

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 centre point on the ground, before the commencement of the game. Two other markers are placed exactly 13 feet (4 metres) from the red mark on either sides of the rope. The game is won when either side crosses these markers with the centre point.

Teams

According to the rules of tug of war, each team can accommodate a maximum of 8 members. There should be equal number of players on either team.

Field and Marking

The game has to be played on a flat grassy patch of land. A line referred to as a centre line is marked on the playing zone and the rope is placed in a manner that its centre mark should align the centre marked on the ground. On either sides of the rope at the distance of 4 m from the centre 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 centre of the rope should align with the centre marked on the ground. As soon as the referee shouts Pull, 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 centre red mark crosses over to centre 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 strain", 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.