THE MONTREAL HIGHLAND GAMES **TUG-O-WAR CHALLENGE**



OFFICIAL RULES AND REGULATIONS

Effective Date July 27, 2017

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1 INTRODUCTION

1.1 Background

2 DEFINITIONS AND SPECIFICATIONS

2.1 Application

The policies, direction, restrictions, rules or regulations presented in this document form the full Rules and Regulations that govern the conduct of the Black Watch Tug-o-War Challenge Cup competition hosted by the Montreal Highland Games.

Failure to comply with any of the policies, direction, restrictions, rules or regulations presented in this document may obviate teams from competing.

2.2 Tug of War Sport

Tug of War is a team sport that dates its origins back thousands of years. The rules and regulations presented here are based on the rules and regulations of the Tug of War International Federation (TWIF), adjusted to fit within the requirements of the Montreal Highland Games.

2.3 Categories

For the purposes of the TWIF, this event will be categorized as:

"Outdoor, Mixed (male/female), Senior and Under 23"

2.4 Weight Classes

2.4.1 General

For the purposes of the TWIF, this event will be categorized as "Catch weight, no weight limitations"

2.4.2 Weighing and Stamping

Since this is a "Catch weight, no weight limitations" event, this section is not required.

2.5 Age Limits

Nil

2.6 Teams and Substitutions

2.6.1 Number of Pullers in a Team

Teams shall consist of eight (8) pulling members at the start of the competition. The contest will have deemed to have commenced when both teams are in a position to pull under the direct supervision of the judge.

Each team is authorized up to two (2) spares that may be used as substitutions during the competition.

For definition purposes, the "Anchor" is the puller on each team who pulls at the end position of the rope.

Refer to Annex D for a template for the Team Roster.

Note that only the actual pullers and coach are permitted to be in the "pulling lane" during a Pull. All other team members must be in the out of play area during a Pull.

2.6.2 Team Membership

Team membership shall be registered (using the template provided at Annex D) and validated by the Judge 30 minutes prior to the commencement of the event.

2.6.3 Conditions for Using a Substitute

The substitute may replace any one puller for the duration of the competition. After the substitution has taken place, no other such changes may occur.

Substitution may be used for tactical reasons or due to injury.

Substitution may only take place after the team has finished the first end of the first match it which it pulls.

The replaced puller shall not participate in any subsequent matches for the remainder of the entire competition.

The substitute must be a registered spare puller of the specific team for which he/she acts as a substitute.

A maximum of two substitutions per team are permitted during the entire competition.

2.6.4 Substitution Procedures

The team coach shall approach the Judge prior to commencement of a match and declare the use of a substitution. From the team list, the judge shall strike the name of the puller being replaced and insert the substitution name.

2.6.5 Minimum Number of Pullers

A third substitution will not be permitted. With no spares remaining, a team is allowed to continue with as few as six pullers. A team is not allowed to continue a competition with less than six pullers.

2.7 Coach / Attendant / Piper

Each team may have a team coach to direct their pulling.

One Attendant for each team is also allowed.

One Piper is permitted per team, recognizing that the Judge may order no pipe playing during the competition if it interferes with nearby pipe-band competitions or dancers.

2.8 Sport Equipment

2.8.1 Sport Dress

2.8.1.1 Pullers

Teams will wear Scottish Highland sports attire as follows:

- a. Unit T-Shirt;
- b. Unit Kilt of authorized tartan (with dark/black undergarment); and
- c. Combat Boots without any modifications such as cleats or anchors.
- d. Optional items include belt, sun-glasses and caps. However, they must be in good taste.
- e. No gloves may be used.

2.8.1.2 Coach and Team Attendant

Coach and team attendant of a team will wear either the same proper sports dress as the team or will wear appropriate unit highland dress suitable for the event as authorized by the team coach.

2.8.1.3 Headgear

Pullers, coach team attendant and piper are allowed to wear the following headgear; cap, visor or bandanna as authorized by their team Coach.

