

## 2012 ASCE PACIFIC SOUTH WEST CONFERENCE: Tug-of-War

### OBJECTIVE:

To test teams' physical strength, endurance, and teamwork skills.

### PARTICIPANTS:

- Each school may enter one team only.
- Each team must consist of 6 participants, and up to 2 substitutes for emergencies.
- Each team member must be a registered participant of the PSWC2012.
- Each team must have at least one underclassman.
- Each team must have at least 3 females.
- Each team must select one captain to represent.
- Teams that fail to meet the player requirements must forfeit the competition.

### GENERAL RULES:

1. Teams will be randomly placed in a tournament-style single elimination bracket.
2. Players will align themselves in a staggered formation. The first person will be on the left or right, then alternating. (First on the left, second on the right, third on the left, and so on.)
3. The rope will have a flag attached to the middle. Two cones will be placed 15 feet from the middle on both sides.
4. The referee will align the rope in the middle of the two cones.
5. Once both teams are ready, the referee will initiate the competition by saying pull!
6. The team that successfully pulls the rope beyond the boundary line will advance.

### DRESS CODE & INFRINGEMENTS:

1. The rope must go underneath one's arm.
2. No sitting on the ground is allowed.
3. No kicking the ground.
4. No wrapping the rope around anything.
5. Players are not allowed to "climb the rope" or move up the rope in any fashion.
6. Anyone who commits two fouls in the same match will be taken out.
7. Gloves are not allowed in this competition.
8. Players are not allowed to wear cleats, jewelry, or any item which may be caught by the rope.