



“POLIROOSA” Rules for the Tug of War Fundraiser

All Teams will be reminded that this is a fund raising event and the ultimate goals are to raise money for ALS Research and also have FUN!

Categories will be comprised of either TEAMS OF FIVE OR TEN PERSONS.

LAW ENFORCEMENT vs. **LAW ENFORCEMENT**

FIRE vs. **FIRE**

Other Teams

Finals in Tug of War pull will be top teams in each of the LE and Fire categories. Dependent on the number of entries it will be either single or double elimination.

Each Match consists of the Best of Three pulls. Two minutes will be given to Teams between each pull.

All members of the team must sign a waiver of liability against the Organizers, Participants and Tangle wood.

No spiked shoes or gloves are allowed.

The rope is marked at the center with a red flag. Thirteen feet from the center on both sides of the red flag will be a white mark. A center mark in the line of pull field will be used to align the red flag for the start of the pull.

The rope must be pulled underarm.

All persons on a team will take up the rope behind their respective side white flag. The referee will instruct each side to make the line taut. Once the teams acknowledge they are ready the referee will blow a whistle or sound a horn and the pull will begin. The first team to have the opposite side white flag pass the centerline wins. A sounding of a whistle or horn signifies the end of the pull.

Fouls will be considered during the pull. Three fouls on a team will lead to disqualification.

Fouls are:

- 1). Lowering your elbow below your knee level while pulling the rope – called “locking”
- 2). touching the ground with a hand other than momentarily to regain balance
- 3). Team member falls down
- 4.) Knee, Hip or Buttocks in contact with the ground greater than one second

A Judge observing each team will call out fouls.

TANGLEWOOD REQUIRES THAT NO DRONES, NO PETS, NO BIKES and NO OPEN FLAMES ALLOWED ON THEIR GROUNDS.