

Pride of Horbury Tug of War

Application Form

Name of Club, Pub or Company	
TEAM NAME	
Team Captain's Name?	
Name of Lead Contact See last page for you to sign.	
Lead Contact's mobile number	
Lead Contact's email address	
Names of Team members	Signature of each Team members
1-	
2-	
3-	
4-	
5-	
6-	
Reserve 1	
Reserve 2	
Team Motto or Slogan	

Pride of Horbury Tug of War

LIABILITY WAIVER & MEDICAL TREATMENT CONSENT

All Team Members to read and understand before signature

1. I acknowledge that I have voluntarily agreed to take part in the Pride of Horbury Tug of War competition.
2. I am aware that there are risks and dangers involved in this activity. As such I am aware that serious accidents may occur during this activity which may lead to serious personal injury. The organisers cannot be responsible for the competition surface which may be uneven and foreign objects (stones, litter etc.) may be present.
3. It is strongly recommended that strong, flat footwear is worn together with gloves and other safety equipment. Footwear with any form of studs or spikes is forbidden and may result in disqualification.
4. I agree that I enter at my own risk and that I and my dependents waive all claims against Pride of Horbury, Friends of Horbury's Parks and Horbury Civic Society including all of their members and volunteers.
5. I authorise the first aiders present to provide any treatment necessary at the scene and to arrange my transfer to hospital if they deem it to be necessary.
6. I have read and agree to abide by the rules of the Pride of Horbury Tug of War.
7. By signing above, I signify that I have read, understand and agree to be bound by all of the terms stated above
8. This completed form must be handed in on the day of competition – no completed form means NO Entry to the Tug of War competition

Competition Rules

Objective

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 centre point on the ground, before the commencement of the game. A white mark is made exactly 13 feet from the red mark on either side of the rope. The game is won when either side with this white mark crosses the centre point.

Teams

According to the rules of tug of war, each team can accommodate a maximum of 6, plus 2 reserve members. However, the combined weight of these members should not exceed the weight determined for the particular category.

Field and Marking

The game has to be played on a flat grassy patch of land. A line referred to as a centre line is marked on the playing zone and the rope is placed in a manner that its centre mark should align the centre marked on the ground. On either side of the rope at the distance of 4 m from the centre line, 2 more marks need to be made. This is the point where in the first member of each team will stand.

Pride of Horbury Tug of War

How to Play

As mentioned earlier, the centre of the rope should align with the centre marked on the ground. As soon as the referee blows the whistle, each team can start pulling the rope into their territory. 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 second mark on the rope from the centre red mark crosses over to centre line, the team to pull the rope to their area wins the game.

Competition

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 strain", and finally he tells the players to "Pull". Once the pull command is said out 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. For e.g. lowering your elbow below the knee level while pulling the rope is considered to be a foul and is called 'locking'. Touching the ground for a longer period of time is also considered as a foul

General Rules

1. All teams must have six members. And a maximum of 2 reserves if required
2. All team members must be over 18.
3. Teams must nominate one member as a captain.
4. All teams must be ready to pull at their allotted start times – team organisers will be advised of times in advance of the competition.
5. The anchorman is to loop the rope around one shoulder to secure the rope. No knot is permitted in the rope end.
6. All members must remain on their feet. No hands are allowed to be persistently on the ground apart from the anchorman who is allowed to keep one hand on the ground.
7. Lots will be drawn to establish opponents in the first round.
8. The judge will toss a coin with the captains to establish the direction of pull.
9. Before pulling the judge will order teams to "Pick up the rope". The judge will then ask both teams if they are ready then give the order "Take the strain", at this point the teams should heel in and pull the rope tight. The judge will make sure that the teams are centred over the starting mark &, when they are balanced, the order "Pull" will be given.
10. There will be a maximum of three pulls in a match and the first team to win two pulls will win the match and progress to the next round.
11. Two warnings for rule infringements or inappropriate behaviour will be given. A third infringement will result in disqualification.

Pride of Horbury Tug of War

SAFETY

1. Wrapping the rope around a limb can result in a broken bone and loss of blood flow. Wrapping the rope around the body can cause severe internal injuries.
2. Spiked or studded footwear can cause injury if a pull collapses. They may also cause stains and breaks if a competitor's feet become stuck in the ground.
3. Gloves and a thick cotton shirt should be worn to help avoid rope burns.
4. Strong, flat footwear must be worn

Lead Contact Name	
Lead Contact Signature	
Date signed	