

Abersoch Tug of War

RULES & ENTRY FORM

DATE and TIME

Monday 4th August at 18:00 hrs

PRE-EVENT

1. Entry forms will be available before the event and on beach location on day.
2. Registration is at the bottom of the ramp in the centre of Abersoch Main Beach.
3. All participants will be required to sign that they have read and accept the Regata Abersoch Regatta's Terms and Conditions before being allowed to participate in the event.
4. Team captains are to check in with beach event officer
5. **£20 per team entry fee.** Late arrivals to sign forms on beach if necessary

GENERAL RULES

1. All teams must have six (6) members. Two (2) named substitutes will be permitted.
2. All team members must be over 18.
3. Teams must nominate one member as a captain.
4. Gloves may be worn.
5. Footwear with any form of studs or spikes is forbidden and may result in disqualification.
6. All teams must be ready to pull at their allotted start times – team organisers will be advised of times in advance of the competition.
7. The anchorman is to loop the rope around one shoulder to secure the rope. No knot is permitted in the rope end.
8. All members must remain on their feet. No hands are allowed to be persistently on the ground apart from the anchorman who is allowed to keep one hand on the ground.
9. Lots will be drawn to establish opponents in the first round.
10. The judge will toss a coin with the captains to establish the direction of pull.
11. Before pulling the judge will order teams to "Pick up the rope". The judge will then ask both teams if they are ready then give the order "Take the strain", at this point the teams should heel in and pull the rope tight. The judge will make sure that the teams are centred over the starting mark and, when they are balanced, the order "Pull" will be given.
12. There will be a maximum of three pulls in a match and the first team to win two pulls will win the match and progress to the next round.
13. Two warnings for rule infringements or inappropriate behaviour will be given. A third infringement will result in disqualification.

SAFETY RULES

The decision on whether to go ahead with this event, and how it is to be run, lies entirely with the Regata Abersoch Regatta Committee.

1. Wrapping the rope around a limb can result in a broken bone and loss of blood flow. Wrapping the rope around the body can cause severe internal injuries.
2. Spiked or studded footwear can cause injury if a pull collapses. They may also cause stains and breaks if a competitor's feet become stuck in the ground.
3. Gloves and a thick cotton shirt should be worn to help avoid rope burns.
4. Strong, flat footwear must be worn.

ABERSOCH REGATTA TUG OF WAR 2024

ENTRY FORM AND GENERAL DECLARATION TO BE SIGNED BY ENTRANTS

To be completed and handed in on the beach before the race, together with £20 entry fee

Team name

General Declaration

1. I acknowledge that I have voluntarily agreed to take part in the Regata bersoch Regatta Tug-of-War Competition.
2. I am aware that there are risks and dangers involved in this activity. As such I am aware that serious accidents may occur during this activity which may lead to serious personal injury. Although the organisers will ensure that the surface is as safe as possible, they cannot be responsible if it becomes uneven or foreign objects (stones, litter etc.) are present.
3. I agree that I enter at my own risk and that I and my dependents waive all claims against the Regata Abersoch Regatta Committee including all of its members and volunteers.
4. I authorise the first aiders present to provide any treatment necessary at the scene and to arrange my transfer to hospital if they deem it to be necessary.
5. I have read and agree to abide by the rules of the Regata Abersoch Regatta Tug-of-War.
6. By signing below, I signify that I have read, understood and agree to be bound by all of the terms stated.

We confirm that we have read and accept the Terms and Conditions as outlined on the reverse of this form.

We declare to our knowledge that we have no pre-existing medical conditions that prevent our participation or successful completion of this event.

