



# RULES & REGULATIONS

## TUG OF WAR

1. The competition will be based on a knockout tournament. The bracket will be made once the teams have been registered.
2. For example, if the competition consists of 18 teams, 9 teams will make it into next round. 2 teams will get picked out of a hat from the 9 teams and will play in a play-off for the next round. The subsequent stages are Quarter-Final, Semi-Final, Third Place & Final.
3. Each team consists of max 8 players, minimum 6 players are needed. Regions may have two teams, however before they can advance in competition, those two teams must face off to represent the main region. If the department has two teams, players may not switch teams after the play off.
4. If any team member is disrespectful to the organisers, the National SEJ team can choose to remove him from the team or have the whole team disqualified. Those in charge of the event will be responsible for determining what is considered disrespectful. This clause also applies to cheating and blatant disregard to the rules.
5. 1 referee will officiate.
6. Materials used are rope and whistle.
7. The centre of the rope should align with the centre marked on the ground. As soon as the referee blows the whistle, each team can start pulling the rope into their territory. The objective of the game is for each team to pull the rope along with the members of opposition team to their side. As soon as the second mark on the rope from the centre red mark crosses over to centre line, the team to pull the rope to their area wins the game.
8. The National Sehet-e-Jismani Team reserves the right to amend any of the above rules and regulations as it deems fit.



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