



TUG OF WAR RULES

Eligibility

All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Des Moines Corporate Games.

General Rules

1. Companies may enter one coed team into the event. At least three females should be on the team.
2. A 2,000 pound weight limit per team will apply.
 - a. Weigh-In
 - i. All team members will weigh in, as a team, on one scale.
 - ii. The only articles of clothing that can be removed during weigh-in are shoes and shirts (women must wear sports bras if removing their shirt)
 - Team has at least 3 women: Total weight limit 2000lbs
 - Team has at least 2 women: Total weight limit 1800lbs
 - Team has at least 1 woman: Total weight limit 1600lbs
 - Team has zero women: Total weight limit 1400lbs
3. Athletic shoes (i.e. running, tennis, cross trainers, hiking), aqua socks, work boots or bare feet only. No spikes or cleats will be allowed.
4. Gloves are allowed and recommended.
5. No wrapping of the rope around hands or waist. Serious injury may occur.
6. Deliberately sitting on the ground, or failure to return immediately to the pulling position after slipping is not allowed.
7. Participants may use feet or hands only to gain foothold in the sand. No tools will be allowed. Extensive time will not be set aside to dig in and get set.
8. One-minute time limit per tug. The winning team will pull another team four feet across the center line. If no team has been pulled over the line at the end of the one-minute time limit, the tug will go to the team who has the advantage at that time.

DMCG Point System

- o Points will be awarded to the top six teams within each division, as follows:

Place	Points
1 st	1000
2 nd	800
3 rd	600
4 th	400
5 th	250
6 th	250

- o Participation points will be awarded to all teams in the DMCG. To receive participation points, teams must complete the event as designed. Points for participation per team in Tug of War are as follows:

Event	Participation Points
Tug of War	250/Team

- o DMCG will assess Penalty Points to those companies whose competitors **do not show up for bracketed events**. It diminishes the spirit of the Games when a team or individual travels from across the city to participate in one of these events, only to have their opponent forfeit.

Event	Penalty Points
Tug of War	-250