Name

Signed

**Emergency
Contact No.**

[illegible]

EVENT TERMS AND CONDITIONS

1. In these terms and conditions references to an activity includes all types of fundraising events and activities.
2. In relation to events organised by Regata Abersoch Regatta:
 - 2.1. To secure your place you must pay the registration fee by the date specified unless the event is free;
 - 2.2. All participants must act responsibly and take care for their own safety and that of those around them;
 - 2.3. You must not participate in the event whilst under the influence of alcohol or drugs nor consume alcohol or drugs during the event;
 - 2.4. Photographs and films may be taken throughout each event by Regata Abersoch Regatta or its contractors and agents. Regata Abersoch Regatta relies upon legitimate interest as a lawful basis to use photographs and films featuring event participants for marketing, publicity and fundraising purposes by means of print, broadcast, social media or any other media now or in the future.
 - 2.5. Regata Abersoch Regatta may request consent from a participant to feature in a specific media for marketing, publicity or fundraising purposes. In the event Regata Abersoch Regatta makes such a request it will seek the consent from the Participant (or the Participant's parent or guardian in the event the Participant is under 18) on a separate consent form. The Participant may at its sole discretion choose to grant Regata Abersoch Regatta consent. It is not a condition of the Event that such consent is granted.
 - 2.6. All Participants and the parents or guardians of any under 18s acknowledge and agree that no payment will be made to any Participant for the use of any photographs, images or films in which they may feature.
 - 2.87. Please note that participating in certain Regata Abersoch Regatta events may involve a real risk of serious injury or even death from over exertion, dehydration, accidents with other participants, spectators or road or sea users and other causes.
- The following provisions apply to all activities:
3. You:
 - 3.1. Agree to ensure that you are eligible to take part in the activity in accordance with any criteria published by the activity organiser (e.g. minimum age, height/weight or health restrictions etc.) and agree to comply with any safety guidelines or other activity rules;
 - 3.2. Accept that the onus is on you to ascertain whether there are any risks associated with you taking part in the activity and confirm that you are not aware of, or have disclosed when prompted, any medical condition or impairment that may be detrimental to your health if you participate in the activity. If you become aware of any such medical condition or impairment you will withdraw from the activity. If you are in any doubt as to your physical ability to take part in the activity you must consult your doctor before arranging to take part;
 - 3.3. Accept that you are taking part in and/or organising the activity on your own initiative and agree to participate in the activity entirely at your own risk; and
 - 3.4. Agree that you will not hold Regata Abersoch Regatta, its volunteers or agents liable for any loss, injury, damage or costs that may result from the activity or your participation in it caused in any way, save death or personal injury due to the negligence of Regata Abersoch Regatta or fraud or fraudulent misrepresentation by Regata Abersoch Regatta. We recommend that you obtain personal accident insurance cover for any activity involving risk of injury.
4. If a claim is made against Regata Abersoch Regatta in relation to the activity (except where the activity has been organised by Regata Abersoch Regatta) or arising out of any breach by you of these terms and conditions, you agree to reimburse Regata Abersoch Regatta for any sums which Regata Abersoch Regatta pays as a result of that claim including, but not limited to, any associated legal or other costs and expenses.
5. Any entry fees paid are non-refundable. If an activity organised by Regata Abersoch Regatta is cancelled for any reason, Regata Abersoch Regatta will, at your request, endeavour to refund any fee paid by you to Regata Abersoch Regatta or to offer you a place for an alternative activity. Any refund will be made via the original method of payment and will be processed within 30 days of request by you for a refund. Where an activity organised by a third party is cancelled for any reason, Regata Abersoch Regatta is unable to offer a refund or alternative activity.
6. You agree to comply with any guidance issued to you by Regata Abersoch Regatta or made available on its website;
7. If you send us any photos or video of your activity you agree that Regata Abersoch Regatta may (free of charge) publish or broadcast them to publicise the work of Regata Abersoch Regatta and to promote fundraising in aid of Regata Abersoch Regatta.
8. You agree that you will not do anything to harm the Regata Abersoch Regatta's good name and reputation.
9. These terms and conditions shall be governed by and construed in accordance with the laws of England and Wales and the parties submit to the exclusive jurisdiction of the English Courts.