



**NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS**  
Competitions Programme 2015 - 16

Status FINAL  
02 March 2015  
Eliminator

**NFYFC GENSB Tug of War Championships**  
Mixed 12 to 16 years

Following the Tug of War Association Competition Rules, 2011; incorporating TWIF Rules

**RULES**

**Competition Aim**

To provide members with a physical team challenge putting their practice to the test by competing against other YFC clubs across England and Wales.

**Learning outcomes**

Tug-of-War skills, teamwork, physical, being healthy.

**1. DATE & VENUE**

1.1. After the Area Finals, the National Final will be held at Tenbury Show on Saturday 6<sup>th</sup> August 2016

**2. REPRESENTATION**

2.1. Counties may enter one team entry per 600 members or part thereof in Area Finals.

2.2. English Areas and Wales will be represented by one County team per 3,000 members or part thereof in the Competition Final.

**3. NOTE**

3.1 These rules are for the NFYFC final. They may be adapted for area and county rounds with agreement from the chief judge. I.e. Depending on the number of teams; counties and areas may wish to pull in a straight knockout competition or pull according to the pre 2011 Tug of War Association Rules.

3.2 For insurance purposes all rounds of competition must be held using a Tug of War Association judge and under the authority of a Tug of War Association permit (available from the Hon. Gen. Sec. of the Tug of War Association).

**4. ELIGIBILITY**

4.1. **A team shall consist of between 7 and 10 pulling members male or female who must be 12 years of age and over on the day of the competition and 16 years of age and under on 1<sup>st</sup> September 2015. This means competitors MUST have attained their 12<sup>th</sup> birthday on 1<sup>st</sup> September 2015 and may be 17 on the day of the competition. (You cannot compete for more than one club and county in one membership year)**

4.2. Note the weighing in procedure and weight bonus overleaf for the inclusion of female pullers.

4.3. There is no limit on the number of males or number of females in the team (may be all male, all female or any combination of male and female).

4.4. All competitors must be full members of a Club affiliated to the NFYFC.

4.5. **Coaches and Trainers** – Only one Coach is permitted with each team during pulling. Only one Trainer or "Water-Carrier" is permitted with each team. During pulling the Trainer shall take up position well clear of both teams and is not permitted to address any remark to them during actual pulling. Neither the Coach nor Trainer need comply with other rules of eligibility.

4.6. Competitors are required *in person* to produce on the day of each round of the competition (County/Area/Regional and National) their current and signed Membership Card, with suitable photograph, or a fine of **£20** will be imposed for non-production.

**5. REPLACEMENT PULLERS**





- 10.1 After a team has pulled the first end of the first match, the team is able to use a substitution. A substitute may replace any one puller for the duration of the competition (Age restriction of team still applies). After the substitution has taken place, no other such changes may occur. Substitution may be used for tactical reasons or due to injury.
- 10.2 The substitute must have been signed in with the team at weigh in and have been stamped with a mark. **All substitutes must have been members of the county at the time of the County Final**; and produced their current, signed Membership Card, with suitable photograph, or a fine of £20 will be imposed for non-production.
- 10.3 At the time of substitution; both, the puller to be replaced and the substitute, must report in full pulling outfit, (shirts, shorts, stockings and footwear) to the Chief Judge/Chief Steward who may designate an official to deal with the substitutes. A small (bathroom type) scale must be available at the pulling area, (in a suitable place, on solid surface), to determine the weight difference between the two pullers. The substitute puller must be of equal weight or less than the puller he/she replaces. Directly after the change, the Chief Judge or designated official shall cancel the stamp or marking of the replaced puller, and indicate a similar marking on the substitute, with an indelible marker. This change shall then be recorded.

**N.B After weigh in, the team weight allowance cannot be improved upon through substitution i.e. increasing the number of females on the team. Any weight bonus must be removed accordingly if the number of females has decreased below the original bonus threshold of the team.**

**Eg. Team = 5 males & 4 females = 600kg (560kg + 40kg bonus). A female puller of 70kg is substituted for a male. The male must weigh 60kg or less (Both in full pulling gear) because the resultant bonus has decreased.**

## 11. TECHNICALITIES

- 11.1 DRESS - In the National Final, all competitors must be suitably dressed, in the same team colours.
- 11.2 BOOTS AND SHOES – Competitors’ boots must not be “faked” in any way, i.e. THE SOLE HEEL AND SIDE OF THE HEEL SHALL BE PERFECTLY FLUSH – THIS MEANS THE SOLES MUST BE SMOOTH. No metal toecaps or metal toe-plates are permitted. Metal heel tips that are flush on the side and the bottom of the heel are permitted – this means that tips on the bottom of the heel must be smooth. If teams do not adhere to this they will be disqualified. See example below:



- 11.3 ROPE - The rope shall not be less than 4” and not more than 5” in circumference (10cm minimum, 12½cm maximum) without knots or other holding for the hands and the minimum length not less than 35 metres.
- 11.4 ROPE MARKINGS - Five tapes or markings shall be affixed to the rope as follows:
- A red tape or marking at the centre of the rope which will be level with the ground mark at the start of every pull.
  - Two white tapes or markings each 4 metres either side of the red centre tape or marking.
  - Two blue tapes or markings each 5 metres either side of the red centre tape or marking.
  - The first puller in each team shall grip the rope within 30 cm of these outer blue tapes or markings.
  - The white and two outer coloured markings shall be capable of easy adjustment by the Judge in the event of the rope shrinking or stretching.
- 11.5 GROUND MARKINGS - One line shall be marked on the ground at right angles to where the centre of the rope will be at the start of the competitions.
- 11.6 KNOTS OR LOOPS - No knots or loops may be made in the rope nor may it be locked across any part of the body by any member of a team. Crossing the rope over itself constitutes a loop.