2.8.1.4 Protective Clothing

Clothing to protect the skin may be worn under the sport clothing subject to judge's approval. Protective belts are only permitted if worn over the sport clothing. The protective clothing worn by the anchor shall not exceed a maximum thickness of 5 centimetres; it must always be worn under the sport clothing and placed between the rope and the body. No hooks, grooves or other constructions intended to lock the rope are allowed on any of the protective clothing.

2.8.2 Resin/Chalk

Resin or weight-lift/climbing chalk is allowed to facilitate the grip on the rope and the use is restricted to the hands only.

2.8.3 Dress at Weigh-In

Not applicable

2.8.4 Shoes/Footwear

Footwear for the teams shall be restricted to "Combat Boots" (as authorized by the Canadian Armed Forces), without any modifications such as cleats or anchors.

The Judge shall arbitrate in matters of dispute.

2.9 Rope Specifications

2.9.1 Rop e Dim ensi ons



The rope shall be MANILA (natural fiber).

The rope must not be less than 10 centimetres (100 mm), or more than 12.5 centimetres (125 mm) in circumference, and must be free from knots or other

Figure 1 - Rope

holdings for the hands. The ends of the rope shall have a whipping finish. The minimum length of the rope must not be less than 33.5 metres.

2.9.2 Rope Marking

The tapes or markings shall be affixed so that they are easily adjustable by the Judge in the event of the rope stretching or shrinking.

2.9.2.1 Rope Marking Outdoor

Five tapes or rope markings shall be affixed as follows (refer to Figure 2):

- a. Rope Centre one (1) tape or marking (one (1) inch in width) at the centre of the rope (normally marked in Red);
- b. Rope Side Markers two (2) tapes or markings each (one (1) inch in width) four (4) metres on either side of the centre marking (normally marked in white or yellow);
- Rope Puller Markers two (2) tapes or markings each (one (1) inch in width) five (5) metres on either side of the centre marking (normally marked in blue or green);
- d. markings listed in (a), (b) and (c) shall be in three different colours.

2.9.2.2 Rope Marking Indoor

Not applicable.

2.9.3 Rope Inspection

Prior to commencement of the competition, the rope shall be inspected by the Judge for wear, knots and finish. A rope deemed unsafe shall be not be used.

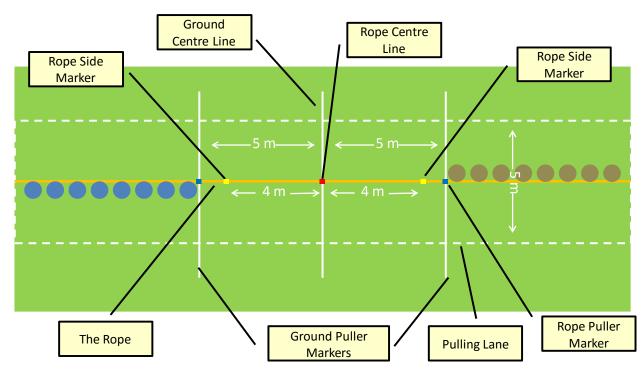


Figure 2 - Rope and Pulling Area Markings

2.10 Pulling Area and Markings

2.10.1 Outdoor Pulling Area and Marking

The competition shall be played on a flat grassy patch of land as determined by The Montreal Highland Games (refer to Figure 2).

A line referred to as a Center Line is marked on the playing zone and the rope shall be placed in a manner that its center mark shall align with the Center Line marked on the ground.

A five (5) metre pulling track/lane shall be painted on the playing field surface (using appropriate field marking paint) centred across of the line of rope. Pullers must remain inside the pulling lane during the pull.

On either side of the Centre Line at the distance of five (5) metres, lines shall be marked on the field crossing the pulling track/lane (the Ground Puller Markers). This is the point where the first member of each team will stand.

2.10.2 Indoor Pulling Area and Marking

Not applicable.

2.11 Winning a Pull

2.11.1 General

A pull is won by a team either by moving the rope the required distance as indicated by the markings or through the disqualification of the other team by the Judge.

