

Tug of war is not an expensive sport. It requires no costly equipment other than a rope which will probably last for many years. It may take place either outdoors on a grassy area or indoors in a sports hall, preferably on rubber matting. The latter may sometimes be loaned by the sports governing body in your country or even a local club. Normal indoor sports footwear and rugby or football type clothing is appropriate.

The sport provides opportunities to represent at national or international level. There are junior/youth (under 18 years of age) championships at world level.

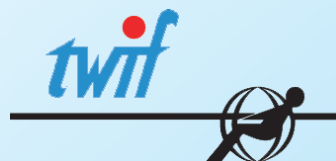
Many students miss out on sporting involvement or achievement because they don't have the basic skills required for more popular sports such as football, rugby, tennis etc. There are many examples of such students finding that tug of war suits their particular aptitudes with a resulting increase in their self esteem.



Help in organising training and competition will be available from your Federation (see contact details below).

The latter will be able to provide information on the rules of the sport through videos and DVD's and guidance on basic training techniques as well as how to obtain any equipment required. They may also be able to provide a local official willing to visit the school/centre to provide practical advice.

Further support, including the possibility of financial assistance, may also be available from your Local Education Authority or Local Council Sports Development Officer.



### **The Tug of War Association**

Schools/Youth Officer

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**Photographs courtesy of:** Chinese Taipei Tug of War Association, South African Tug of War Federation and Portadown Times, Northern Ireland

## **Tug of War International Federation**



## **Tug of War as a sporting activity in schools**







Tug of war is a completely amateur sport with a very long history. It featured as part of the Olympic games from 1900-1920.

The sport obtained Olympic recognition again in 2002 and efforts are currently underway to gain inclusion in the Olympic programme.

Tug of war is a healthy team sport where the team ethic is more important than any one individual. It has often been said that a tug of war team is similar to a chain. It is only as strong as its weakest link.

This results in co-operation and team discipline.

Physical fitness is encouraged as well as a positive attitude to competition. At school level the fun factor is most important for students, especially the younger groups. In that way a positive interest in the sport is developed as well as the possibility of future participation by the young person.

It is a non contact sport which encourages traditional values of honesty, integrity and sportsmanship. It allows young people to channel competitive

instincts in a non confrontational manner.

Where competition takes place always remember to have the teams as fairly matched as possible. This can be done using either age or weight categories.

Boys and girls may compete together on the same team but it is better that they do so only at the younger age groups.