



Saffron Walden Round Table

Carnival

1st - 9th July 2011

Tug Of War Application

We would like to invite your friends / club / school / group to take part in the Tug Of War competition on Saffron Walden Common, Sunday 3rd July 2011. Teams will be comprised of 6 people and subject to numbers of teams entered; these will be played on a group basis.

ID will be required to show proof of age i.e. photocopy of birth certificate on day of tournament, this is to allow us to make it a fair and equal game of enjoyment for all participants.

Matches will take place in accordance to the rules described. Entry to the competition will require the below information being filled out and returned to SWRT Carnival, PO Box 214, 37 High Street, Saffron Walden, CB10 1AS. All applications need to be received by Friday 1st July 2011 at the latest.

Email sports@8dayweekend.co.uk with any questions.

Team type (please circle)...

Adult male (>16 years)

Adult female (>16 years)

Youth male (< 16 years)

Youth female (< 16 years)

Team Name	
Team Organiser Name	
Address	
Telephone No	
Email	
Team Members Names	1
	2
	3
	4
	5
	6

1. If you are entering more than one team, please duplicate this form for each additional team entry
2. A current Email address and telephone number for the Team Organiser must be supplied
3. Please feel free to enclose any team information for possible pre-match publicity
4. Saffron Walden Round Table will not be responsible for any death or injury to participants and/or damage to the participants' property arising from the Tug Of War event.

I ensure that all members of the team to which this entry relates are aware of the rules and safety guide provided.

Print Name: _____

Signature: _____

Date: _____



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The Rules

The competition will commence with the command from the judge `Pick up the rope`, thereupon the two teams move back until the rope is taught and the judge inserts the marker flag opposite the central marker on the rope. The teams thump their feet into the ground for firm hold and then lean back on the rope and the judge gives the command ` Pull` whereupon the two teams then pull with all their strength.

The length of the pull will be 12 feet which is measured by two markers on the rope each six feet from the centre. When either mark passes the stick placed in the ground by the judge at the central point of the rope when starting competition, the other side has won that match.

1. Teams to consist of six members
2. No spiked footwear. Raised heels up to a maximum of $\frac{1}{4}$ inch (7mm) allowed on footwear (to be inspected)
3. Gloves may be worn
4. Overall pull to be 12 feet and winner is the team to pull their opposition 6 feet from the starting mark.
5. No hand over hand pulling allowed. Team members must go back with rope when pulling.
6. Anchorman to loop rope around one shoulder to secure rope. No knot is permitted on the rope end.
7. All team members to remain on their feet at all times, no hands are persistently allowed on the ground apart from the anchorman who is permitted to use one hand on the ground.
8. Teams through coaches or captains will be reminded of the rules prior to commencement of competition. Only coaches can consult with the judge and the judge's decision is final.
9. Direction of pull will be decided by toss of coin.
10. Prior to commencement of pull, judge will ask teams if they are ready, then give the command `take the strain`, at this point team members may heel in, when teams are balanced, order to `pull`, is given and the match has commenced.
11. Teams will leave area of competition during matches in which they are not involved.
12. Two warnings for infringements of the rules or inappropriate behaviour will be given. A further warning will result in disqualification.

Safety

1. Wrapping the rope around the arm can result in a broken bone and loss of blood flow. Wrapping the rope around the wrong part of the body can cause internal injury.
2. Spikes and studs in the footwear can cause injury when a pull collapses. They can also cause strains and breaks if the feet get stuck in the ground.

Advice

The Grip - An underhand grip, with the arms fully extended, should be used. The grip is only to connect the puller with the rope. If you try to use arm strength you will soon get tired and lose your grip.

Pulling - Tug of war is not a pulling event but a pushing event: you push with your legs and dragging the rope (and opposition) with you. Keep your arms and body straight so the full power of your legs is transferred the rope.

Strength and Stamina - You will need both strength and stamina to win. At the top levels of tug of war, teams may be stationary for many minutes.

Team work - Tug of War is a team event which needs all members of the team to work together. There is no point in one member pulling when the others are holding, since he is trying to pull his teams as well as the opposition. Pull together as a team to win!