

RULES FOR INTERNATIONAL COMPETITION

DEFINITIONS AND SPECIFICATIONS

1 TUG OF WAR SPORT

Tug of War is a sport practised by teams who are bona-fide members of the National Tug of War Associations affiliated to TWIF. The participants must be amateurs, as approved by TWIF, and they will adhere to the Rules and Directions as laid down by the Tug of War International Federation.

2 CATEGORIES

- (a) In International Tug of War competitions the following categories are recognized.
Outdoor and Indoor
Men and Women
Senior, Under 23 and Junior
Mixed 4x4 Male & Female
- (b) TWIF organises each year a World Championships for Junior and U23 categories women and men

3 WEIGHT CLASSES

In all International 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
Lightweight	not exceeding	560 Kilos	Junior Men (I.O.) W
Lightweight	not exceeding	560 Kilos	Senior men (I.O.) W.E.
Light Middleweight	not exceeding	600 Kilos	U23 Men (I.O.) W.
Light Middleweight	not exceeding	600 Kilos	Senior Men (I.) W
Middleweight	not exceeding	640 Kilos	Senior Men (I.O.) W.E.
Cruiserweight	not exceeding	680 Kilos	Senior Men (I.O.) W. E
Heavyweight	not exceeding	720 Kilos	Senior Men (O.) W.E.
Catch weight	no weight limitations		
Mixed (4 x 4)	not exceeding	580 Kilos	Senior Mixed (I.O.) W. E
Mixed (4 x 4)	not exceeding	520 Kilos	Junior Mixed (I.O.) W
Mixed (4 x 4)	not exceeding	560 Kilos	U/23 Mixed (I.O.) W

(Note: Weight classes can only be amended on a 4 year cycle)

(Note: 720 Kilos remain on Outdoor programme up to and including 2021)

4 WEIGHING AND STAMPING

1. All athletes first collect accreditation, having prepaid where appropriate for an event.
2. All potential pullers must weigh at a pre-determined time schedule.
3. An accreditation download will be carried out listing all athletes from a particular country. Accessible only by the controller and the appointed representative of a particular country.
4. The athlete will weigh on an individual scale. The number of scales to be determined by the organizers and TWIF. Only one weigh-in on the official scales.
5. After weighing the athletes, the weight will be recorded in an excel spreadsheet, and also hand written on the downloaded excel file as a backup.
6. The athlete will be given his or her certified weight. The athlete can then give his or her weight to the coach of the team.
7. Open Clubs entries.
The coach of a particular club entering in the TWIF clubs competition will bring a completed weigh list to control at a predetermined time. The weigh list shall contain the name, accreditation number and the weight of each puller, totalling the adequate weight of a particular weight class. Eight pullers, coach and trainer only.
- 7.1 **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 control by the coach 30 minutes before stamping begins.**
8. National team weigh in.
The coach of a national team may choose any of the pullers that are listed and weighed from the downloaded excel file from his/her country.
- 8.1 **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 control by the coach 30 minutes before stamping begins.**
9. The coach of a particular national team will present a completed weigh certificate to control at a predetermined time schedule.
- 10 Control shall enter teams in a draw for a particular weigh class, after checking the weight & accreditation numbers against the completed excel downloaded list.
11. Scanners/ Bar code readers at designated areas to control substitutions, and team weight checks will be done throughout the competitions.

5 AGE LIMITS

5.1 Junior category

Male and Female pullers are eligible to participate in the junior category from the beginning of the year in which the puller reaches the age of 14 years until the end of the year in which the puller reaches the age of 18 years.

5.2 Under 23

Male and Female pullers are 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 reaches the age of 22 years.

5.3 Senior

Male and Female pullers are eligible to participate in the senior category from the beginning of the year in which the puller reaches the age of 16 years.

6 Teams and Substitutions.

6.1 Number of pullers in a team

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

6.2 Members national team

Members of a national team must be citizens of the country the team is representing. Proof of citizenship is only accepted by passport or by a national government issued identification card. Members of the team includes pullers, coach and team attendant.

6.3 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 shall 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.

6.4 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 in charge of the match; before being sent to the Official designated by the Chief Judge to deal with the substitutions.

6.4.1 Accreditation cards will be used to verify the athletes and their weights, by scanning or typing the accreditation cards into the system.

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 accreditation numbers of the pullers involved with the changes.

