

Four Team Isotonic Tug of War Rope Usage, Rules & Safety

Tug of War has been one of America's most popular and economical recreational activities throughout history and today it remains just as popular. The 4 Team Tug of War has added a new dimension to this physical and strategic game of strength and wits. The 4-way tug of war rope allows up to 20 students or adults to participate at one time (5 on each team rope) pulling 4 vs 4, 2 vs 2, 1 vs 1, (by only using 2 opposite ends) and even 3 vs 1 if you can effectively distribute strength proportionately.

A popular way to begin and score using the 4-way tug of war is illustrated below. The rope and teams are centered within a square typically using cones etc. at least 100' apart with no obstructions within or immediately beyond the perimeter and on soft or nonabrasive surfaces. With cone placement on each corner, each team begins on the instructors command by pulling toward the boundary line which has been determined as their home or, if desired any one of the boundary lines. The team that pulls their length (or a pre-determined number of team members) over the boundary plane wins. Switch and mix students to create a more competitiveness and parity among teams. As one team (or 2) closes in on a boundary is up to the other teams to compensate together to prevent them from winning. Thus, communication via a team captain is important to constantly shift their lines of pulling to strategically prevent the other team from scoring. It is up to a referee to determine when all members or the pre-determined number of players and their rope breaks the boundary plane and wins.

Movement of the Tug of War rope and the referee can become very lively. Preferable spacing of each team member is 5' thus avoiding "bunching up" and contact with each other. Do not allow any team to let go of the rope until the game has been stopped by one team winning or by the signal of the referee. **NEVER wrap the rope around any body part for better grip.**

Use and Handling

Provide a safe play area in and around the competition area. This includes soft non-abrasive surfaces free from dangerous debris or obstacles. Do not pull over dangerous terrain, etc. Be sure there is ample space behind each team to accommodate $\frac{1}{2}$ the rope length plus plenty of space for a potential backward thrust. If in a gym or indoors provide wall mats in back of teams. Never let participants let go of the rope allowing the other side to overcompensate and spring backwards. Never let anyone pull unless all teams are "ready". Supervision is required to ensure a safe competition and play area. Use common sense and limits. Inspect rope before and after each use.

