

Basic Rules of Tug of War in Pythian Games.

The team that is competing in the tug-of-war competition should consist of seven members, (7+1) individuals including the coach.

The total weight of this 7 member team should not exceed 680 Kg for men and 540 for women.

According to the Tug of War Association rules, only shoulder to shoulder competition is permitted.

Only bare feet are allowed in the competition.

The size of the pulling rope will be 6 inch.

Competitors must weigh 5 kg less than the wounded opponent in order to replace them in the quarter(court).