

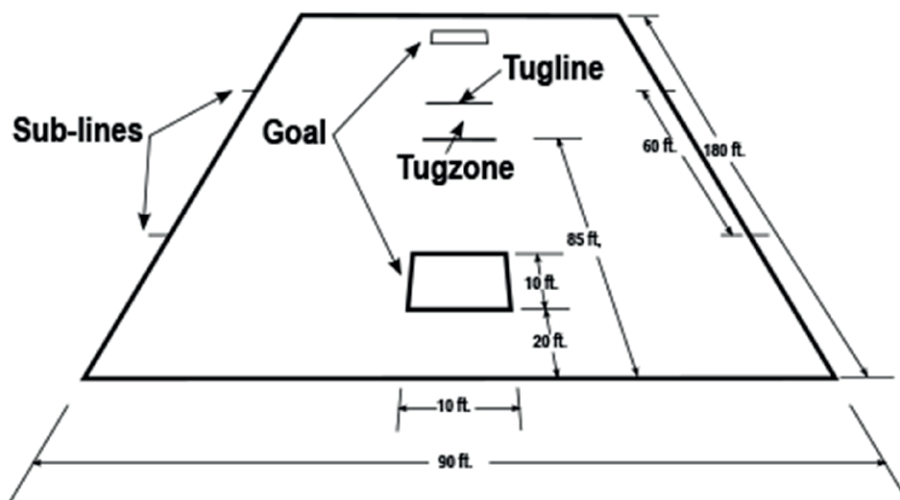
# TUGBALL



A fast-paced Tug of war game where you can run, pass or kick the Tugball in any direction in order to score without getting it tugged away. It combines **raw strength** and **stamina** with **agility** and **quickness**.

## TEAM PLAYERS

There are eight players per team that may play at one time. Substitutes are allowed and must follow the substitute guidelines. Each player is designated a number based on their size in relation to their own teammates. The heaviest player is given the largest number and the lightest player is given the smallest number. Substitutes replace a player and become that player's number.



## EQUIPEMENT

1 Tugball, 16 cones/markers (if field is not lined or in addition to the lines) and flags.

## FIELD

180' long x 90' wide  
(54 m 86 x 27 m 43).

Tugzone and goal are 10' x 10'  
(3 m x 3 m).

## TUG-OFF

The tug-off begins the game. It, also, takes place after each score. Tugoffs occur in the "tugzone", located at the center of the field. A referee holds the Tugball in the center of the tugzone, while four players, two from each team, grabs two ropes, one for each hand. Players 1 & 2 from each team face off the first round, 3 & 4 the second round and so on.

The referee yells "Go!" and each player attempts to pull the Tugball back across their team's tugline. The team that tugs the ball across the tugline wins the tug-off and becomes the offensive team. The referee places the ball on the offense's tugline, lining up the team on the tugline. The defense lines up on their tugline. Play begins when the offense picks up the ball.

## OFFENSE

Players are allowed to run, throw or kick the Tugball in any direction.



Any player running with the Tugball must run around defensive players, not through them. 3 points are awarded for getting into the goal.

## DEFENSE

The defense is allowed to pull the flags of the player in possession of the ball to get the player to stop advancing the ball. The offensive player has five seconds to throw the ball or the ball goes to the defense. The defense gains possession by either intercepting a pass or winning a duel. A duel (see duel rules) is a tug-of-war between one player from each team.

## EXTRA-POINT TUG

After a goal is scored, the Tugball is placed at the center of the goal for an extra-point tug. The four players that pulled in the tug-off now face off for the extra point. The team that wins the extrapoint tug receives one point. The ball is returned to the tugzone for another tug-off to start the next round.

## OUT OF BOUNDS

If a player in possession of the Tugball either steps out of bounds or throws the ball out of bounds, the ball is awarded to the opposing team. That team, then, throws the Tugball back into play from the point the ball went out of bounds.

## SUBSTITUTE GUIDELINES

A substitute may not enter the field until the player being substituted for exits the field between the sub-lines near that team's bench.

## DUEL

When a defender grabs onto the tugball, using one of the ropes, a duel begins. The duel continues until one of the players lets go or a player gets the ball into the goal, even if the other player is still holding on. Only one player per team is allowed to be in the duel at a time. You are allowed to hand-off to a teammate when tired or out-matched.