

The Rope

The game involves usage of single equipment i.e. a rope. There is a red mark made in the middle of the rope. This red mark on the rope needs to be at a perpendicular angle to the exact center point on the ground, before the commencement of the game. A white mark is made exactly 10 feet from the red mark on either sides of the rope. The game is won when either side with this white mark crosses the center point.

Gloves

Players may wear gloves during the competition.

Teams

Each team will consist of 4 members with the ten-year age group being the youngest member of the team (for example, if three members of the team are 55 and the fourth member is 45, then the team will count as a 40-49 team.

Field and Marking

The game to be played on a flat grassy patch of land. A line referred to as a center line is marked on the playing zone and the rope is placed in a manner that its center mark should align the center mark on the ground. On either sides of the rope at the distance of 12 feet from the center line, 2 more marks need to be made. This is the point where in the first member of each team will stand.

How to Play

The center of the rope should align with the center mark on the ground. As soon as the judge says "pull", each team can start pulling the rope into their territory. The rope must be pulled underarm. The objective of the game is for each team to pull the rope along with the members of opposition team to their side. As soon as the white mark on the rope on one teams side crosses over the center line (10 feet from the center line), the team to pull the rope to their area wins the game. Each game will be played best 2 out of 3 competitions to determine the winner.

Competition & Commands

The tug of war competition requires a judge. There are 3 different commands that the judge gives to the players. The judge first announces "Pick up the rope", he then says "Take the string", and finally he tells the players to "Pull". Once the pull command is said, the teams start pulling the rope. If a member of the team falls down that member is given a caution. Each team is allowed two cautions before getting disqualified.

Fouls

There is a particular technique that needs to be applied while playing this game, if not then there will be a foul which can call in for disqualifications after one caution is made per player:

- Lowering your elbow below the knee level while pulling the rope is called 'locking'
- Touching the ground for a longer period of time is also considered as a foul.
- Wrapping the rope around ones arm