

Extracts from – The Tug of War Association rules



SECTION 9

MARKINGS & MEASUREMENTS ROPE DIMENSIONS

9.1 Tug of War ropes shall not be less than 10 cm and not more than 12.5 cm in circumference without knots or other holdings for the hands, and shall be a minimum of 35 metres in length.

OUTDOOR TUG OF WAR GROUND MARK

9.2. One line shall be marked on the ground, at right angles to the line of the rope, where the centre of the rope will be at the start of competitions.

ROPE MARKINGS

9.3 There shall be five tapes or markings fixed to a rope:

- (i) A red tape or marking at the centre of the rope that will be level with the ground mark at the start of every pull.
- (ii) Two white tapes or markings each 4 metres either side of the red centre tape or marking
- (iii) Two blue tapes or markings each 5 metres either side of the red centre tape or marking. The first puller in each team shall grip the rope within 30 cm of these outer blue tapes or markings.

WINNING A PULL

9.4 A pull shall be won when one of the white tapes or markings on the rope has been pulled over the mark on the ground (4 metres), and will be signalled by the judge blowing his or her whistle and pointing in the direction of the winning team.

SECTION 10 MATCHES AND REST PRE PULL CHECKS

10.1 The competitors' footwear and stamp marks must be inspected by the judge before the start of a competition.

RESIN

10.2 Approved resin or 'tack' (when permitted) will be applied to the hands only.

ANCHOR'S GRIP 10.3

(a) Upon taking up position the anchor will place the rope around his or her body in the approved manner for the inspection of the judge.

(b) The approved manner will be:-

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 on safety grounds this will not constitute a Lock.

PULLERS GRIP & POSITION

10.4 From the start the rope shall be taut, every pulling member shall hold the rope with both bare hands by the ordinary grip, i.e. gripped by both hands with the arms extended forwards with the palms of the hand NOT on top of the rope, and the rope shall pass at waist level or above. Any other hold that prevents the free movement of the rope is 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.

TEAM AT THE READY

10.5 When the judge sees that each team is in position, he or she will call on each coach in turn "Are you ready Coach" also naming the team. When the coaches have affirmed their team's readiness and the judge is satisfied, he or she will then start the pull.

THE START

10.6 When the judge has received the signal from the two coaches that all is ready he or she shall give the teams the following verbal and visual commands: "PICK UP THE ROPE" at the same time extending the arms forward and horizontally. No indents of any kind shall be made in the ground in any way before the command: "Take the strain". The pullers' feet shall be flat on the ground and the rope held with both hands by the ordinary grip. "TAKE THE STRAIN" at the same time raising both hands above the head. Sufficient strain shall be put on the rope to ensure that it is taut, and each puller may establish one foothold with the heel or side of the boot of the extended foot. When the rope is steady with the centre mark over the ground line, THE JUDGE MUST MAKE IT QUITE CLEAR BY EXPOSING THE PALMS OF HIS OR HER HANDS WITH THE ADDED WORD "STEADY" THAT HE OR SHE IS ABOUT TO SIGNAL THE START, THEN, AFTER A SLIGHT PAUSE THE WORD "PULL" at the same time flinging both hands downwards.

SECTION 11- INFRINGEMENTS, CAUTIONS, NO PULLS INFRINGEMENTS

11.1

- (a) Sitting - deliberately sitting on the ground, or failure to return immediately to the pulling position.
- (b) Leaning - touching the ground with any part of the body other than the feet.
- (c) Locking the rope - no knots or loops shall be made in the rope, nor shall it be locked across any part of the body or any member of the team. Crossing the rope over itself constitutes a loop.
- (d) Grip - any grip other than the ordinary grip as described above.
- (e) Propping - holding the rope in a position where it does not pass at waist level or above
- (f) Position - sitting on a foot or a limb or the feet not extended forward of the knee.
- (g) Climbing the rope - passing the rope through the hands.
- (h) Rowing - repeatedly sitting on the ground whilst the feet are moved backwards.
- (i) Anchor's Grip - any grip other than described above.
- (j) Footholds - making indents in the ground, in any way before the command. "Take the Strain" is given. Thus cleaning the ground by foot or hand is prohibited.