



BHARATIYA VIDYA BHAVAN'S GIPCL ACADEMY

NANI NAROLI

INTERHOUSE TUG OF WAR COMPETITION

CLASS III TO V

CIR/STU/2025-26/07

DATE :11/04/2025

NAME OF ACTIVITY: INTERHOUSE TUG OF WAR COMPETITION

DATE & DAY: 16-4-2025, WEDNESDAY

DEPARTMENT: SPORTS DEPARTMENT

RULES OF TUG OF WAR

- Each team in a Tug of War competition consists of eight people.
- At the start of the pull, the centre line of the rope should be immediately above line marked on the ground.
- Both teams pull the rope, the winner being the team who manage to pull the mark on the rope closest to their opponents over the centre line.
- The rope must be pulled underarm and nobody's elbow must go below the knee, otherwise a foul will be called.
- Matches are often a best of three pull, the winner winning two out of the three pulls.

Mr. Santosh Yadav

Ms. Bobby Sinha

Mr. Shetal Patel

Mr. Vaibhav Agarwal
Principal