6.5 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 a competition with less than seven pullers.

7 COACH / TRAINER

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

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

8 SPORT EQUIPMENT

8.1 Sport dress

8.1.1 *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.

8.1.2 *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 shall conform to the colour(s) of the sport dress of the teams

8.1.3 *Headgear*

Pullers, coach and team attendant are allowed to wear the following headgear; cap, visor or bandanna. The headgear shall conform to the colour(s) of the sport 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 by the Chief Judge.

8.1.4 *Protective clothing*

Clothing to protect the skin may be worn under the sport clothing subject to judge's approval. . A leather or woven belt may be worn by a puller to support his/her back during competition. No construction or additional material may be attached to any belt. The buckle or closing apparatus of the leather belt cannot come into contact with the rope and must be worn to the front of the body. The loose ends of a woven belt cannot come into contact or be wrapped around the rope and must be worn to the front or opposite side of the rope. Under no circumstances will the rope be permitted to run BETWEEN the belt and the pullers' body.

Any belt should be made available for inspection by a judge at any time during a tournament.

The protective clothing worn by the anchor shall not exceed a maximum thickness of 5 centimetres; 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. Recommended Anchor vest (see page 49)

8.2 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 used when authorisation is ob-

tained to utilise resin in the sports hall; if permitted to use resin in the sports hall it shall be applied under the directions of the judges only.

8.3 Dress at weigh-in

Men-teams may weigh-in in proper sized non-transparent shorts only.

Women-teams may weigh in proper sized non-transparent shorts and shirt or suitable sports top.

Boots need not be carried or worn on the scale during weigh-in, but should be presented for inspection by officials during the weigh-in to ensure compliance with boot specifications.

8.4 Shoes

8.4.1 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 p40)

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)

8.4.2. Indoor shoes

The shoes to be used 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 ‘bare foot’ measurement of the puller by more than 20%. The only material or substance which may be

applied to the sole of the shoe is a clean dry cloth which must be devoid of any chemicals or fluids.

Championship controlling Officials shall arbitrate in all matters of dispute.

9 ROPE SPECIFICATIONS

9.1 Rope dimensions

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

Rope marking

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.

9.1.1 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.
- d) markings listed in (a), (b) and (c) shall be in three different colours.

9.1.2 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
- c) markings listed in (a) and (b) shall be in two different colours

10 PULLING AREA AND MARKINGS

Outdoor pulling area and marking

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

Indoor pulling area and marking

The pulling surface shall be made of a material that will give 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.

PULLING TECHNIQUES RULES

11 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 of 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.

12 PULLING POSITION

With the exception of the Anchor, every pulling member shall hold the rope with both bare hands by the ordinary grip, i.e. 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.

13 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; 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 clothing and contact with the belt. For safety considerations this will not constitute a Lock.**

INFRINGEMENTS OF THE RULES

14 INFRINGEMENTS DURING COMPETITION

Infringements General

- | | | |
|---|-------------------|---|
| 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 |

- 10 Trainer Trainer communicating to his team whilst they are pulling
- 11 Side-Stepping Stepping outside the pulling track, lane or surface. For outdoor this would mean a team moving sideways out of the existing tracks/footholds such that neither foot is in the existing tracks/footholds.

Infringements during outdoor competitions

- 12 Footholds Digging with the heel and making indents in the ground in any way prior to the Judge issuing the instruction to "Take the Strain"

Interpretation of Inactivity (not leading to disqualification)

- 13 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", (see rule 21) which can be called at any time. The judge will make the coach aware of his/her plan to give a no pull by pointing at his/her watch and if no activity starts, a no pull will follow. *The pull will be re-started, and will continue for this match, including carry through of cautions, on either new or less broken ground in the immediate proximity of the original pulling lane. This match will not be allowed to return to 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" for this purpose.*

15 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.

16 BREACH OF THE RULES

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

COMPETITION MATCHES AND SCORES

17 MATCHES, PULLS AND REST PERIOD

A point's 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 re-enter the arena.

18 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.

19 WINNING A PULL

19.1 Winning a pull general

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.

19.2 Winning 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.

19.3 Winning pull indoor

A pull is won when the middle marker on the rope is pulled beyond the side marking on the floor.

20 SCORE

20.1 Point's Competition

A team winning a match by two (2) pulls to nil will score three (3) points, the losing team will score nil (0) points. Teams winning one pull each; each team will score one (1) point.

