

High Desert Fitness Challenge 2011
Corporate Challenge

Co - ed
Tug-O-War

Event Coordinator: Matt Bullock & Johnny-Doreen
Venue: Mojave Narrows Regional Park-Pelican Lake

PARTICIPANTS:

Competition will be for Co-ed teams only. Teams consist of six (6) pullers on the field. A maximum of 10 players on the roster. Must have Equal numbers of male and female participants competing in any given match. Max 2 spouses permitted to play.

RULES:

1. Teams must check in a minimum of 15 minutes before printed start time.
2. The winning team will be the first team to pull the other team across the designated line.
3. Shoes are required. Steel or track cleats or any other shoe with removable cleats will **not** be permitted. Softball cleats and rubber cleats are allowed. A substitute may replace any one puller for the duration of the competition. After the substitution has taken place, no other such change may occur. A second substitution will not be permitted. Should a second injury occur, the team is allowed to continue with four (4) pullers. A team is not allowed to continue with less than four pullers.
4. The rope may not be wrapped around any participant's arm, leg, waist or any other part of the body. This will be cause for disqualification.
5. Format will be determined based on entries.

AWARDS:

Medals will be awarded to the first, second and third place winners.

FORFEITS:

- A forfeit will be declared if a team arrives more than 10 minutes after the event start time without notification.

OVERALL TEAM POINT ASSIGNMENT

❖ First Place	10 Points
❖ Second Place	8 Points
❖ Third Place	6 Points
❖ Fourth Place	3 Points
❖ Fifth Place	1 Point