2.11.2 Winning Pull

A pull is won when one of the **rope side markers** on the rope is pulled beyond the **centre line** marking on the ground.

2.12 No Pull

A "No Pull" will be declared in the event of;

- a. both teams being guilty of infringements; after twice being cautioned
- b. both teams being guilty of inactivity
- c. both teams leaving go of the rope before the finish of a pull
- d. a pull being interrupted without infringement by either of the teams
- e. When a "No pull" is declared in the case a), b) or c), no rest period will be granted and the pull shall be retaken immediately and without any aid or service. When a "No pull" is declared in the case of d) a reasonable rest period will be granted.

3 PULLING TECHNIQUES - RULES AND INFRINGEMENTS

3.1 Rope Grip

No competitor shall grip the rope within the length bounded by the outer tapes or markings. At the commencement of each pull the first pulling member shall grip the rope as close as possible to the Rope Puller Marking with feet not crossing the Ground Puller Markers.

No knots or loops shall be made in the rope, nor shall it be locked across any part of the body of any member of the team. Crossing the rope over itself constitutes a loop. At the start of a pull, the rope shall be taut with the centre rope marking over the centre line marking on the ground.

3.2 Pulling Position

With the exception of the Anchor, every pulling member shall hold the rope with both bare hands by the ordinary grip, i.e. the palms of both hands facing up, and the rope shall pass between the body and the upper part of the arm. For hold of Anchor see Rule 3.3.

Any other hold, that prevents the free movement of the rope, is considered a "Lock" and is an infringement of the Rules. The feet must be extended forward of the knees and team members should be in a pulling position at all times.

3.3 Anchor's Position

The end puller shall be called the Anchor. The rope shall pass alongside the body, diagonally across the back and over the opposite shoulder from rear to front. The remaining rope shall pass under the armpit in a backward and outward direction and the slack shall run free. The Anchor shall then grip the standing part of the rope by the ordinary grip; i.e. the palms of both hands facing up, with both arms extended forward.

The Anchor is allowed to keep the rope below the level of the protective clothing and contact with the belt for safety considerations will not constitute a "Lock".

3.4 Infringements During Competition

Refer to Table 1 below.

Table 1 - General Infringements

Infringement #	Infringement	Description	
1	Sitting	deliberately sitting on the ground, or failure to return immediately to the pulling position after slipping	
2 Leaning		touching the ground with any part of the body other than the feet	
3	Locking	any hold which prevents the free movement of the rope	
4	Grip	any grip other than the ordinary grip as described in section 3.	
5	Propping	holding the rope in a position where it does not pass between the body and the upper part of the arm	
6	Position	sitting on a foot or a limb or the feet not extended forward of the knee	
7	Climbing the rope	passing the rope through the hands	
8	Rowing	repeatedly sitting on the ground whilst the feet are moved backwards	
9	Anchor Position	any other than the position described in section 3.	
10	Trainer	trainer communicating to his team whilst they are pulling	
11	Inactivity	teams failing to actively engage in a competitive efforduring a pull, leading to a prolonged stalemate, which could bring the sport into disrepute, constitute a "No pull", which can be called at any time. The pull will be restarted, and will continue for this match, on either new or less broken ground in the immediate proximity of the original pulling lane. This match will not be allowed to return to the original pulling lane. If a pull with periods of inactivity lasts longer than ten minutes the Chief Judge will draw the attention of the Centre Judge to call a "No pull".	
12	Side-Stepping	stepping outside the pulling track, lane or surface to gain an unfair advantage	
13	Footholds	making indents in the ground in any way before the command "Take the Strain" is given	

3.5 Disqualification

Teams will receive two (2) cautions for infringements of the Rules in any one (1) pull, before being disqualified. For all infringements of the Rules, a team may be deemed guilty if only one person offends.

4 **AUTHORITIES**

4.1 Convening Authority

The Director of Tug-o-War for The Montreal Highland Games is the Convening Authority for the competition.

