



MIDDLE TENNESSEE STATE UNIVERSITY

MIDDLE TENNESSEE STATE UNIVERSITY Campus Recreation - Intramural Sports

TUG-O-WAR RULES

ELIGIBILITY RULES:

1. All participants must meet the eligibility requirements established in the MTSU Intramural Sports Handbook.
2. Participants must have an MTSU ID available for identification and must check in with Intramural Sports staff before participating.
3. No person shall play on more than one team per league per sport, when applicable. Violations are subject to the penalties established by MTSU Intramural Sports.
4. No person shall use false identification in order to participate. Violations may result in suspension from Intramural Sports and other Campus Recreation activities as determined by Intramural Sports staff.
5. All participants must be listed on the official team roster before participating.

THE GAME:

1. **Playing Area:** The competition will take place on a designated grass or turf surface approved by MTSU Campus Recreation.
2. **Team:** Teams will consist of 5 players competing at one time. A team may begin with as few as 3 eligible players.
3. **Roster:** Teams may have up to 2 substitutes for a recommended maximum roster of 7 players.
4. **Substitutions:** Substitutions are allowed only between rounds. A player who leaves during a round because of injury may not return during that round unless cleared by Intramural Sports staff.
5. **Match Format:** Each match will be played in a best 2 out of 3 round format. The first team to win 2 rounds wins the match.
6. **Round Time:** Each round will have a maximum time limit of 90 seconds.
7. **Minimum Players:** A team must have at least 3 eligible players present and ready to compete at the scheduled match time. A team with fewer than 3 players will forfeit the match.
8. **Side Changes:** Teams will switch sides of the rope after each completed round.

CO-REC MODIFICATIONS:

- The match is played between two teams of 5 players or with a minimum of 3 players.
- Co-Rec matches may be played with an uneven male/female or female/male ratio according to the following premise:

Minus 1: 4 3/2, 2/2, 1/2 male/female ratio and vice versa.

THE RULES:

- **Rope Setup:** The rope will have a center mark and a 6 foot mark located on each side of the center. The two 6 foot marks will be 12 feet apart.
- **Center Line:** The center mark of the rope will be aligned with the center line on the playing surface before each round begins.
- **First Participant:** The first participant from each team must establish a legal grip at or behind their team's 6 foot mark. The first participant may not grip the rope between the 6 foot mark and the center of the rope.
- **Remaining Participants:** Players positioned behind the first participant may grip the rope at any legal position.
- **Starting Position:** All players must remain in their starting positions until the official gives the signal to begin.
- **Winning the Round:** A team wins when the opposing team's 6 foot rope mark is pulled completely across the center line.
- The 6 foot mark must completely cross the center line. Touching the center line does not constitute a win.
- Once the winning condition is reached, the official will signal the end of the round. Players must stop pulling and release the rope when instructed.
- **If neither team wins within 90 seconds**, the official will stop play. **The team whose 6 foot mark has moved farther toward the opposing team's side will be declared the winner.** If the position cannot clearly determine a winner, the official may declare a draw and conduct a restart.
- Teams will receive a short recovery period between rounds as determined by the official.
- Teams will switch sides following each completed round. If a third round is necessary, the teams will again switch sides before the deciding round.
- Players may adjust their grip during the round as long as they maintain a legal grip and do not use an illegal technique.

LEGAL GRIP:

- Players must grip the rope with their **hands**.
- Players **may not tie knots** in the rope.
- Players may **not wrap the rope** around their hands, arms, torso, legs, or neck.
- Players **may not place the rope through clothing**.
- Players **may not secure the rope against another object**.
- Players **may not use any device to attach themselves to the rope**.
- The final participant may serve as the team's anchor, but **the rope may not be wrapped around the anchor's body**.

