



INDIANA SPORTS CORP CORPORATE CHALLENGE EVENT RULES – TUG OF WAR

- Each team may enter one team of six (6) employees (a full team must consist of three (3) male/non-binary participants and three (3) female/non-binary participants).
- Competition will be single elimination.
- The winning team must pull the losing team 10 feet so that the rope marker crosses the line.
- A five (5)-minute time limit will be placed on all pulls. The team ahead at the time limit is declared the winner.
- Rubber or plastic cleats and gloves are allowed. No Metal Spikes allowed.
- Participants must make every effort to stay on their feet and not sit, kneel, or lie down in a stalemate position. Team members are not allowed to wrap the rope around their arms and/or bodies.
- Winning teams will continue to advance in their division until the overall winner has been declared.