The Convening Authority shall:

- Appoint the Competition Judge and Side-Judges, Weighmasters and any other
 officials that are deemed necessary for the smooth and efficient conduct of the
 competition; and
- b. Determine the Structure of the competition and grouping of teams.

4.2 Officials and Judges

Officials and judges shall be appointed by the Director of Tug-o-War for The Montreal Highland Games.

4.3 Powers and Responsibilities of the Judge

The appointed Judge for a match shall have sole control.

He shall be responsible for ensuring:

- a. that the Rules of The Highlanders Tug-o-War Challenge Cup are followed;
- that the rope is laid out ready for competition before the teams arrive in the pulling area;
- c. that, as far as possible, the pre-determined timetable is followed;
- d. grant rest periods as necessary deemed appropriate;
- e. that all pull-off's and drawing of lots are done under direct supervision of the appointed officials of the competition, these officials shall arbitrate in matters of dispute;
- f. declare a "No pull" when required;
- g. disqualify a team or teams after appropriate cautions;
- h. a Judge may award only one (1) friendly caution to a particular team during a pull; and
- disqualify a team without caution that the judge deems to be guilty of unsportsmanlike conduct, by word or act, that is likely to bring the sport, The Montreal Highland Games or the Canadian Armed Forces into disrepute.

In the event of the Judge in charge giving a caution, which he will indicate by the common signal code, naming the team and adding "first caution" or "last caution". Any such instructions given by the Judge in charge must be clear and brief using the appropriate signals.

The Judge shall arbitrate in matters of dispute and the Judge's decision shall be final at all times.

4.4 Responsibilities of Side-Judges

Side judges, if employed, shall at all times act under the directions of the Judge in charge. During the actual pulling the side-Judge shall take up a position alongside the competing teams and to the opposite side of the Judge in charge. The side-Judge shall observe the competing teams and indicate the infringements of the teams to the Judge in charge, using the common signal code. The side-Judge will inform the offenders of the cautions given by the Judge in charge.

4.5 Weighmaster

Not applicable.

5 SIGNALS AND COMMANDS

5.1 The Start Procedure

When the judge has received a signal from the two coaches that all is ready, he shall give the teams the following verbal and visual commands:

Table 2 - Command and Signals - Start Procedure

Command	Description of Action
Pick up the rope	The rope shall then be gripped as defined in section 3, the feet being flat on the ground
Take the Strain	Sufficient strain being put on the rope to ensure that it is taut. In out-door competitions each puller may establish one foothold with the heel or side of the boot with the extended foot
Steady	The judge shall then signal the rope to the centre position. When the rope is steady with the centre mark over the centre line on the ground.
Pull	After a reasonable pause

5.2 Finish of a Pull

The finish of a pull shall be signalled by the judge blowing a whistle and pointing in the direction of the team winning the pull or in the case of a "No pull" crossing his arms and pointing to the centre mark.

5.3 List of Commands in Tug of War Competition

Table 3 - List of Commands

Serial	COMMAND	SIGNAL (Refer to Annex A)	
1	Team are you ready	Indicating the team with the arm	
2	Pick up the rope	Arms extended in front of the body	
3	Take the strain	Arms extended upwards with hand palms inward	
4	Rope to centre	Indicating the side which has to move to centre	
5	Steady	Arms extended upwards with palms outwards	
		Flinging arms down to the sides	
7	Indicate winner	Blowing whistle and pointing to the winning team	
8	Change ends	Blowing whistle and crossing the arms over the head	
9	No Pull	Blowing whistle and crossing the arms in front of the body	
10	Caution	Raising the arm on the side of the infringing team and indicating by one or two fingers the first or second caution	

