

Tug-Of-War Safety Guidelines and Suggested Rules

Department of Environmental Health & Safety

ROPE – Having a good quality tug-of-war rope is essential to the safety of the participants.

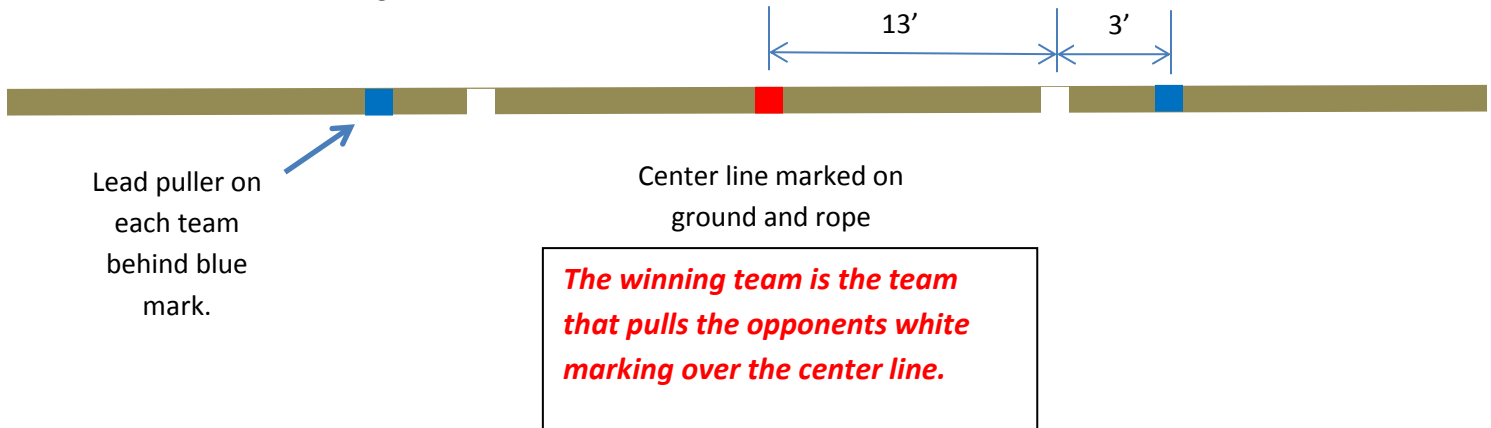
- The rope should be made of natural manila fiber. Never use a nylon rope.
- Diameter should be approximately 1 ½” in diameter.
- Length should be at least 100’ (for 8-8 competition).
 - Can be adjusted shorter for smaller teams.
- NO knots, loops, or other holdings are allowed.

ATTIRE – All participants should be properly attired.

- Shirts or jerseys (rugby jerseys are perfect for this event)
- Shorts (or pants in inclement weather)
- Outdoor shoes or training shoes (no flip flops, heels, or spikes/cleats permitted)

TYPICAL ROPE MARKINGS

There are typically 5 markings made on the rope: the center (red), 2 white marks each about 13’ from the left and right of the center mark, 2 blue marks each about 3’ from the white marks.



RULES

- **NEVER MAKE A LOOP BY WRAPPING THE ROPE AROUND HAND TO GET A BETTER GRIP. FAILURE TO DO SO MAY RESULT IN SERIOUS INJURY INCLUDING AMPUTATION OF FINGERS.**
- **TEAMS SHOULD BE OF SAME GENDER AND APPROXIMATELY EQUIVALENT SIZE.**
- **ALL MATCHES NEED TO BE SUPERVISED (a referee).**
- Teams typically comprised of up to 8 per side.
- Once the teams have lined up the referee will make the following commands:



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- "Team are you ready" – Teams to confirm
- "Pick up the rope" – Teams pick up the rope
- "Take the strain" – Teams lean back slightly but do not pull to take up the slack in the rope
- "Pull" – Referee may use a whistle to issue this command
- The referee will signal when one team has won (pulled white marking over center line).
- Sitting on the ground/floor is typically not permitted and is an infringement of the rules.
- Match may be best 2 of 3 or knock-out, but event planner can adjust to best suit needs of the event.