

Rules

Tug Of War



AGE GROUPS

- 4 Events - Boys & Girls, Age groups 8/9s & 10/11s. (this is not a mixed event)

TEAM COMPOSITION

- Single gender teams
- 8 competitors per side made up of 4 from each year grouping.
- Usual playing up rules apply, but only if teams do not have enough competitors in each age group.
- Team sheet to be submitted for each round of the event.

FORMAT

- Knockout.
- Draw to be made pre-event with one team having a bye into round 2 (semi-final).
- The same village cannot get a bye in more than one event.
- Winners of semi-finals to contest final match.
- Each contest is one pull only.
- Points awarded:
 - Winner 4.
 - Runner Up 3.
 - Semi-final Losers 2
 - 1st Round Losers 1.
- Medal position decided by combining the results of the boys & the girls' events in each age group.

RULES

- 25m rope to be used, of 20mm diameter.
- Objective is to pull the opposing team a distance of 3m from a fixed centre point.
- Sturdy footwear should be used such as trainers. Boots/shoes with studs/spikes are not permitted.
- The rope is gripped with bare hands – no gloves are permitted.
- No knots or loops should be tied in the rope and the rope should not be wrapped around any limbs.
- The furthest puller (or anchorman) therefore holds and pulls the rope in the same way as the other pullers.
- One coach is permitted per team who can stand next to their team to encourage and direct, but the coach must have no contact with the rope
- Each pull is officiated by a judge who stops and starts the pull.
- At the Start, there will be 5 commands:
 1. "Teams are you ready?" (Coaches will then confirm).
 2. "Pick Up the Rope".
 3. "Take the Strain" (rope will be held taut by both teams and the judge will ensure the centre of the rope is in the correct starting position).
 4. "Steady" (indicating to teams that the rope is in position and teams should be ready to start on the next call).
 5. "Pull".
- The judge will indicate the winner.
- No team member is allowed to sit on the ground, whilst holding the rope, during a pull.
- Failure to do so will forfeit the pull.

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ORDER OF PLAY

- The maximum number of squads per event per village is 1.
- The organisers will only accept teams in advance of the draw.

BEHAVIOUR

- Foul and abusive language will not be tolerated and may result in competitors being dismissed from the event / tournament
- Spectators must not coach from the sidelines and intimidation of officials will not be tolerated.