5.4 List of Common Infringements in Competition

Table 4 - List Common Infringements in Competition

Serial	COMMAND	SIGNAL	
Serial	COMMAND	(Refer to Annex B)	
1	SITTING	moving flat hand horizontally	
2	LEANING	open hand horizontal indicating to the ground	
3	LOCKING	elbow touching the lifted upper leg	
4	GRIP	two fists in front of each other	
5	PROPPING	lifting movement with hands along the body	
6	POSITION	kicking movement and stretching of the lower leg	
7	CLIMBING THE	climbing movements with the fists	
	ROPE		
8	ROWING	rowing motion with arm and upper body	
9	ANCHOR'S GRIP	with the hand touching the back	
10	TRAINER	with the finger touching the lips	
11	FOOTHOLDS	kicking with heels in the ground	
12	SIDE-STEPPING	side stepping with one foot	

6 COMPETITION STRUCTURE, MATCHES AND SCORES

6.1 General

As with TWIF International Championships competition structures, the Highlanders Tugo-War Challenge Cup will consist (number of qualifying teams permitting) of a preliminary round, semi-finals and finals:

- a. The preliminary round will be a Points Competition or Round-Robin Competition (as described herein);
- The preliminary competition will result in four teams entering the semi-finals or (when fewer than five teams in the competition) two teams entering immediately into the finals; and
- c. The exact nature and structure of the competition will be confirmed on the day of the competition based on the actual number of teams that are registered and arrived ready to compete. As a minimum, two eligible teams will be required.

6.2 Timeliness

As the competition must fit within the schedule of events and activities of the Montreal Highland Games, teams are reminded to remain alert and be ready at least five minutes before their appointed time to pull. The Judge may disqualify a team if, in the opinion of the Judge, a team is deliberately delaying competition by failing to adhere to schedule and match calls.

6.3 Preliminary Round Structure

6.3.1 Single Group - Four (4) or Fewer Teams

With four (4) of fewer teams, a single group Round-Robin or Points Competition will be conducted, depending on time available.

The top two (2) teams of the single preliminary round will advance straight to the finals.

6.3.2 Single Group - Five (5) to Six (6) Teams

With five (5) to six (6) Teams, a single group Round-Robin or Points Competition will be conducted, depending on time available.

The top four (4) teams of the single preliminary round will enter into the semi-finals

6.3.3 Multiple Group - Seven (7) or More Teams

With seven (7) or more teams, the teams may be divided into suitable groups of equal number of teams (+/-1). These groups will compete in Round-Robin or Points Competitions, depending on time available.

The assignment of teams to groups may be based on geographic origins of teams or random lot or some other distinction as defined by the Convening Authority.

The top two (2) teams from each group will advance to the semi-finals.

6.4 Scoring

6.4.1 Round-Robin Competition

For Round-Robin competition, each team will pull **once** against each of the other teams in the competition.

A Round-Robin competition consists of $(n \times (n-1) \div 2)$ pulls in total, in which n is the number of teams in the competition or group.

The team winning a pull will receive one (1) point for each win.

A semi-finals or finals will be determined using the top four (4) teams as described below.

In the event of a tie score, a Pull-off will be completed for the tied teams before moving to the semi-finals.

6.4.2 Points Competition

A Points Competition is a variation of a Round-Robin when there is time available. For a Points Competition, each team will pull **twice** against each of the other teams in the competition where the two (2) pulls constitutes a *match*.

A points competition consists of $(n \times (n-1) \div 2)$ matches, in which n is the number of teams in the competition or group.

A team winning a match by two (2) pulls to nil will score three (3) points, the losing team will score no (0) points. Teams wining one pull each; each team will score one (1) point.

A semi-finals or finals will be determined using the top four (4) teams as described below.

In the event of a tie score, a Pull-off will be completed for the tied teams before moving to the semi-finals.

6.4.3 Pull-off's

If two (2) teams are tied for a position, a Pull-off will be conducted based on "best of three pulls".

If more than two (2) teams are in a tie position, then the Pull-off shall consist of a Points Competition as described above.

6.5 Semi-Finals

Semi-Finals will be matches based on "best of three pulls".

6.5.1 Single Group Competition

In a single group competition, Semi-finals shall see the:

- a. 2nd place team compete against the 3rd place team; and
- b. 1st place team compete against the 4th place team.

