



*Supporting Our Wounded Into Work*

## **TUG OF WAR**



### **1. HISTORY**

A Tug of War team usually consists of eight pullers, a coach (usually one of the pullers) and an umpire. The coach and umpire are the only people who may address remarks to the team during a pull. The object is to pull the opposing team a distance of four metres and the winning team is usually whichever wins the best of three pulls.

There is no specific time and place to pinpoint the origin of Tug of War. The contest of pulling a rope originates from ancient ceremonies all over the world (Egypt, Burma, India, Borneo, Japan, Korea, Hawaii and South America to name a few).

Tug of War was part of the Olympic Games between 1900 and 1920 (the year Great Britain won the Gold Medal!) but then the International Olympic Committee took the decision to reduce the number of participants of the Olympic Games and for that reason deleted a number of team sports from the programme – including Tug of War.

### **2. WHAT YOU WILL NEED**

Any number of teams of 8 and an umpire. Have fun with your teams – Teachers vs. Sixth Formers, Rugby Players vs. Football Players, Chefs vs. Bar Staff, Dealers vs. Traders, Farmers vs. Builders etc. Also a 35m piece of rope and some coloured marking tape (see attached Guide for Judges and Competitors). A local chandler may well be happy to donate this. Alternatively, contact the Tug of War Association and invite one of their judges to come along and referee your competition – and they may also be able to lend you a rope.

### **3. LOCATION**

Somewhere with a good sized area of dry, flat grass. Alternatively you could hold your Tug of War indoors (village hall, sports hall, school gym) but teams will need to wear non-slip shoes.



*Supporting Our Wounded Into Work*

#### **4. CHOOSE DATE OF EVENT**

Whenever suits you! Have a look at a list of National Awareness Days – you might like to plan your event around one of these.

#### **5. REGISTRATION**

Decide on an appropriate registration fee per team (£80 per team equates to £10 per competitor for example, all registration fees translate to donations direct to WWTW). If each competitor could then commit to fundraise £25 or more, that would be amazing.

#### **6. SPONSORSHIP**

Entrants should be encouraged to set up a Virgin Money Giving page :

<http://uk.virginmoneygiving.com/giving/>.

We can provide you with a link to download our sponsorship forms that include information on Gift Aid (also attached).

#### **7. HOW WE CAN HELP**

We can provide the umpire and volunteers with branded WWTW t-shirts and wristbands along with other marketing material and pop up banners – this can be arranged nearer the time. Here is a link to a WWTW poster you can adapt to publicise your event (under ‘Promote Your Event’):

<http://walkingwiththewounded.org.uk/support-the-walk/become-a-fundraiser/>

#### **8. OTHER THINGS TO THINK ABOUT**

- Sponsored food offerings at the location (hog roast, drinks, doughnuts, pizza truck – all proceeds to WWTW)
- First Aid on standby (St Johns Ambulance etc.) just in case..
- Medals for the winning team, or small trophy?
- Highlight the event to local press



*Supporting Our Wounded Into Work*

## 9. SOCIAL MEDIA

Our fundraising team is keen to promote your event on our website, facebook page and twitter so please keep in touch, and email us photographs of the event – email details below.

**For any further information, please contact Eliza Miller, Community Fundraiser**

**Telephone: 01263 863 902 [eliza@wwtw.org.uk](mailto:eliza@wwtw.org.uk)**

## Guide for Judges and Competitors

### JUDGES

The Umpire will stand at the centre of the rope and give all directions from there. The umpire may be assisted by two Line Judges, one for each end of the rope.

### TEAMS

Teams can be made of up to 10 people. No more than 8 people shall be on the rope during a pull. Neither Pullers nor the Anchor can be replaced during a pull but may be substituted between pulls. One member of the team shall act as Coach during a match. Only the coach can communicate with the Umpire and Judges.

### FOOTWEAR

No studs should be worn or any kind of fixture that can penetrate the ground under the weight of the competitor. The competitors' footwear will be inspected before the start of the competition.

### ROPE MARKINGS

There will be five tapes or markings fixed to a rope:

(a) A red tape or marking at the centre of the rope which will be level with the ground mark at the start of every pull.

(b) Two white tapes or markings each 4 metres either side of the red centre tape or marking.



*Supporting Our Wounded Into Work*

(c) Two blue tapes or markings each 5 metres either side of the red centre tape or marking. The first puller in each team shall grip the rope within 30 cm, and outside of, these outer blue tapes or markings.