- 11.7 LOCKS - From the start the rope shall be taut. Every pulling member shall hold the rope with both hands by the ordinary grip and the rope shall pass under the armpit. Any other hold, which prevents the free movement of the rope, is a lock and is an infringement of the Rules.
- 11.8 ANCHOR-MAN'S GRIP - Upon taking up position the anchorman will place the rope around his/her body in the approved manner. I.e. The rope will pass under one armpit, diagonally across the back and over the opposite shoulder from rear to front. The remaining rope shall pass in a backward and outward direction and the slack shall run free. He/she shall grip the standing part of the rope with both arms extended forward.
- 11.9 THE START - When the Judge has received the sign from the two coaches that all is ready, he shall give the teams the following verbal commands:  
**'Pick up the Rope'** - at the same time extending his arms forward and horizontally. The rope shall be held as defined in paragraphs 16 and 17, the feet being flat on the ground.  
**'Take the Strain'** - at the same time raising both hands above the head (sufficient strain shall be put on the rope to ensure that it is taut and each man may establish one foothold with the heel or side of the boot of the extended foot) - and when the rope is steady with the centre mark over the centre line on the ground - **PULL** - at the same time flinging both arms downwards.
- 11.10 LEAVING GO OF THE ROPE - In the event of both teams leaving go the rope before a side tape has been pulled over the side ground farthest from it, **'No Pull'** shall be declared and the pull shall not constitute on the requisite on that heat.
- 11.11 WINNING A PULL - A 'Pull' shall be won when one of the side markings on the rope is pulled over the centre line.
- 11.12 FINISH A PULL - The finish of a pull shall be signalled by the Judge blowing a whistle and pointing in the direction of the team winning the Pull.
- 11.13 THE JUDGE - There shall be one Judge who shall have sole control with power to appoint assistants. He shall be responsible for the Rules of the Competition being adhered to. He has the power to: grant reasonable rest periods between pulls and a minimum of six minutes rest to each team between rounds of any competition. To award 'No Pull' in the event of both teams being guilty of infringement (in such cases the pull will be re-taken immediately with no rest period or welfare to competitors being permitted) and to disqualify a team or teams after caution, or disqualify without caution for any offence against the Rules. In the event of a team being disqualified the pull will be awarded to the opposite side.
- NOTE** A team will be deemed guilty of any infringement even though only one member offends. Should it be necessary to caution a team for any infringement of the Rules, the Judge shall, in addition to naming the team and calling 'first caution' or 'last caution' also signal such caution by raising his arm to the horizontal position and pointing in the direction of the offenders. Only two official cautions shall be given during any one pull. Any team guilty of any offence meriting a caution after already having received two official cautions in any one pull will be disqualified.
- 11.14 INFRINGEMENT DURING CONTESTS
- **Sitting** - deliberately sitting on the ground, or failure to return immediately to the pulling position.
  - **Leaning** - touching the ground with any part of the body other than the feet.
  - **Locking the Rope** - no knots or loops shall be made in the rope, nor shall it be locked across any part of the body or any member of the team. Crossing the rope over itself constitutes a loop.
  - **Grip** - any grip other than the ordinary grip as described above.
  - **Propping** - holding the rope in a position where it does not pass between the body and the upper part of the arm.
  - **Position** - sitting on a foot or limb or the feet not extended forward of the knee.
  - **Climbing the rope** - passing the rope through the hands
  - **Rowing** - repeatedly sitting on the ground whilst the feet are moved backwards.



- **Anchor Man's Grip** - any grip other than described in above.
- **Footholds** - making indents in the ground in any way before the command "Take the Strain" is given. Thus cleaning the ground by foot or hand is prohibited.

11.15 BEHAVIOUR - There shall be no conduct by word or act likely to bring the sport into disrepute. No member of a team, i.e. coach, trainer or puller, may address any remark to the Judge whilst pulling is in progress. The use of water, for any purpose, is prohibited within the immediate vicinity of the rope. The function of the trainer is to attend to the requirements of the team before, between, and after pulls; he must not speak to his team during a pull. Assistant Judges shall at all times act under the direction of the Judge and shall be responsible to him for inspection of competitors' footwear, checking the ground and rope markings, the laying out of the rope before a competition and its re-alignment after each pull. During actual pulling, each Assistant Judge shall be in a position alongside the competing teams on the opposite side of the rope to the Judge. An Assistant Judge shall not address any remark to the coach or any member of the team unless he is signalled to do so by the Judge. In the event of the Judge signalling a caution, the Assistant Judge shall inform the offenders, naming the team and adding 'first caution' or 'last caution'. Any instructions of the Judge conveyed by the Assistant Judge to a team must be clear and brief.

## 12 AWARDS

12.1 **Trophy** and Prize Cards to the winning teams.

12.2 **Prize Cards** to teams placed 2<sup>nd</sup> to 4<sup>th</sup>

12.3 NFYFC Certificates will be awarded to all members of teams competing in the NFYFC finals.

## 13 FURTHER NOTES

13.1 **IMPORTANT:** Competitors are reminded to read carefully the General Rules relating to National Competitions if they are taking part in this Competition. These are available from the NFYFC Website.

13.2 This competition **WILL** carry points towards the NFU Trophy.

13.3 **NFYFC is affiliated to the Tug of War Association and, therefore, must at all times use their official referees and hold a permit in order to be covered by insurance. A list of official referees is available from NFYFC.**

13.4 These rules are extracted from the Tug of War Association (ToWA) Rule Book and further guidance can be obtained from the official Tug of War Association Handbook. Further information available from the ToWA website.

13.5 Members will be disqualified if they are not at the Presentation of Awards without prior permission being granted.

