

TUG OF WAR RULES

<https://scoutermom.com/18347/tug-of-war-rules/>

The rules for traditional tug of war are

1. Get a long piece of rope.
 2. Mark the center of the rope with some red tape or string.
 3. Make a white mark 13 feet from the center mark on each side of the rope. Duct tape or string works well.
 4. Divide into two teams with a maximum of 8 people on each team. There may be a weight limit for each team.
 5. Mark a center line on the field of play. Arrange the rope with the red center mark over the center line for the start of play.
 6. The team members line up behind the white mark on their side.
 7. The referee gives the command "Pick up the rope". At this point, the team members pick up the rope.
 8. Next the referee says "Take the string". The teams hold the rope taut so the red mark on the rope is over the center line.
 9. Finally the referee says "Pull". Each team pulls.
 10. The first team to pull the opposing side's white mark over the center line wins.
- If a player on a team falls down, the team is given a caution.
 - Elbows must stay above knee level while pulling. A referee may call a caution for this also.
 - The rope must be pulled underarm.
 - A team may receive two cautions. If a player has a violation after two cautions, then the team is disqualified.
 - Best of three matches are typical.