6.5.2 Two Group Competition

In a two-group competition, Semi-finals shall see the:

- a. 1st place team from Group 1 compete against the 2nd place team from Group 2;
 and
- b. 1st place team from Group 2 compete against the 2nd place team from Group 1.

6.5.3 Three or More Group Competition

In a three or more group competition, Semi-finals shall see a Points Competition conducted to determine the top two teams.

6.6 Finals

The Final matches shall be based on "best of three pulls" and conducted at the designated place as a Main Event at the scheduled time in accordance with the Montreal Highland Games plans.

Presentation of the Highlanders Tug-o-War Challenge Cup will take place immediately following the Final winning match, with appropriate group photos, in accordance with the Montreal Highland Games plans.

6.7 Inclement Weather

In the event of inclement weather, the Judge will determine if any delays to schedule will be exercised. In general, the event will continue regardless of weather. Only in extreme circumstances (as defined by The Montreal Highland Games) would the event be postponed or canceled due to weather.

6.8 Rest Period

6.8.1 Between Matches

The Convening Authority will prepare the match schedule to ensure (as best possible given the number of teams, competition structure and time available) that no team will participate in consecutive matches without suitable rest period in between matches.

In the event that teams are faced with consecutive matches, the Judge may grant a maximum of a five (5) minute rest period between matches, beginning when the team leaves the pulling lane and ending when the team returns to the pulling lane ready to pull.

6.8.2 Between Pulls

When a match consists of more than one (1) pull, then a minimal rest period of approximately two (2) minutes will be granted between pulls as the rope is repositioned

and teams switch ends. The Judge may disqualify a team if, in the opinion of the Judge, a team is deliberately delaying competition. Teams are reminded to move into position quickly after each pull to avoid disqualification.

6.9 Choosing Pulling Ends - The Toss

Before pulling commences the choice of ends will be decided by the toss of a coin. After the first pull, the teams will change ends. If a third pull is necessary, the choice of ends will again be decided by the toss of a coin.

7 RULES FOR ADVERTISEMENTS AND TEAM SPONSORS

7.1 Conditions for Advertisement

A qualifying team may wear advertisements on the competition dress during the competition under the conditions as follows. The Montreal Highland Games shall be the sole arbiter of all rules concerning advertisement.

- a. The use of company and product names is allowed as well as brand names and product groups as long as they do not offend good taste;
- b. Advertising must not be of a political, religious or ideological nature; and
- c. The competition dress has to comply with the rules of dress described in this document.

7.2 Non-Liability

The Montreal Highland Games is neither responsible nor liable for any disputes that arise from advertising contracts/agreement between a competing team and the advertising companies or sponsors.

7.3 Penalty on Non-Compliance

Non-compliance with these regulations will be addressed by The Montreal Highland Games Executive Committee and teams can be penalised with a ban on advertising or disqualification from the competition. Teams are advised to confirm advertisement intent prior to finalizing any agreements with sponsors and arrival at the competition.

SIGNALS AND COMMANDS

TEAM ARE YOU READY	PICK UP THE ROPE	TAKE THE STRAIN
ROPE TO CENTRE	STEADY	PULL
FIRST CAUTION	SECOND CAUTION	NO PULL

SIGNALS FOR INFRINGEMENTS

SITTING	LEANING	LOCKING
GRIP	PROPPING	POSITION
CLIMBING	ROWING	ANCHORMAN
TRAINER	FOOTHOLDS	SIDESTEP

RECORD OF CHAMPIONS

Serial	Date	Champion Team	Team Members

THE MONTREAL HIGHLAND GAMES

TUG-O-WAR CHALLENGE OFFICIAL TEAM ROSTER

Unit / Team Name	
Commanding Officer:/ Team Captain	
Regimental Sergeant- Major (If applicable)	
Appointment/Position	Name
Coach	
Attendant	
Piper	
Captain (Puller #1)	
Puller #2	
Puller #3	
Puller #4	
Puller #5	
Puller #6	
Puller #7	
Puller #8	
Puller #9	
Puller #10	