

### **Anchor specific protective clothing**

The protective clothing worn by the anchor shall not exceed a maximum thickness of 5 centimetres (**uncompressed**); it must always be worn under the sport **shirt/jersey** 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 sports or protective clothing.

The lower part of the sport shirt/jersey, and any protective clothing that extends to that length, **must be worn inside of the shorts** i.e. from the waistband of the shorts.

A protective belt may be worn over the sports shirt/jersey.

There must be no loose part of the sports shirt/jersey or protective clothing below the belt that doesn't go inside of the shorts. No additional material may be added to the shorts.

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 belt and contact with the belt for safety considerations will not constitute a Lock.

The protection can weigh no more than 5kg.

For clarity, this now means that the anchor must tuck their shirt and any protection they are wearing inside their shorts. It is their responsibility to ensure that it remains so. The purpose of this is to negate the possibility of an anchor being able to hook and therefore lock the rope under and behind any protection they may be wearing. This should assist any judge now by ensuring the rope remains clearly visible and is not hidden in any way.

A single leather or hard nylon belt no wider than 15cm, may be worn over the pulling shirt and the rope is permitted to come into contact with the belt to assist in the prevention of the rope from slipping under the ribs. Any other nylon/neoprene/elasticated protection must be worn under the shirt.

If you have any questions, please do not hesitate to get in touch with me.

Kind Regards,

Gavin