20.2 Pull-offs, Semi Finals and Finals

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

21 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: A warning shall 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.
- c) both teams leaving go of the rope before the finish of a pull.
- d) a pull being interrupted without infringement by either of the teams, the teams will be granted a reasonable rest and retake the pull.

21.1 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 win the other end, that team will get 1 point and the other team nil. If both ends during a match results in a "no pull", both teams will get nil (0) points and six (6) cautions.

This change will not be applicable to rule 20.2, for pull-offs, semi-finals and finals.

JUDGING

22 OFFICIALS AND JUDGES

Officials shall be appointed by the Tug of War International Federation to have control of all international competitions.

The final selection of judges for international competition shall be the responsibility of the Technical Commission.

23 POWERS OF REFEREE, CONTROLLER AND CHIEF JUDGE

In case Clubs and/or Individuals at an event are liable of action of bringing the tug of war sport into disrepute, the Referee, Controller and the Chief Judge, in coordination with each other, are empowered to expel the club and/or individuals from further participation during the event. The Referee shall prepare a report to the TWIF ExCo, which in accordance with Article 12 of the Constitution might take further disciplinary action against the club and/or individuals

24 POWERS AND RESPONSIBILITIES OF THE JUDGE

The appointed judge for a match shall have sole control.

He shall be responsible for ensuring:

- (1) that the Rules of "TWIF" are adhered to
- (2) that the rope is laid out ready for competition before the teams arrive in the pulling area
- (3) that, as far as possible, the pre-determined timetable is adhered to.
- (4) grant rest periods as shown in Rule 17
- (5) declare a "No pull"
- (6) disqualify a team or teams after caution.
- (7) a judge may award only 1 friendly caution to a particular team during a pull.
- (8) 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 he 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 judge's decision shall be final at all times.

25 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 the opposite side of the judge in charge. The side judge shall observe the competing teams and indicate the infringements of the teams 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.

26 WEIGHMASTER

In international competitions, stewards may be appointed by TWIF who shall be responsible to the Weigh master (judge in charge of the weigh-in) for correctly weighing and stamping all competitors.

SIGNALS AND COMMANDS

27 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 out-door 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

28 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.

29 LIST OF COMMANDS IN TUG OF WAR COMPETITION

COMMAND	SIGNAL
1 Team are you 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 upwards with hand palms inward
4 Rope to centre	Indicating the side which has to move to centre
5 Steady	Arms extended upwards with palms outwards
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 Caution	Raising the arm on the side of the infringing team and indicating by one or two fingers the first or second caution
11 Inactivity	Pointing to wrist watch before a no pull for inactivity is given

30 LIST OF COMMON INFRINGEMENTS IN COMPETITION

INFRINGEMENTS	SIGNAL (see also page 43)
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

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 heel in the ground
12 SIDE-STEPPING	side stepping with one foot
13 INACTIVITY	pointing to wrist watch

COMPETITION STRUCTURE

31 General

The TWIF International Championships competition consists of a qualifying round, semi-finals and finals.

- The qualifying round will be a point's competition. The draw shall be made in the presence of the appointed delegates to the Tug of War International Federation. (See rule 37)
- The qualifying competition will result in four teams entering the semi-finals. The losers of the semi-final matches enter into the pull-off for the bronze medal and the winners of the semi-final matches enter into the final for the silver and the gold medals.

32 Minimum number of teams

A minimum number of 4 teams per weight class are required for participation in World or Continental Championships. If there are not four teams taking part in a particular weight class, it will not be considered a World or Regional Championships

33 Competition with one group

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

- The top four teams of the qualifying point's competition will enter into the semi-finals.
- 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
- The winners of the matches will then compete for the gold and silver medal and the losers will compete for the bronze medal

34 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 placing into the groups will be based on the ranking in the previous applicable competitions (regional or world championships)

The teams ranking first and second place after the qualifying point's 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. 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 35.

Policy to standardize the number of teams in a group

less than	4 teams	No competition
4-11	teams	1 group
12-22	teams	2 groups
23-44	teams	4 groups
44<	teams	8 groups

Policy for timing of competitions: Where there is more than one group at a competition weight class, if those groups have different numbers of teams, that the group(s) with the greater number of teams start a suitable number of pulls before the groups with the lesser number of pulls.

