



**twif**

**tug of war  
international  
federation**

# Junior Training and Coaching

**guidance material**

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# TWIF GUIDELINES FOR JUNIOR TUG OF WAR

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1. Guidance Material for Schools

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2. Training Guidelines for Coaches

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3 Training Guidelines for Schools

# 1. GUIDANCE MATERIAL FOR SCHOOLS

- 1.1. Make contact with the school, perhaps an introductory letter requesting a meeting with the Principal or Head of Sport.
- 1.2. At the meeting explain about the tug of war sport and that we think at school level it should be predominately for fun, to allow all pupils to enjoy.
- 1.3. Explain that TWIF has had a Medical Study carried out by the University of Pretoria, which looked into the sport during the 2002 World Championships. There were no injuries to any junior puller who competed at that event.
- 1.4. Give some reasons why they should introduce tug of war to the pupils or students.

 It is a healthy team sport, where individuals learn to contribute to a team / joint effort. This results in co-operation and team discipline

 Tug of war is a totally amateur sport with a long history; it encourages physical fitness and a sound mental attitude to competition.

 Competitions are organised so that it is a fair sport. Maximum aggregate team's weights are set to afford equal opportunity for all. Age limits are also set to ensure safety. Mixed gender pulling is only allowed in younger age groups. These rules achieve maximum effort in safe conditions.

 It requires no costly equipment other than a rope, which is durable and lasts for years. Training takes place on a small area of grassed land which is often between established pitches. Most schools choose the indoor tug of war, which is held in a sports hall; preferably on rubber matting (this may well be loaned / supplied by your association / federation). Rugby or football uniform / kit is often used together with suitable footwear i.e. indoor shoes. It is a very affordable sport.

 The sport is fun for pullers and the spectators. It is essentially a friendly sport with traditional values. It promotes a team spirit with social values.

 It provides an opportunity to represent at National or International level. A representative youth side is regularly entered at both European and World Championship events. Everyone can find a personal level. Explain your country's structure if they wish to compete on a serious level.

 Young people will certainly be able to carry their enthusiasm into their adult lives. The sport is very accessible.

