Basic Tug of War Rules

The Rope
The game involves usage of single equipment i.e. a rope. There is a red mark made in the middle of the rope. This red mark on the rope needs to be at a perpendicular angle to the exact center point on the ground, before the commencement of the game. A white mark is made exactly 13 feet from the red mark on either sides of the rope. The game is won when either side with this white mark crosses the center point.

Teams
According to the rules of tug of war, each team can accommodate a maximum of 8 members. However the combined weight of these members should not exceed the weight determined for the particular category.

Field and Marking
The game has to be played on a flat grassy patch of land. A line referred to as a center line is marked on the playing zone and the rope is placed in a manner that its center mark should align the center marked on the ground. On either sides of the rope at the distance of 4 m from the center line, 2 more marks need to be made. This is the point where in the first member of each team will stand.

How to Play
As mentioned earlier, the center of the rope should align with the center marked on the ground. As soon as the referee blows the whistle, each team can start pulling the rope into their territory. The objective of the game is for each team to pull the rope along with the members of opposition team to their side. As soon as the second mark on the rope from the center red mark crosses over to center line, the team to pull the rope to their area wins the game.

Competition
The tug of war competition requires a judge. There are 3 different commands that the judge gives to the players. The judge first announces “Pick up the rope”, he then says “Take the string”, and finally he tells the players to “Pull”. Once the pull command is said out the teams start pulling the rope. If a member of the team falls down that member is given a caution. Each team is allowed two cautions before getting disqualified.

Fouls
There is a particular technique that needs to be applied while playing this game, if not then there will be a foul which can call in for disqualifications. For e.g. lowering your elbow below the knee level while pulling the rope is considered to be a foul and is called ‘locking’. Touching the ground for a longer period of time is also considered as a foul.
Rules of Tug of War

• Each team in a Tug of War competition consists of eight people.
• There are various weight classifications in Tug of War, and the mass of the eight people combined must not weigh more than that determined by the category that they are placed in.
• The rope used should be of a circumference of approximately 11 cm equals (4.33 inches) and should be marked in the middle with a centre line as well as two marks that should be placed 4m (13.12 feet) from the centre line.
• At the start of the pull, the centre line of the rope should be immediately above line marked on the ground.
• Both teams pull the rope, the winner being the team who manages to pull the mark on the rope closest to their opponents over the centre line.
• The rope must be pulled underarm and nobody’s elbow must go below the knee, otherwise a foul will be called.
• Matches are a best out of three pulls, the winner winning two out of the three pulls.

Taken from: http://www.rulesofsport.com & www.csuci.edu

Register Now for 2018 Relay For Life Team Tug of War Tournament

Relay For Life Teams wishing to be registered into the Team Tug of Wars Games need to register their team on line at: www.relayforlife.org/greatersanjose/ca

Team Registration fee $25.00
(Cash or checks due by last Relay Captains Meeting (4/25).
Make checks payable to: American Cancer Society)

Winning team receives:
• The total amount from Registered Team Tug of War Registration Fees. It will go towards their Relay For Life 2018 Team
• Bragging rights for the entire year ☺