

Nadvlačenje konopca

(Tug of war)



Aim of the game: To drag the opposite team over the line. The game is played up to three rounds. The team who wins at least two rounds wins.

Set up: Any outdoor or indoor area, at least 15x5m. Draw a central line and two lines of about 1m distance each from the central line (the team lines)

Rules:

Each team has an equal number of players, from 6 to 10 matched similarly according to size and weight.

A scarf is tied in the middle of the rope at the point above the central line. If the number of players equals 10 in one team, the team line is drawn about 2 m from the central line. Both teams grab the rope at the level of their hips strongly with both hands and legs slightly bended and widely spread in order to have better stability.

On the referee's signal the teams start pulling the rope as strong as they can. The indicator for the referee to call a team win is when the scarf crosses the team line of one of the teams. One round lasts 60 seconds. If none of the teams wins in that time, it is a tie game. Striking, moving left and right, as well as letting the rope is not allowed. After each round the teams change sides.



Equipment and Materials: A rope (thickness 20-35 mm, length 10-20 m), scarf, chalk for drawing lines or a tape.

Age:
5-12 +

Number of players:
12– 20

Duration:
Up to 2 wins

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Teaching Style

1. Provide clear and simple instruction
2. Balance the ability level of the team
3. Practice games/techniques of pulling the rope
4. Encourage players to communicate throughout the game
5. Safety instructions to be tailored to the environment and participants playing the game.

Equipment

1. Lashes can be tied to the rope to make it easier to pull
2. The rope can be tied to a circle (game becomes a team activity)

Rules

1. Simplify/harden the rules: only pull with one arm, play in seated position
2. Increase / decrease time limit
3. Increase / decrease the number of players

Environment

1. Increase/decrease the playing area/distance/ boundaries/zones
2. Ensure the indoor/outdoor playing area has a smooth surface and is free of obstacles