35 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 rank teams with equal points in qualifying competition.

(1) Result of matches

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.

(2) 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 semi-finals.

(3) Cautions

In case the first 2 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

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

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

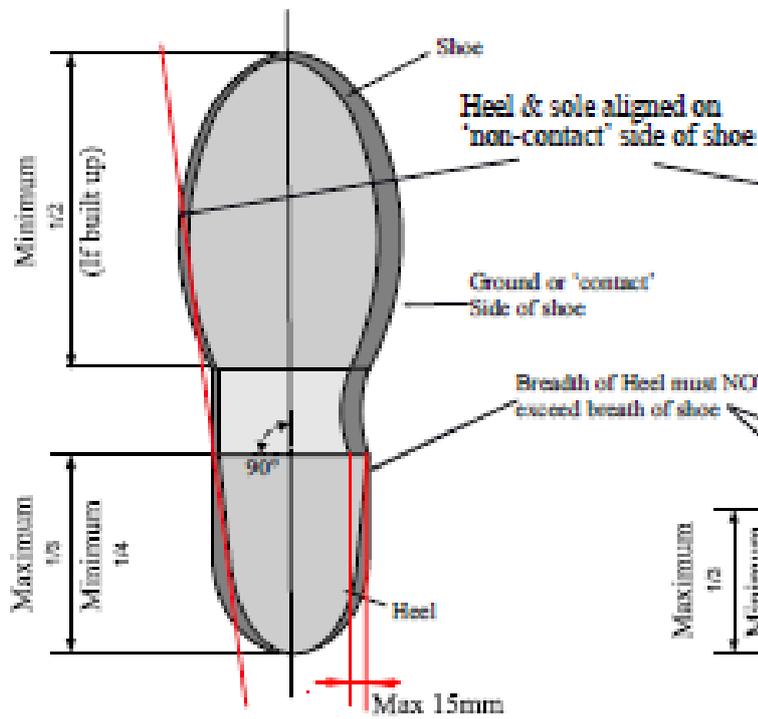
Following the first draw a second draw may take place, if a team withdraws after the original draw has taken place and the competition for the specific weight class has not started.

- 37** The qualifying round will be a points competition. Should a team or teams (club or national) withdraw from a competition after the draw was made which causes a gross inequality in the number of the teams in different groups, a new draw may be made to ensure a more equal distribution of teams between groups for the point competition. The draw shall be made in the presence of the appointed delegates of TWIF.
- 38** 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.

Amendments to Rules for International Competition
Amended by the Annual Congress at

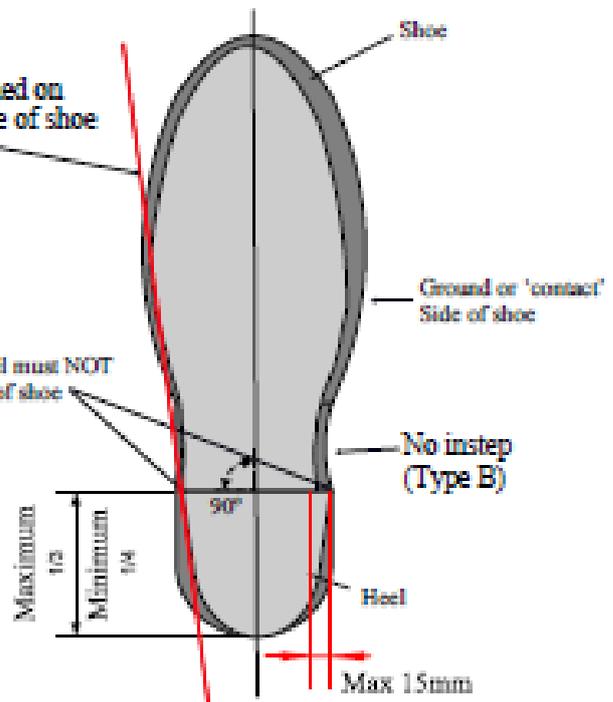
Drogheda	Rep of Ireland	on	11	April	1992
London,	England	on	24	April	1993
Rochester	USA	on	18	April	1998
Mogelsberg	Switzerland	on	6	May	2000
Pretoria	South Africa	on	28	April	2001
Assen	Netherlands	on	27	April	2002
Rochester	USA	on	3	May	2003
Cento	Italy	on	21	April	2004
Capetown	South Africa	on	7	May	2005
Minehead	England	on	6	May	2006
London	England	on	2	May	2010
Appenzell	Switzerland	on	7	May	2011
Belfast	N. Ireland	on	12	April	2014
Cape Town	South Africa	on	24	Mar	2017
Cork	Ireland	on	28	April	2018
Getxo	Basque Country	on	27	April	2019

