

Event name: Tug of War

Players & Equipment

Each Tug of War team consists of 8 members, all of whom cooperate to pull the rope. Despite looking like quite a simple sport, there is some technicality to it, with team members utilising a rhythm to help pull the rope in an effective way. This is done with the help of a 'driver', who is not a member of the team but is in effect like a coach and they give orders of when to pull and when to rest from the sidelines.

The rope is the most important piece of equipment and this should be approximately 11 cm in circumference and should be at least 33.5m long with plain, whipped ends. Other pieces of equipment that participants may use include specialist boots, back, elbow and knee supports as well as belts to support the back.

Winning the Game

Each team has a mark on their end of the rope 4m from the centre. The team who is pulled by the opposition towards the centre whose mark goes over the centre line is declared the loser. With matches often being the best of three, it is the team that successfully wins two out of three pulls that is declared the winner.

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 and should be marked in the middle with a centre line as well as two marks that should be placed 4m 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 manage 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 often a best of three pull, the winner winning two out of the three pulls.

Preferred Slots: Evening

Venue: Football Ground

Prizes:

Trophy for the winner, certificates for all participants.

Photography/Videography:

Official media coverage for documentation and promotion.

Backstage Area:

Green room for participants to prepare and relax.

Promotion:- Social media promotion and college communication channels.