

# Tug of War – Game Instruction

**Title:** Tug of War

**Category:** Outdoor

**Subcategory:** Family

**Players:** 6 or more

**Time Required:** 10–15 Minutes 💪

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## Description

Tug of War is a timeless outdoor game that challenges two teams to pull opposite ends of a rope in a show of strength, coordination, and teamwork. It's a perfect way to build camaraderie and excitement in a family picnic setting.

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## Materials Needed

- Long, sturdy rope
  - Marker or flag to tie in the center
  - Ground marker (chalk, cone, or stick)
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## How to Play

**Setup:**

- Divide players into two equal teams.
- Mark a line on the ground as the center point.
- Tie a flag or marker at the midpoint of the rope.

**Objective:**

Pull the rope so that the center flag crosses your team's side of the center line.

**Rules:**

- Each team grabs an end of the rope.
- At the signal, teams begin pulling.
- A team wins when they pull the center flag past the ground marker on their side.

**Winning:**

Best of three rounds is recommended for fairness and fun.

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## Tips & Variations

- Use gloves to avoid rope burns.
- Play on soft grass or sand for safety.
- Add “blindfold tug” variation for fun.

- **Try multi-team or tournament formats.**
- **Create a cheer squad for encouragement!**