

Tug-Of-War Competition Rules

Sport Rules:

1. 8 players (4 girls & 4 boys) stand in a line with the rope on their right
2. The rope will be marked as follows:
A red mark in the centre of the rope
2 blue marks, each 2 metres to the left and right of the centre mark.
This is where the first puller of each team stands
The centre line will be marked on the ground with a cone
3. THE ANCHOR CHILD (i.e. The last child in the line) MUST NOT WRAP THE ROPE AROUND THEIR BODY
4. The commands given by the year 10 sports leaders will be:
Pick up the rope
Take the strain
Pull
5. On the command 'pull' the objective is to pull the opposing team 2 metres over the centre line
6. Every team will have one pull only against every team