



Four Way Tug of War

1. Lay out the ropes, and target line (A), as shown in diagram below.
2. Participants should prepare appropriately by taking off watches and hand jewellery.
3. Divide into groups and make sure the groups appear to be of similar strength.
4. Brief group on normal tug-of-war safety rules:
 - a. **No wrapping or tying rope around anyone or anything – only hold with hands**
 - b. Watch out for rope burn on hands – let go if rope is moving through hands
 - c. Watch out for rope burn on body – let go if you lose footing
5. First command from the Tug-of-War master (facilitator) is “take the strain”. This is only to take up the slack, that’s all. The Tug-of-War master makes sure the centre loop is stable and centred.
6. The second command is “Go!!”
7. Then, teams attempt to pull the centre loop over their target line. Teams can swivel to cooperate / compete with other teams, then switch directions, etc.
8. Conduct several rounds. Continue until one team earns 3 victories and the Tug-of-War title.
9. Allow teams plenty of time to physically recover and debrief/plan after each round.



Our site moto for all users to follow please

“Take nothing but photographs and memories – leave nothing but footprints”