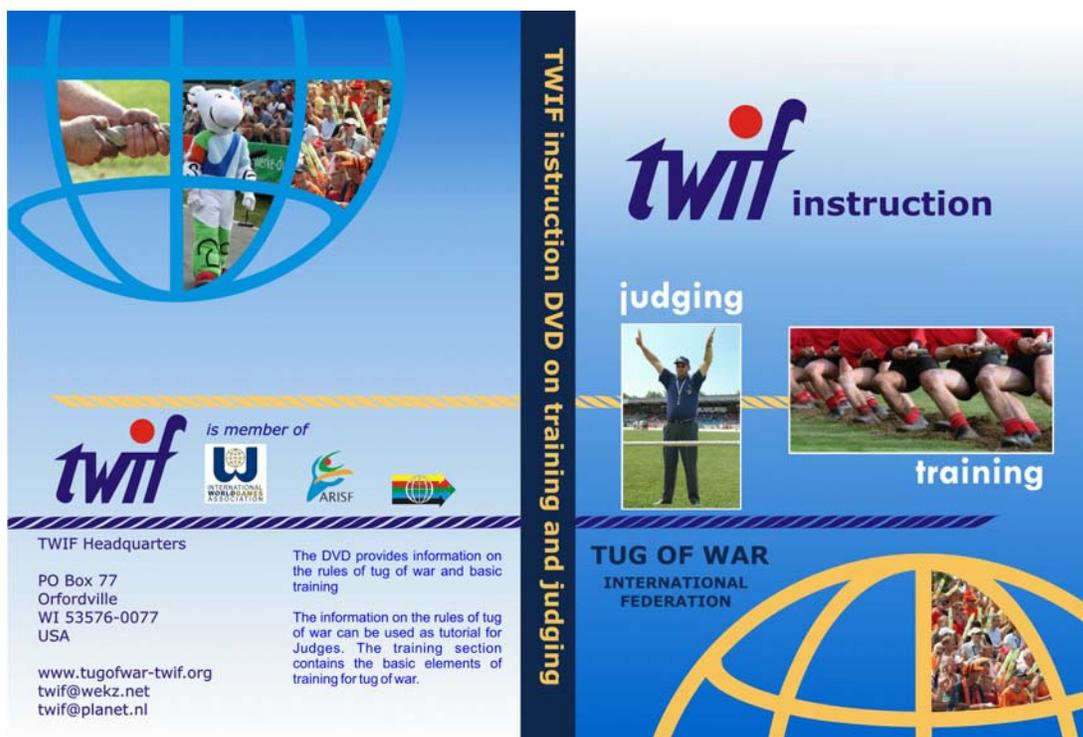


Photo Eddie van Raamsdonk

- 1.5. It is a safe non contact sport that motivates individuals, and encourages traditional values of honesty, integrity and sportsmanship.
- 1.6. Explain about your association/federation Child Protection Policy
- 1.7. Offer to assist to and organise with the sports staff, a demonstration of the tug of war sport.
- 1.8. Explain that in most countries it is preferable to pull tug of war indoors on mats. The reason for this is because it fits in more easily with the school terms, and you do not have to worry about the weather conditions. It also means pullers only require a thick top garment and a pair of trainers / indoor shoes, which most pupils will already have.
- 1.9. When other schools also take part, inform them that all participating schools could hold a competition, after a few weeks training. This will give them goals to set.
- 1.10. Inform schools that, school competitions, at various levels, are now taking place in South Africa, Northern Ireland, Chinese Taipei (Taiwan) and Canada.
- 1.11. Explain that TWIF held a Seminar in 2005 where South Africa, Northern Ireland and Chinese Taipei spoke about their own School Programmes. Explain that a report on this is available, if teachers would like to see it. Also inform them that video's and DVD's showing schools competing at tug of war competitions are also available.

## 2. TRAINING GUIDELINES – COACHES

- 2.1. Ensure when working with schools, that you have enough qualified people to assist, *never* work alone with pupils. Always ensure that at least 2 adults are present at training / participation events.
- 2.2. Have a meeting with teachers and all interested parties as soon as possible i.e.:
  - Local Education Authority (who may be able to help financially)
  - Local Council Sports Development Officers
- 2.3. Advise about sensible thick clothing to wear on the upper body and arms, and explain the appropriate footwear required for either indoor or outdoor events.
- 2.4. Stress that you want them to enjoy tug of war, but at the same time, to take it seriously and follow the instructions given.
- 2.5. Explain why the anchor person should have the rope running free around the body, and not twisted around arms or torso.
- 2.6. Explain that there are videos and DVD's available that can be shown to:
  - a. illustrate the various positions of the pullers on the rope
  - b. show the commands that a tug of war Judge will use
  - c. show the infringements that pullers are penalised for
- 2.7. All coaches must be aware of any Child Protection Policy their country has and must adhere to it.



**TWIF DVD for Instruction on training and judging**

### 3. TRAINING GUIDELINES – SCHOOLS

- 3.1. Explain the equipment required i.e. ropes, mats, shirts, trainers / indoor shoes, boots etc.
- 3.2. Always have teachers assisting so they too can develop and possibly go on to coach teams themselves.
- 3.3. Have an organised fitness programme (see TWIF Training Manual for details)
- 3.4. Ensure pupils warm up and warm down correctly.
- 3.5. Have tug of war training as part of the PE / Games lesson if possible.
- 3.6. Include all willing pupils and treat them all as equals.
- 3.7. Ensure teams are of equal weight – which is more important than number of pullers per team.
- 3.8. If mixed gender teams wish to participate ensure they have equal numbers of boys / girls in each side.
- 3.9. Age limits i.e.:
  - ☞ 8 – 11 year old pupils (to pull on fun level)
  - ☞ 12 – 16 year old students (to pull a more serious level)



Photo Eddie van Raamsdonk

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## WHY tug of war?



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We believe participation in the these competitions could enhance the sporting life and atmosphere of any school / club