of the rope by the ordinary grip; i.e. 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.

Infringement of the Rules

Infringements During Competition

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 11, 12 and 13
5. Propping holding the rope in a position where it does not pass between the body and the upper part of the arm
6. Position sitting on a foot or a limb or 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 Position any other than the position described in Rule 13



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10. Trainer speaking to his team whilst they are pulling
11. 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, constitute 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”.
12. Footholds making indents in the ground in any way before the command “Take the Strain” is given

Disqualification

Teams will receive two (2) cautions for infringements 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.

Breach of the Rules

Failure to comply with any of the Rules for Competition may obviate teams from competing.

Competition Matches and Scores

Matches, Pulls and Rest Period

A points competition consists of $(n \times (n-1) \div 2)$ matches, in which n is the number of teams in the competition. Each match consists of two (2) pulls.

A reasonable rest will be granted between pulls.

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

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.

Winning A Pull



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A pull is won by a team either by moving the rope the required distance as indicated by the markings or through the disqualification of the other team by the judge.

A pull is won when one of the side markers on the rope is pulled beyond the centre line marking on the ground.

Score

A team winning a match by two (2) pulls to nil will score three (3) points, the losing team will score no (0) points. Teams winning one pull each; each team will score one (1) point.

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.

No Pull

A "No Pull" will be declared in the event of;

1. Both teams being guilty of infringements; after twice being cautioned.
2. Both teams being guilty of inactivity: A warning will be given to both teams before a No Pull for inactivity is given in order for both teams to have a possibility to react. The judge will point to his/her watch as a warning.
3. Both teams leave the rope before the finish of a pull.
4. A pull being interrupted without infringement by either of the teams, the teams will be granted a reasonable rest and retake the pull.

When a "No Pull" is declared, in the case of a) during the points phase of a competition, the pull will not be repeated. Both teams get nil (0) points and three (3) cautions for that end. If one of the teams wins at the other end, that team will get one (1) point and the other team nil (0). If both ends during a match results in a "no pull", both teams will get nil (0) points and six (6) cautions.

Signals and Commands

The Start Procedure

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



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Pick up the rope - The rope will then be gripped as defined in earlier paragraphs the feet being flat on the ground

Take the Strain - Sufficient strain being put on the rope to ensure that it is taut. In out-door competitions each puller may establish one foothold with the heel or side of the boot with the extended foot

Steady - The judge will 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

Finish of a Pull

The finish of a pull will be signaled 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

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

List of Command Infringements in Competition

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 fists in front of each other



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5. Propping - lifting movement with hands along 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's Grip - with the hand touching the back
10. Trainer - with the finger touching the lips
11. Footholds - kicking with heels in the ground
12. Side-Stepping - side stepping with one foot

Competition Structure

Competition with one group

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

The top four teams of the qualifying point's competition will enter into the semifinals. The opponent of the team in the first place will be the team in fourth place and the teams in second place and third place will pull each other in the second semi final.

Competition with more than one group

When 12 or more teams have entered in a weight class, the qualifying point's competition will be divided into two groups.

The teams ranking first and second place after the qualifying points competition will enter into the semi-finals. The teams ranking first in their group will compete against the teams ranking second from the other group.

Determination of ranking in qualifying competition

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

1. Result of matches
 - a. The team(s) with the best results in the matches between the teams concerned during the qualifying rounds will be first to qualify for participation in the semi-finals.



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2. Matches won
 - a. 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 semi-finals.
3. Cautions
 - a. In case the first two options do not break the tie, the team(s) with the least cautions in the qualifying rounds will be first to qualify for participation in the semi-finals. (The number of cautions of a team in a match is the total number of cautions accumulated in the pulls of that match. A team being disqualified in the qualifying rounds will be considered to have accumulated 3 cautions during that pull. In the event of a No-Pull, the cautions given prior to declaring a No-Pull will be accumulated to the total number of cautions of the team in that match. In the case of a No-Pull being declared due to infringements as indicated in rule 21–a. both teams will accumulate 3 cautions.)
4. Team weight
 - a. In case the first 3 options do not break the tie, the lightest team(s) will be first to qualify for participation in the semi-final. For this criterion the certified weight on the weighing sheet will be used.
5. Toss or draw
 - a. In case all of the above criteria have not broken the tie, the qualification for participation in the semi-finals will be decided by a coin toss or a draw. 36 - Supervision pull-off and draw
 - b. All pull-off and drawing of lots will be done under direct supervision of the appointed officials of the competition, these officials will arbitrate in matters of dispute

** [WPFG follows TWIF Official Tug-War Rules](#)*

Pre Competition Meeting

Prior to the start of competition, a meeting will be held between the referees and the captain or coach from each participating team to clarify rules and conduct of play. Details of this meeting will be shared in the Sport Confirmation Letter.



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Players Conduct

Any serious violation of conduct, such as fighting or violence toward other participants or officials will result in the participants immediate disqualification from the competition. The sport coordinator shall immediately notify the WPFGF, who will investigate each incident to determine if additional discipline will be imposed.