TYPE A

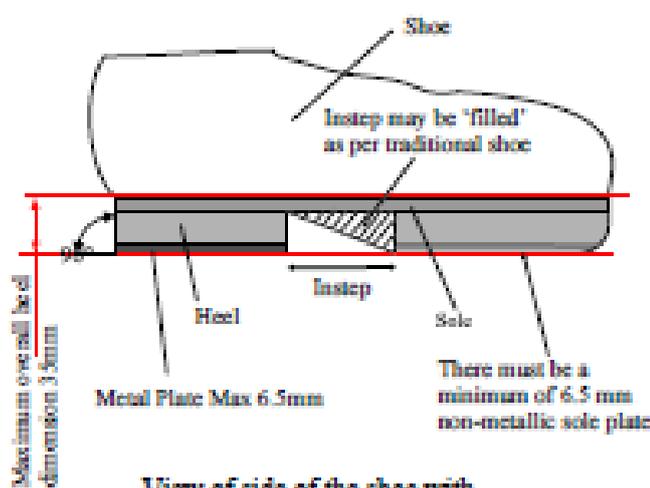


View of bottom of the shoe with 'cut-out' instep

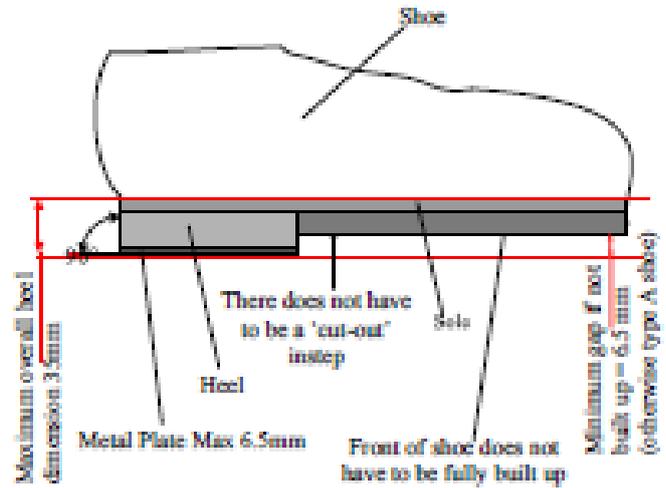
TYPE B



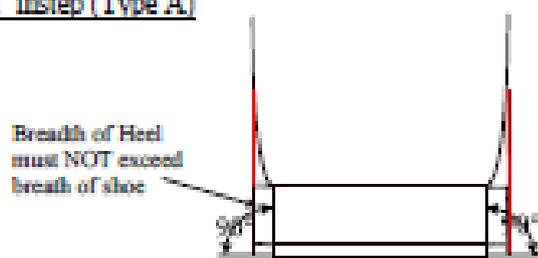
View of bottom of the shoe without 'cut-out' instep



View of side of the shoe with 'cut-out' instep (Type A)

