



# Bridford Village Fete

## Tug of War

### Entry Form

**Saturday 13<sup>th</sup> July from 4.30**

## For the Bridford Tug of War Cup

<b>Team Name</b>	
<b>Contact Name</b>	
<b>Address</b>	
<b>Email</b>	
<b>Telephone</b>	

**There is no entrance fee, however donations are gratefully received**

**We \_\_\_\_\_ (team name) agree to abide by the rules and the safety notes below & guidance on the day**

**Signed \_\_\_\_\_ (on behalf of the team)**

Please email [graham.padgham@gmail.com](mailto:graham.padgham@gmail.com) a photo of your completed entry form to confirm

#### **Rules and Safety Notes:**

- Teams are made up of 8 members, all members must be 18 years old or over. All entries must be accompanied by an entry form and all participants must be ready to pull at 4:30.
- Participants should compete wearing sturdy footwear – e.g. good training shoes/walking boots/work type boots, however studded or spiked shoes or boots, including football or rugby boots, running spikes of golf shoes are not permitted for obvious safety reasons.
- Participants should wear sturdy tops (cotton rugby shirts or sweatshirts over a TShirt are ideal)
- Participants should grip the rope with their bare hands, palms up.
- No knots or loops should be tied in the rope and the rope should not be wrapped around the hands/arms/legs/ankles etc., whilst competing.
- Teams are not allowed to suddenly let go of or release the rope and deliberately cause the opposing team to fall over.
- Each team is allowed a coach at the side of the rope. The job of the coach is to encourage and direct the team and coach people into position. The coach is not allowed to touch the rope once a pull is in progress.
- Each match is the best of a three end pull. The team that wins two ends is the winner.
- Teams are not allowed to sit on the floor.
- Each pull is officiated by a judge who starts and stops the pull.
- The judge's decision is final.
- The organisers, judge, steward and helpers disclaim all liability for damage, theft, accident, injury or loss to persons, property and motor vehicles, howsoever caused, before, during or after the events in the schedule.