

Tug O' War

Official Rules Guide — Premier Disco Giant Games

2 Teams	20m Rope length	50mm Rope thickness	All ages Recommended
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About the Game

Simple, loud, and always a highlight — two teams, one rope, and pure team strength on the line.

What's included: a 20m rope, 50mm thick.

How to Play

- 1 Teams line up on opposite ends of the rope, with a marker at the rope's centre point positioned over a line marked on the ground.
- 2 On the signal, both teams pull.
- 3 The team that pulls the centre marker across their own line first wins.

A Few Strategy Tips

- **Dig your heels in and lean back.** Pulling with your whole body beats pulling with just your arms.
- **Pull in coordinated bursts.** A caller shouting rhythm helps keep the whole team pulling together.

Variations

- **Best of 3 pulls.** Play a short series for an overall winner.
- **Handicapped teams.** Add more players to the smaller side for an easy adults-vs-kids balance.

Frequently Asked Questions

How many people do you need for Tug O' War?

Two teams of any size, as long as both sides are roughly balanced — the more the merrier.

How long is the rope?

20m, and 30mm thick.

How do you win a pull?

The team that pulls the centre marker across their own line first wins that pull.

Is Tug O' War suitable for all ages?

Yes — team sizes can be adjusted to balance out different strength levels, including mixed adult and child teams.