



1. OVERVIEW

Universities will compete head to head while putting teamwork skills to the test and showing conference spirit in a single elimination tournament of tug of war!

2. ELIGIBILITY

Each school can have one (1) team of up to five (5) members. At least two (2) members must be females. All participants must be registered members for the 2020 Southeast Conference.

3. PROCEDURE

- The flag will be attached to the middle of the rope and there will be two cones fifteen feet away on each side.
- The competition will start by referee's signal.
- The team that pulls the rope beyond the cones wins and moves on to the next round.

4. DISQUALIFICATIONS

- Sitting on or kicking the ground is not allowed.
- Pulling the rope over one's shoulder is not allowed.
- Lowering elbow below the knee is not allowed.
- Pulling the rope over the shoulders during a pull is not allowed.
- Gloves are not allowed.
- Wrapping the rope is not allowed.

5. QUESTIONS

Direct any questions to [conference organizers](#). Answers will be posted on the Q&A page.

