



**Fun, Learning and
Achievement**

NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

"How to" Guide – Tug of War – 2024 - 2025

LADIES TEAM REQUIREMENTS

Team of 8 with a combined maximum weight of 560kg

At least 6 members aged between 17 and 28 on 1st September with no more than 2 members aged between 15 and 17 on 1st September

MENS TEAM REQUIREMENTS

Team of 8 with a combined maximum weight of 680kg

At least 6 members aged between 17 and 28 on 1st September with no more than 2 members aged between 15 and 17 on 1st September

JUNIOR TEAM REQUIREMENTS

A team of between 7 and 10 pulling members male or female with a combined weight of 560kg. This may increase to a maximum of 600kg with the addition of each female gaining a bonus of 10kg.

All members aged between 12 and 17 on 1st September.

There is no limit on the number of males or number of females in the team (may be all male, all female or any combination of male and female).

Each team may have 1 coach during pulling

HOW TO WIN POINTS

WINNING A PULL - A 'Pull' shall be won when one of the side markings on the rope is pulled over the centre line.

FINISH A PULL - The finish of a pull shall be signalled by the Judge blowing a whistle and pointing in the direction of the team winning the Pull.

Each team shall pull a match of 2 ends against every other team in the league with points awarded as follows:

3 points	to the winners in a straight pull (two straight pulls)
Nil points	to the losers in a straight pull
1 point	to each team winning 1 pull each

Note: If teams are drawing on points at the end of the league; they shall be ranked using the following system until differentiation:

1. Results of matches (between the teams drawing on points).

2. **Matches won (most matches won).**
3. **Cautions (least number throughout pulling).**
4. **Team weight (lowest team weight at weigh in).**
5. **Coin toss or draw.**

Semi-finals and final matches shall be won by two (2) pulls out of three (3).

SUBSTITUTION – A substitute may replace any one puller for the duration of the competition (Age restriction of team still applies). After the substitution has taken place, no other such changes may occur. Substitution may be used for tactical reasons or due to injury. The substitute puller must be of equal weight or less than the puller he/she replaces.

DRESS - All competitors must be suitably dressed, in the same team colours.

BELTS - Clothing or elasticated belts, with a Velcro fastening, used to protect the skin may be worn under the sport clothing subject to the Judge's approval. No construction may be attached to clothing or belt. If a protective rigid belt is worn, the lumbar support should be in the correct position with the centre of the lumbar support in the centre of the back and the buckle at the front. When worn, either inside or outside of the sport clothing, the belt should not be moved from its original position, if the belt is seen to be worn incorrectly (loose enabling movement), this will be classed as an infringement (locking). This may result in a caution. It is the puller's responsibility to ensure that the belt is worn correctly for this not to occur. Under no circumstances will the rope be permitted to run BETWEEN the protective clothing or belt and the pullers' body. Any protective clothing and/or belt should be made available for inspection by a Judge at any time during a tournament.

BOOTS AND SHOES – Competitors' boots must not be "faked" in any way, i.e. THE SOLE HEEL AND SIDE OF THE HEEL SHALL BE PERFECTLY FLUSH – THIS MEANS THE SOLES MUST BE SMOOTH. No metal toecaps or metal toe-plates are permitted. Metal heel tips that are flush on the side and the bottom of the heel are permitted. **Refer to Tug of war boot rules and construction guide 2017-18**

ROPE - The rope shall not be less than 4" and not more than 5" in circumference (10cm minimum, 12½cm maximum) without knots or other holding for the hands and the minimum length not less than 35 metres.

ROPE MARKINGS - Five tapes or markings shall be affixed to the rope as follows:

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.

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

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 of these outer blue tapes or markings.

The white and two outer coloured markings shall be capable of easy adjustment by the Judge in the event of the rope shrinking or stretching.

GROUND MARKINGS - One line shall be marked on the ground at right angles to where the centre of the rope will be at the start of the competitions.

KNOTS OR LOOPS - No knots or loops may be made in the rope nor may it be locked across any part of the body by any member of a team. Crossing the rope over itself constitutes a loop.

LOCKS - From the start the rope shall be taut. Every pulling member shall hold the rope with both hands by the ordinary grip and the rope shall pass under the armpit. Any other hold, which prevents the free movement of the rope, is a lock and is an infringement of the Rules.

ANCHOR-MAN'S GRIP - Upon taking up position the anchorman will place the rope around his/her body in the approved manner. I.e. The rope will pass under one armpit, diagonally across the back and over the opposite shoulder from rear to front. The remaining rope shall pass in a backward and outward direction and the slack shall run free. He/she shall grip the standing part of the rope with both arms extended forward.

THE START - When the Judge has received the sign from the two coaches that all is ready, he or she shall give the teams the following verbal and visual commands:

'Pick up the Rope' - at the same time extending the arms forward and horizontally. No indents of any kind shall be made in the ground in any way before the command: "Take the strain". The pullers' feet shall be flat on the ground and the rope held with both hands by the ordinary grip.

'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 and each puller may establish one foothold with the heel or side of the boot of the extended foot. When the rope is steady with the centre mark over the ground line. **THE JUDGE MUST MAKE IT QUITE CLEAR BY EXPOSING THE PALMS OF HIS OR HER HANDS WITH THE ADDED WORD "STEADY" THAT HE OR SHE IS ABOUT TO SIGNAL THE START, THEN, AFTER A SLIGHT PAUSE THE WORD "PULL"** at the same time flinging both hands downwards.

INFRINGEMENT DURING CONTESTS

Should it be necessary to caution a team for any infringement of the Rules, the Judge shall, in addition to naming the team and calling 'first caution' or 'final caution' also signal such caution by raising his arm to the horizontal position and pointing in the direction of the offenders. Only two official cautions shall be given during any one pull. Any team guilty of any offence meriting a caution after already having received two official cautions in any one pull will be disqualified.

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

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

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.

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

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

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

Climbing the rope - passing the rope through the hands

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

Anchor Man's Grip - any grip other than described in above.

Footholds - making indents in the ground in any way before the command "Take the Strain" is given. Thus cleaning the ground by foot or hand is prohibited.

BEHAVIOUR - There shall be no conduct by word or act likely to bring the sport into disrepute