QUAD CITIES Corporate Games

PRESENTED BY Wellmark

TUG OF WAR RULES

Eligibility

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

General Rules

1. Companies may enter one co-ed team into the event. You may have 10 members on the rope. A maximum of 5 men. 12 members on a roster, enough for 2 substitutions.
2. Athletic shoes (i.e. running, tennis, cross trainers, hiking), aqua socks, work boots or bare feet only. No spikes or cleats will be allowed.
3. Gloves are allowed and recommended.
4. No wrapping of the rope around hands. Serious injury may occur.
5. Deliberately sitting on the ground, or failure to return immediately to the pulling position after slipping is not allowed.
6. 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.
7. 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.

QCCG Point System

- Medals will be awarded to the top three teams in each division. Points will be awarded to the top six teams within each division, as follows:

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

- Participation points will be awarded to all teams in the QCCG. 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

- QCCG 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 Quad Cities to participate in one of these events, only to have their opponent forfeit.

Event	Penalty Points
Tug of War	-250