UNIVERSITY OF NOTRE DAME
INTRAMURAL SPORTS
INTERHALL TUG OF WAR

INTRAMURAL POLICIES AND PROCEDURES

A. ELIGIBILITY
Notre Dame undergraduate students are eligible for participation. To play in all intramural sports, participants must have a valid Notre Dame ID.

B. LOCATION:
All games will be played on South Quad

C. SCHEDULE:
All schedules will be posted online at the IMLeagues website and it is your captain’s responsibility to check for updates/changes.

D. INCLEMENT WEATHER:
No weather-related cancellations will occur before one hour prior to the scheduled game time. If a game is cancelled, the captain will be called.

E. ROSTER ADDITIONS
Players may be added on to the roster up until the start of the event. This is a one day event; if you are not registered on IMLeagues prior to 3pm the day of play then you will not be allowed to participate.

F. INSURANCE WAIVERS:
Insurance waivers must be completed on IMLeagues.com.

G. CHECK-IN:
It is the responsibility of each player to find the supervisor working and check-in with them before playing in any intramural activity. Failure to check in with the supervisor and playing in any intramural activity will cause disqualification.

H. SPORTSMANSHIP
Participants and fans must respect players and intramural staff and follow instructions given to them by the staff. Foul language, taunting, or any other unsportsmanlike behavior will not be tolerated. Any participant or fan yelling, gesturing, or any other act in a negative manner toward opposing teams, players, fans, or RecSports staff will receive a penalty. These penalties will be assessed to the fan or participants team. If committed by a fan the captain of that team will be assessed the penalty. Any participant, who receives a conduct penalty of this nature, must leave the field of play to fill out an Incident Report with RecSports staff.

I. ALCOHOL, TOBACCO, & DRUGS:
Notre Dame Intramural Sports has a zero tolerance policy for alcohol, tobacco, or any other drug at intramural events on or off campus. Furthermore, RecSports staff reserves the right to remove participants or fans suspected to be under the influence of drugs or alcohol. The removal process may involve the assistance of authorities such as NDSP or member of The South Bend Police Department.
SPORT RULES

All Rules and Regulations are derived from the National Tug Of War Federation. They have been modified in some ways to fit the University Of Notre Dame’s Rules and Policies.

A. TIMING:
1. GAME TIME IS FORFEIT TIME
2. There is 1 timed match. The time length of that match is 8 minutes. If the match is not completed in those 8 minutes each team will have the opportunity to eliminate 1 player from the opposing team each minute that the match runs over.
3. There are NO TIMEOUTS granted.

B. THE FIELD:
1. South Quad Fields. A line referred to as a center line is marked on the playing zone and the rope is placed in a manner that its center mark should align the marked on the ground. On either side of the rope at the distance of 13 feet from the center line, 2 marks will be made; these marks are the indication where the first member of each team will stand.

C. PLAYERS:
1. Tug Of War teams consist of 10 PULLERS on each side of the rope during play.
2. Males and Females will not compete against one another. There are men and women pools.
3. NO CLEATS, NO CLEATS, NO CLEATS!
4. Athletic attire is recommended. I.e. Gym shorts, t shirts, gym shoes… NO CLEATS!
5. Gloves are permitted.
6. EACH TEAM IS ALLOWED A COACH AT THE SIDE OF THE ROPE. The job of the coach is to encourage and direct team and coach people into position. The coach is NOT allowed to touch the rope while pull is in progress. THE COACH MAKES THE FINAL DECISIONS AT THE END OF TIMED PORTIONS WHEN AN OPPOSING PLAYER IS TO BE ELIMINATED.

D. GAME RULES:
1. One timed match of 8 minutes.
2. A red mark will indicate the Center. 2 white marks indicate 13 feet left and right of Center mark. 2 blue marks each 5 feet from the white marks, these marks indicate where the first puller can grip.
3. Players will not be allowed to lie down at any point of the match. Players that lie down are subject to disqualification from that match and team will have to play one member down.
4. Each pull is officiated by a judge who stops and starts the pull.