



SANGRAM'26

TUG OF WAR

GENERAL RULES

1. Each team shall consist of 9 registered players: 8 active players and 1 substitute.
2. Only 8 players may participate in a pull at a time.
3. All teams must report to the competition area at least 15 minutes before their scheduled match.
4. All participants must produce a valid University/College ID card during registration and verification.
5. The referee's decision shall be final and binding. Any misconduct or unsportsmanlike behavior may lead to disqualification.
6. Substitution is permitted only between pulls and must be approved by the referee.
7. Any team using an unregistered player or exceeding 8 active players shall be disqualified.
8. In case of any dispute or unforeseen circumstance, the decision of the organizing committee and officials shall be final.

MATCH FORMAT

1. Each match shall be Best of 3 Pulls, unless otherwise specified by the organizers.
2. A team wins a pull when the designated centre marking of the rope crosses the opponent's winning line.
3. The match shall be won by the team that wins 2 out of 3 pulls.
4. The pull shall start only after the referee gives the command "Take the Strain... Ready... Pull!"
5. Players must maintain their designated positions and hold the rope properly throughout the pull.
6. A short break may be provided between consecutive pulls.

FOULS

A team/player shall receive a foul for:

1. Starting before the referee's signal.
2. Wrapping or tying the rope around any part of the body.
3. Sitting or lying down deliberately to gain an advantage.
4. Deliberately releasing the rope during the pull.
5. Physical contact with opposing players.
6. Unsportsmanlike conduct or abusive language.
7. Deliberately delaying the match.



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DISQUALIFICATION

1. Repeated or serious fouls may result in loss of the pull.
2. Repeated misconduct or dangerous play may result in complete disqualification from the tournament.