

# Tug of Resistance Bands – Game Instruction

**Title:** Tug of Resistance Bands

**Category:** Indoor

**Subcategory:** Males

**Players:** 2 or more

**Time Required:** 10–15 Minutes 💪

---

## Description

Tug of Resistance Bands is an energetic indoor game designed to test strength, balance, and coordination using resistance bands. Perfect for boys and teens, it provides a safe and fun twist on traditional tug-of-war that can be played in limited space.

---

## Materials Needed

- 1 or 2 long resistance bands
  - Floor markers or tape (to mark the center line)
  - Soft gloves (optional for better grip)
  - Stopwatch or timer (optional)
- 

## How to Play

**Setup:**

- Place tape or markers on the floor to indicate a center line.
- Two players face each other holding opposite ends of the resistance band.

**Objective:**

Pull your opponent over the center line without stepping over it yourself.

**Rules:**

- Begin with both players evenly distanced from the center.
- On “Go,” players pull steadily and use balance to maintain position.
- The round ends when one player crosses the center line or lets go.
- Best of 3 or timed rounds can be played.

---

### Tips & Variations

- Use different resistance levels to adjust difficulty.
- Add a balance challenge by standing on one foot.
- Use teams (2 vs 2) for group fun.
- Mark safe zones behind each player to avoid slipping backward.