

## TERMS AND CONDITIONS

Every participant agrees to the terms and conditions by signing the form overleaf. These are:

- 1 By signing this, we enter the Rye Festival of the Sea Tug of War event entirely at our own risk and we indemnify the organisers of the Rye Festival of the Sea and assistants against any claim for damage to ourselves or any third party caused by our team in this event. We also confirm that we have read and understood the rules concerning the event and the safety precautions.
- 2 Every participant will wear suitable clothing.
- 3 The event is light hearted, but no horseplay or inappropriate behaviour will be tolerated and may invalidate the whole team.
- 4 Entrants must be over 18.
- 5 No alcohol to be consumed before or during the event. Entrants suspected to be under the influence of drink or drugs will be removed from the event.
- 6 Every entrant must adhere to advice from the event organiser. Failure to do so will result in removal from the event for all participants in their team.
- 7 Decision to cancel the event will be made by the organisers.



# TUG OF WAR

**9th September 2018**

## ENTRY FORM AND RULES

Welcome to the Rye Festival of the Sea 2018 and thank you for entering a Tug Of War team this year. The event is intended to be a fun, light-hearted, family day, about taking part above winning.

Here is some information to help you as an entrant, which we ask you to consider carefully.

ALL SAFETY PRECAUTIONS WILL BE OBSERVED AND VIGEROUSLY ENFORCED IN ORDER FOR THIS EVENT TO CONTINUE IN FUTURE YEARS IT IS PARAMOUNT THAT ENTRANTS AND SPECTATORS TAKE NOTE OF SAFETY. ANY INCIDENT COULD INVALIDATE INSURANCE AND MAKE IT IMPOSSIBLE TO RUN AGAIN. WE WANT EVERYONE TO ENJOY THE DAY, BUT BE SENSIBLE FOR THEIR OWN SAFETY AND THAT OF OTHERS.

**PLAY SAFE, ENJOY THE DAY, AND LET OTHERS ENJOY THEIRS —  
MAKE YOUR CHARITY OR SPECIAL CAUSE PROUD OF YOU.**

## TUG OF WAR RULES

(Taken from the Tug of War Association)

- 1 Teams will consist of 6 'pullers'.
- 2 Teams can be made up of any number of male/female participants.
- 3 Pullers must wear suitable foot wear and protective clothing.
- 4 Pullers grip the rope with their bare hands. No knots or loops to be tied in the rope, and the rope should not be wrapped around any limbs.
- 5 Teams are not allowed to suddenly let go of the rope and deliberately cause the opposing team to fall over. No missiles will be thrown or debris scattered on the floor to cause trips.
- 6 No other persons are allowed to touch the rope other than the participants.
- 7 Each match is best of three, with the team winning two ends being declared the winner. A short rest (maximum two minutes) can be taken between pulls.
- 8 Teams must all remain standing throughout the competition, no sitting allowed.
- 9 Each pull is officiated by the judge who stops and starts the pull.
- 10 In order to win a match, the opposing team must be pulled four metres from a fixed central point (eg a bollard).

A tug of war rope is 35m in length. It is marked with a central mark, and two four metre marks either side of this. A mark one metre away will denote where the first puller can start. The 7 remaining pullers on the team should each line up behind the lead puller, leaving a gap of a little more than arms length from the person in front.

The end puller is known as the "anchor man", who usually has the rope passed round their waist (on the right hand side), run diagonally across their back up to their left shoulder. The rope then runs over the left shoulder and under the left arm pit with the remaining rope running free to the side, but not behind the anchor.

At the completion of a match, teams are expected to walk in a line down the rope and shake hands as a gesture of sportsmanship.

Pullers should aim to hold the rope around waist level through their centre of gravity. Pullers should aim to pull with a 40-45 degree body angle to the ground, pulling with the shoulders back and getting as much leverage as possible through using their body angle. Pullers should aim to keep the upper body still whilst forcing short strong steps back using strength in the legs to try and move the opposing team - keeping the body straight and forcing the rope back using strength in the legs will reduce any strain on the lower back.

[www.tugofwar.co.uk](http://www.tugofwar.co.uk)

Teams will be advised (by the contact number given on this form) of what time they will start in advance of the day, once final entry numbers are known. Teams are encouraged not to drop out at the last minute, and no refund will be made if they do.

Prizegiving will take place at 4pm at Strand Quay.

## TEAM ENTRY DETAILS

Name of Team

Sponsoring Company

Company address

Contact person

Email

Telephone

Entry fee included £30  
(£20 entry fee, £10 donation to RNLI)

Please make cheques payable to **Rye Festival Account**

Names of participants	Signature	Email	Mobile	Age
1				
2				
3				
4				
5				
6				

Please sign and complete this form and return by **Friday 17th August** to **R Gilbert, Rock Channel Marine, Rock Channel, Rye, East Sussex, TN31 7HJ.**