



Young Farmers'
Clubs of Ulster

Young Farmers' Clubs of Ulster
475 Antrim Road
Belfast
County Antrim
BT15 3BD

Competition	Tug Of War
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Competitors are required to compete as part of a team of 6 people plus a coach in a Tug of War Competition. Teams compete in May at the Balmoral Show on the Thursday.

Eligibility

- A team shall consist of 6 members plus 1 sub and a coach
- All teams must have a named Captain
- Members must be aged 16-30.
- Each team is allowed ONE paid member over 30 years of age. However this member must have paid at least three years membership in the last five years.
- All other team members MUST be fully paid members.

Closing Date

The closing date for entries will be provided by HQ.

Entry Requirements

- 10 names MUST be given in advance of entry.
- The team list must be confirmed the week before the competition, so all names can be checked
- against the YFCU Membership database.
- On the day, a team list will be presented to the team captain, the captain will be asked to sign
- the sheet to confirm that the names are present and correct on the day.
- If this signed list is found to have discrepancies, the team will automatically be disqualified.

- (Teams may be required to produce Membership cards so please have these available)
- The cost of entry will cover the cost of the tickets to Balmoral Show and will be confirmed by
- YFCU HQ when entry opens

Prizes

The prize for each section will be a shield and medals for the first placed team and medals for the second placed team.

Clothing

- ALL teams must be dressed alike – matching T-shirts must be worn, this is in line with all other YFCU sports competitions.
- The t-shirts must NOT show affiliation to any other teams or organisations.
- Shorts are preferred but not essential.

Footwear

Due to Health and Safety, and to keep in line with the NI Tug of War Association rules (8.4.1) the following must be adhered to:

- The sole, heel, and side of the heel must be perfectly flush (this means soles must be smooth).
- Spikes, studs, and protruding nails from the heels of the boots are NOT permitted.
- If a team does not adhere to this, they will be disqualified.
- Notes on how to adjust boots in line with regulations are available on the NITOWA website.

Categories

Novice Section:

- This is the beginner section of Tug of War.
- Teams can compete in this section for as long as they feel fit, or until they are placed in the top two teams at Balmoral Show.
- The Top two Teams placed in this section each year, will automatically progress to the Advanced section.
- It is hoped that the team will be able to pull in the Advanced section, however if a team is not able to field an Advanced team, then only 2

members from the original team are permitted to compete in the Novice section again.

Advanced Section

- All clubs will have the option to compete in the Advanced section and try to win the coveted title of Advanced Tug of War Champions- so even if your team is new to YFCU Tug of War, but you are an established team that feels they are capable of competing at the Advanced standard, then you can go straight into this section by your own choice.
- It is hoped that by progressing two teams each year to this section this section will continue to grow each year and allow teams to develop their skills further.

Ladies Section

- All ladies' teams will compete in one section.

General Rules

- The Anchor man MUST have the rope positioned under the right arm, over the left shoulder, and under the left arm. The tail must lie loose to the left side of the rope.
- Cautions will be given by the Referees. 3 cautions by one team in any one pull will automatically loose them that pull. Overall cautions will count at the final score if a tie break occurs. This could have impact on teams progressing to the next stages.
- All ropes used must meet European regulations.
- All team members will be stamped on their leg (if wearing shorts), or arm at the start of their first pull to identify the pullers.
- Under no circumstances should a coach jump onto the rope – this will lead to automatic disqualification of the team for the remainder of the competition.
- All teams are allowed 1 named substitute. The substitute may replace any one puller for the duration of the competition. A second substitution is not permitted. Substitution may be for tactical reasons, or due to injury and may take place anytime after the teams' first pull. Substitution may be before or during a set of pulls. The substitute must be a registered member of the club for which they act as substitute, and be on the original named team sheet. Once substituted, the puller coming off cannot pull in the competition again. Should injury occur a

team is allowed to continue with five pullers. A team cannot continue to compete with less than five pullers.

- Both the puller to be replaced and the substitute, must report in full pulling outfit, to the referee (shirts, shorts, stockings and footwear, i.e. Both pullers must be comparably dressed to the referees' satisfaction). The referee may delegate an official to deal with the substitutes.
- A small (bathroom type) scale will be available at the pulling area, (on a solid surface) to determine the weight difference between the two pullers.
- The substitute puller must be of equal weight or less than the puller he replaces.
- Directly after the change the referee or official shall cancel the stamp or marking of the replaced puller, and mark the substitute with the appropriate mark with an indelible marker.
- The referee or official will then have the substitution recorded by the scorekeepers.

Health and Safety

- Tug of War brings many health and Safety risks, therefore all clubs must follow the rules and guidelines above.
- It is also important that clubs do partake in some training prior to the competitions – the NI Tug of War Association has stated that they are more than happy to be involved and to help with coaching.
- If you wish to avail of this then please visit the website <http://www.nitowa.com> and contact your local clubs. Alternatively, get in touch with YFCU HQ and we can point you in the right direction.

The Executive Committee of the YFCU reserves the right to amend or cancel any of the foregoing rules as it may consider necessary.