

Tug of War Rules

The game involves the use of a single rope. A red mark is made in the center of the rope. The **red mark** is placed on a center point of the ground before the start of the game. A **white mark** is made 13 feet on either side of the center red mark. The game is won when either team pulls the opposing teams white mark across the center point.

Each team can use a maximum of 10 players. The first player on each team will stand 4 feet from the white mark on each side of the rope.

As soon as the referee calls it, each team will start pulling the rope into their territory. The objective is for each team to pull the rope along with the members of the opposing team to their side. As soon as the **white mark** on the rope crosses the center line, the team to pull the opposing team into their territory wins.

Suggestions:

- Larger members of the team should start nearest to the back end of the rope.
- Secure footing before the start of the pull.
- Locking your elbows below the knees is not allowed
- Touching the ground for a long period of time is not allowed.
- A long sleeved shirt and closed toe shoes are highly recommended for your safety.