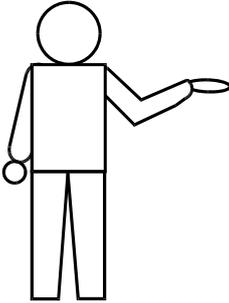
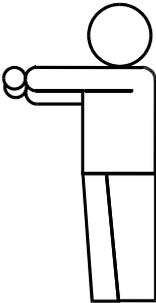
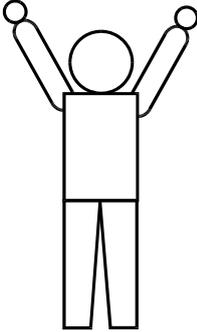
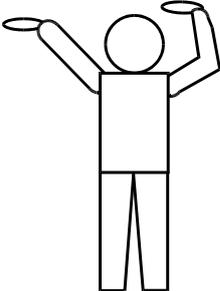
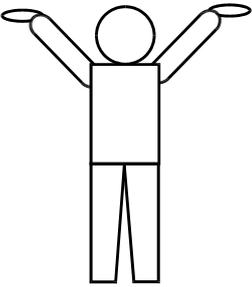
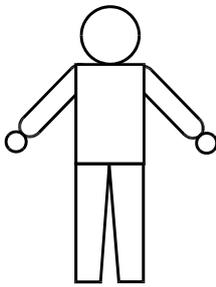
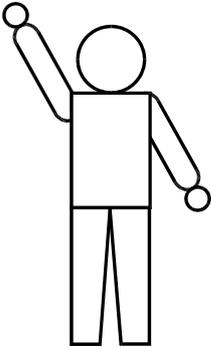
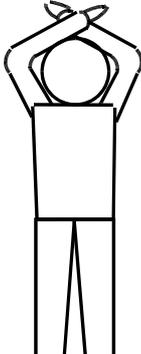
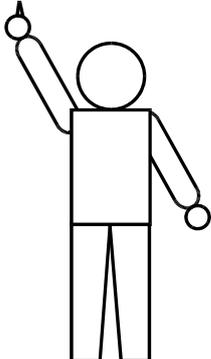
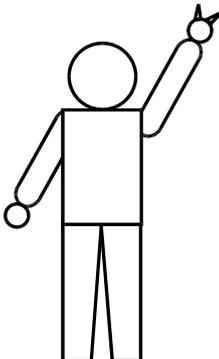
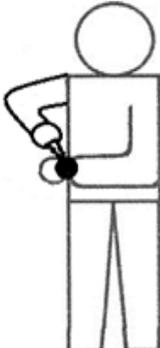


View of side of the shoe without 'cut-out' instep (Type B)

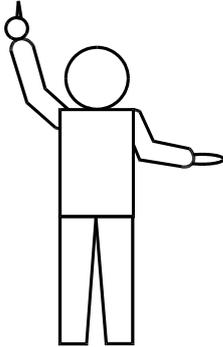
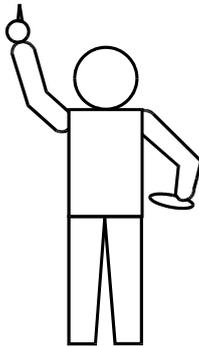
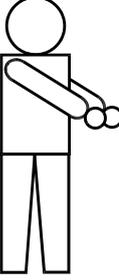
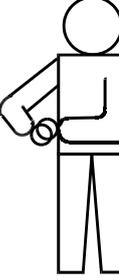
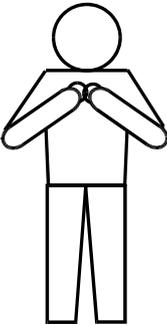
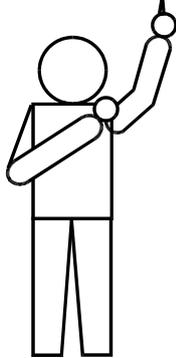
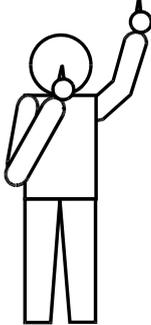
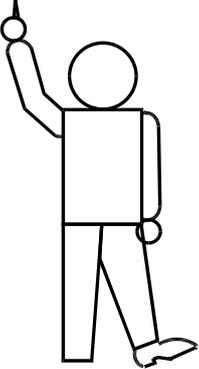
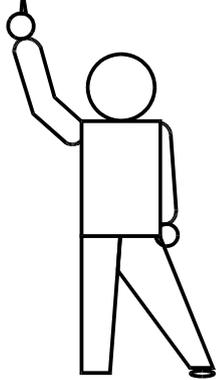


View of heel from the rear of the shoe (Type A and B)

Attachment 1 Signals Commands

		
TEAM ARE YOU READY	PICK UP THE ROPE	TAKE THE STRAIN
		
ROPE TO CENTRE	STEADY	PULL
		
INDICATING WINNER	CHANGE ENDS	NO PULL
		
FIRST CAUTION	SECOND CAUTION	INACTIVITY

Attachment 2 Signals infringements

		
SITTING	LEANING	LOCKING
		
GRIP	PROPPING	POSITION
		
CLIMBING	ROWING	ANCHORMAN
		
TRAINER	FOOTHOLDS	SIDESTEP

Ref: 8.1.4 Anchor vest