#### GROUND MARK

One position shall be marked, at right angles to the line of the rope, where the centre of the rope will be at the start of competitions.

A pull shall be won when one of the white tapes or markings on the rope has been pulled over the mark on the ground (4 metres), and will be signalled by the umpire blowing his or her whistle and pointing in the direction of the winning team.

#### GLOVES

Competitors can wear gloves.

#### ANCHOR'S GRIP

(a) Upon taking up position the anchor will place the rope around his or her body in the approved manner for the inspection of a judge.

(b) The approved manner will be:- The rope will pass under one armpit diagonally across the back, then over the opposite shoulder. The remaining rope shall pass back under the arm and trail behind the anchor.

#### PULLERS GRIP & POSITION

From the start the rope shall be taut, every pulling member shall hold the rope with the palms of both hands facing up, and the rope shall pass between the body and the upper part of the arm. Any other hold which prevents the free movement of the rope is a lock and is an infringement of the rules. The feet must be extended forward of the knees and team members should be in a pulling position at all times during the pull.

#### THE START

When teams are called they shall go to their designated end, pick up the rope and set their grip and footing.

When the Line Judge sees that each team is correctly in position, he or she will raise their arm.



*Supporting Our Wounded Into Work*

When the Umpire is satisfied that all is ready he or she shall give the teams the following verbal and visual commands:

"GIVE GROUND" may be asked of each side until rope is steady with the centre mark over the ground mark. The Line Judges will ask the coach to move their team in the direction required.

"ARE YOU READY?" will be asked of each team coach. The coach should either indicate "Yes" or "No". If either team is not ready the teams will be told to relax until the problem is resolved. When both teams are ready the commands will be continued.

"TAKE THE STRAIN" at the same time raising both hands above the head. Sufficient strain shall be put on the rope to ensure that it is taut, but teams should not attempt to pull. The umpire will check the centre mark and make allowance for any drift from the ground mark.

"STEADY" showing the palms of one hand to each team.

"PULL" at the same time flinging both hands downwards.

#### MATCHES

The winners can be decided how you wish, but the best of three is a good way.

#### INFRINGEMENTS

(a) Sitting - deliberately sitting on the ground, or failure to return immediately to the pulling position.

(b) Leaning - touching the ground with any part of the body other than the feet.

(c) Locking the rope - no knots or loops shall be made in the rope, nor shall it be locked across any part of the body or any member of the team. Crossing the rope over itself constitutes a loop.

(d) Grip - any grip other than the ordinary grip as described above.

(e) Propping - holding the rope in a position where it does not pass between the body and the upper part of the arm.

(f) Position - sitting on a foot or a limb or the feet not extended forward of the knee.

(g) Climbing the rope - passing the rope through the hands.



*Supporting Our Wounded Into Work*

(h) Rowing - repeatedly sitting on the ground whilst the feet are moved backwards.

(i) ) Anchor's Grip - any grip other than described above.

(j) Footwear - wearing illegal footwear.

(k) No member of a team, i.e. coach, trainer or puller may address any remark to the judge whilst pulling is in progress.

(l) Releasing- Releasing the rope before a pull has been completed. If this occurs the offending team shall lose the pull.

#### CAUTION

For any infringement of the rules during a pull the umpire shall, in addition to naming the team call "First caution" clearly pointing with one finger, or "Final caution" clearly pointing with two fingers in the direction of the offenders.

A team will be deemed guilty of an infringement even though only one member offends.

Only two cautions can be given to a team, prior to disqualification in any one pull. However, the judge has the authority to disqualify a team or teams without caution for any offence against the rules.

#### NO PULLS

The umpire shall declare a "No pull" in the event of:

(a) Both teams being guilty of infringements.

(b) Both teams letting go of the rope before the finish of a pull unless the pull has been effectively won by one team.

When a "No pull" is declared the pull shall be retaken immediately and without any aid or service.

#### ATTITUDE

A spirit of good humour should be maintained at all times.



*Supporting Our Wounded Into Work*

Walking with the Wounded, Registered Charity Number: 1153497  
Trustees: Simon Daghish, Harry Parker, Lt. Gen Sir Graeme Lamb KBE, CMG, DSO, Richard Turpin  
Richard Eyre CBE, Harriet Parker, Christopher Birrell, Prof. Neil Greenberg, Flora Mclean  
Stody Hall Barns, Stody, Melton Constable, Norfolk NR24 2ED  
Tel: 01263 863 900 Website: [www.walkingwiththewounded.org.uk](http://www.walkingwiththewounded.org.uk)