Tug of War
Secondary - Interschool 2017

Equipment

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

Manila Hemp Tug of War rope or equivalent must be used:
  - minimum 32mm (1¼") in diameter
  - minimum 33m (108’) length

Ropes must be regularly checked for splinters and severe wear.

Stopwatch.

Whistle.

Clothing/Footwear/Jewellery

Appropriate clothing and footwear must be worn (e.g., flat-soled athletic shoes).

Long-sleeved shirts must be worn.

No cleats.

No spikes.

No gloves.

The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity, OFSAA, and local athletic association. Consult the Generic Section when jewellery is not addressed by the governing body of the sport/activity, OFSAA or the local athletic association.
Facilities

Determine that all facilities are safe for use.

The pulling area must be a flat, level surface free of debris and water, provide safe footing and traction, and be well-removed from traffic areas.

For practices: Holes, hazards (e.g. glass, rocks, sprinkler heads, sewer grates), and severely uneven surfaces must be identified. The conditions must be made safe or the activity must be modified or moved to a safe location. Hazards which cannot be removed must be brought to the attention of the athletes. Coach must notify principal/designate of unsafe field conditions.

For competitions: Where hazardous conditions that cannot be avoided are identified by the coach and/or officials the conditions must be made safe or the competition must be cancelled or moved to a safe location. Coach must notify principal/designate of unsafe field conditions.

Outdoor grass area minimum 8m x 40m (26’ x 131’).

The playing area must be outlined with Tug of War markings.

No indoor facilities can be used for Tug of War. The exception is a commercial Tug of War indoor facility.

Special Rules/Instructions

Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation (consult the Generic Section).

Parents/guardians must be made aware of any school property activity and the means of transportation used.

Prior to participation students must receive training or information on concussion prevention and awareness specific to the activity, information on the possible risks of the activity and procedures and rules for safe play. Students must not participate in the activity until these instructions have been received.

Fair play and rules of the sport must be taught and strictly enforced.

Skills must be taught in proper progression.

Tugging competitions must be based on skills that are taught.

A student athlete’s fitness level must be commensurate with the level of competition.

Maximum number of participants on each team is 8.

Follow and enforce the rules in the official Tug of War Rule Book.

When selecting teams, consideration must be given to athletes’ age, weight, height, sex, fitness level and
experience.

Athletes must participate in appropriate warm-up, including aerobic warm-up and stretches.

Athletes must be informed to never wrap the rope around waist or wrist or pull it under/through clothing.

No knots or loops are to be made in the rope, nor must it be locked across any part of the body of any team member.

At the start of a pull, the rope must be taut with the centre rope marking over the centre line marking on the ground.

Every pulling member must hold the rope with the palms of both bare hands facing up. The rope will pass between the body and the upper part of the arm.

For the end puller/anchor, the rope passes alongside the body, diagonally across the back and over the opposite shoulder from rear to front. The remaining rope passes under the armpit in a backward and outward direction and the slack runs free. The anchor then grips the standing part of the rope by the ordinary grip (e.g., the palms of both hands facing up, with both arms extended forward.

Inform athletes that there is the potential for rope burns.

To reduce the risk of rope burns:

- grip the rope only hard enough to stop it from slipping
- momentarily wiggle fingers without letting go of the rope
- if arms tire, momentarily squeeze rope under armpit

Participants must be instructed in proper foot positioning and footwork.

Instruction must be given in the likelihood of a fall, and recovery techniques.

Allow teams sufficient time to physically recover after each pull (minimum of 1-2 minutes is required).

Maximum time for each pull is one minute.

Environmental considerations

Before involving students in outdoor activity, teachers must take into consideration:

- environmental conditions (temperature, weather, air quality, humidity, UV index, insects)
- accessibility to adequate liquid replacement (personal water bottles, water fountains) and student hydration before, during and after physical activity
- previous training and fitness level
- length of time and intensity of physical activity

Teachers must be aware of the weather forecast. Pulling must be cancelled in adverse conditions.

Students must be made aware of ways to protect themselves from environmental conditions (e.g. use of hats,
sunscreen, sunglasses, personal water bottles, insect repellent, appropriate clothing).

Athletes must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes [consult Appendix F - Lightning Protocol]).

Supervision

Constant visual supervision for team tug of war activities.

On-site supervision for initial instruction involving pairs.

A coach who is providing instruction and is unfamiliar with tug of war techniques (e.g. no recent experience) must refrain from coaching the activity until assistance is provided by an appropriately trained staff or training is received.

Supervision Ratios

1 referee: each pull, 1 coach per 16 athletes

One coach for each pull. The coach acts as the timer and overseer of activity to determine participants in distress and acts accordingly.

Coaching Qualifications

The head coach must demonstrate knowledge of the sport, skills and strategies to the principal or designate.

First Aid and Emergency Action Plan

An individual who takes responsibility for providing first aid to injured athletes must follow the school's first aid emergency action plan, including accessibility to a vehicle for transportation of a student to hospital (consult Appendix E - Emergency Action Plan) and be present during the entire practice/competition.

Also see Generic Section to view complete safety requirements.

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