FOULS:

- **Sitting or Lying Down:** Players may not intentionally sit, lie down, kneel, or intentionally place their body on the ground to gain an advantage.
- **Dangerous Pulling:** Players may not use sudden, uncontrolled, or dangerous movements that could reasonably cause injury.
- **Rope Wrapping:** Players may not wrap or tie the rope around any part of their body.
- **Leaving the Playing Area:** Players may not intentionally leave the designated playing area to gain an advantage.
- **Unauthorized Assistance:** No person outside the active participants may touch the rope or physically assist a team.
- **Interference:** Spectators, substitutes, and other individuals may not interfere with the opposing team, rope, officials, or playing area.
- **Unsportsmanlike Conduct:** Taunting, excessive arguing, inappropriate language, threats, fighting, or disrespect toward opponents, spectators, or Intramural Sports staff is prohibited.

PENALTIES:

- **Depending on the severity of the violation**, an official may issue a verbal warning, team penalty, player removal, loss of the round, ejection, forfeiture, or tournament disqualification.

- A team that **repeatedly commits dangerous violations** may be disqualified from the competition.
- Officials and Intramural Sports staff may **immediately** stop play **when a safety concern exists**.

EQUIPMENT:

- MTSU will provide the official Tug of War rope.
- Participants must **wear appropriate athletic clothing** and **closed toe athletic shoes**.
- **Cleats are not permitted.**
- **Athletic gloves are permitted.** Gloves **may not contain materials or devices designed to attach the player to the rope.**
- Jewelry **may not be worn** while participating.
- Any clothing or equipment that presents a **safety hazard** may not be worn.

OFFICIALS:

- Officials are responsible for starting and stopping rounds, enforcing rules, determining round winners, monitoring safety, addressing violations, and recording results.
- Officials have **final authority** regarding judgment calls during competition.

PROTESTS:

- Rule interpretation protests must be made at the time of the incident.
- Official judgment may not be protested.
- Protests concerning rule interpretation will follow the procedures established in the MTSU Intramural Sports Handbook.

TOURNAMENTS:

- Unless otherwise announced, Tug of War will be conducted as a single elimination tournament.
- Each tournament match will use the **best 2 out of 3 format**.
- The **first team to win 2 rounds** advances.
- The final remaining team will be declared the **MTSU Intramural Tug of War Champion**.

FORFEITS AND DEFAULTS:

- A team must have at least 5 eligible players available at the required time to compete.
- A team with fewer than 5 eligible players will forfeit the match.
- Game time is forfeit time, subject to any applicable MTSU Intramural Sports grace period and staff discretion.
- MTSU's existing Default and Forfeit Policy will apply.

MATCH PROCEDURES:

1. **CHECK IN:** All participants check in with Intramural Sports staff.
2. **ROSTER VERIFICATION:** Officials verify the participating players.
3. **EQUIPMENT CHECK:** Officials verify shoes, clothing, jewelry, gloves, and other equipment.
4. **ROPE SETUP:** Officials align the center mark of the rope with the center line.
5. **TEAM POSITIONING:** Teams take their designated sides of the rope.
6. **FIRST PARTICIPANT POSITION:** The first participant from each team establishes their grip at or behind their team's 6 foot rope mark.
7. **ROUND ONE:** The official gives the starting signal.
8. **ROUND ONE WINNER:** The first team to pull the opposing team's 6 foot rope mark completely across the center line wins Round One.
9. **RESET:** Teams release the rope, switch sides, and prepare for Round Two.
10. **ROUND TWO:** The official starts the second round.
11. **MATCH DECISION:** If one team has won both Round One and Round Two, that team wins the match.
12. **ROUND THREE:** If the teams are tied 1–1, a third and deciding round is conducted.
13. **MATCH WINNER:** The team winning two rounds is declared the match winner and advances.



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FINAL AUTHORITY:

- MTSU Intramural Sports staff reserves the right to make decisions concerning situations not specifically covered by these rules.
- Officials and Sport Programs staff may stop, suspend, modify, or terminate competition when necessary to protect participant safety or preserve the integrity of the competition.
- The final decision on unresolved situations rests with MTSU Sport Programs professional staff.