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Rules and regulation for Tug of War

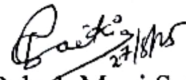
The submission of team names is extended up to 2:00 P.M, 28/08/2025 and entries after that will not be entertained.

Rules and regulations:

1. Reporting time:- 10:00 A.M.
2. Team will have to report within the 5 minutes of announcement of their names or else opponent team will be awarded a bye.
3. Bringing ID cards is mandatory for the participants.
4. Only barefooted participation will be allowed.
5. Participants can wear shorts/track pants/T-shirts.
6. A team is constituted by 10 playing participants and 3 substitutes.
7. A match will be of 'best of 3' end pulls where the team who wins two end pulls will be declared as the overall winner.
8. If a team commits three fouls, their opponent team will be declared as the winner of that particular end pull.

Fouls and penalties

1. Jerking / heaving :- Jerking the rope can cause injuries and is discouraged
2. Wrapping the rope :- The rope should not be wrapped around the body or limbs
3. Touching the ground :- Excessive time spent touching the ground or lying down during a pull is prohibited
4. Unsportsmanlike conduct:- Judges have the right to disqualify any team that poses a risk to themselves or others.


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