



The Swedish Tug of War Federation

Rules and tables for competition in Individual Tug of War

(Includes table for diplomas and awards)

2023

Individual competition

In this document The Swedish Tug of War federation is referred to as SDF, the regional federation as DF and the technical committee as TK.

1. Competition

The individual tug of war competition is divided into two separate tests, one being a test of strength and the other an endurance test.

For full Swedish Championship and Regional Championship status, it requires at least two starting competitors in a weight class.

Any new records count, regardless of how many competitors there are in the weight class. Competitors compete in the weight class they weighed in to.

Competitors from the same club shall wear their assigned club attire (competition attire).

Apart from awards in each weight class, the competitor with the highest score gets a prize.

This prize is given no matter what weight class the winner is in.

The judges must be Federation Judge Grade 1 to be allowed to judge during the Swedish championships.

To be side judge or to judge in District Championships, the judge must be at least District judge.

2. Implementation and rules.

The competitor shall ahead of competition's start announce their chosen pulling weight in the first round of the strength test to the secretariat.

The competition begins with the strength test.

The competitor that has chosen the lowest pulling weight begins. The start order stays the same during the entire competition and is decided from lowest pulling weight to highest. If two competitors have chosen the same weight, the competitor with the highest body weight starts. If both competitors have the same weight the judge draws a starter.

The competitor has three attempts to succeed in the strength test.

When the frame has been loaded with the correct weight, the judge gives the competitor a signal to start when ready.

The judge controls that the competitor doesn't lock the rope or pulls while sitting down during their test.

The judge signals "approved" to the competitor when they've reached the correct height.

The judge announces "not approved" if the attempt fails.

The secretariat notes the results in the protocol.

Thereafter the competition continues with the next competitor in that weight class.

At their second and third attempt the competitor is allowed to increase their chosen weight or to skip the attempts. The chosen weight can never be decreased.

The highest approved weight the competitor has pulled counts as the final result in the strength test. Points are given according to table (see §5).

The competitor must have an approved test and have received points in order to continue the competition in the endurance test.

When all competitors in all weight classes have finished their three attempts in the strength test, the competitors proceed to the endurance test.

The endurance test continues with the same starting order as the strength test.

In the endurance test a weight relative to the competitors weight is pulled (see table §6).

When the frame has been loaded with the correct weight the judge gives the competitor a signal to start when ready.

The judge controls that the competitor doesn't lock the rope or pulls while sitting down during their test.

The competitor pulls the weight 3 meters up and then lowers it down as many times as they can.

The judge signals "turn" to the competitor when the weight is at an approved height in both upper and lower position. The weight is not allowed to touch ground before turning back up.

The competitor must always await the judges signal before turning.

The number of meters and decimeters pulled upwards gives points.

In the Endurance Test the competitor gets ten points (10) for every meter the weight is pulled.

Example: The competitor pulls the weight up three times, that gives them 3x3 meters = 90 points.

The judges stand where they can see both competitor and weight to ensure that the competitor doesn't lock the rope or pulls while sitting.

If the competitor doesn't adhere to the judges warnings or in case of repeated violations the judge interrupts the attempt immediately. The competitor keeps the points that they were given until the interruption.

The competitor is responsible to make sure the rope doesn't tangle. The judge can decide to let another person move the rope away from the competitor's body if there is a risk of injuries.

If the competitor completely misses the endurance test, they are disqualified and gets 0 points.

After the competition the judges signs the protocols.

3. Age classifications

When competing individually there are four different classifications, female and male juniors & female and male seniors.

Juniors: 15-18 years

Seniors: 15+ years

Younger Oldlady: 38-44 years

Younger Oldboy: 38-44 years

Older Oldlady: 44+ years

Older Oldboy: 44+ years

4. Weight classes

At weigh-in the clothing approved for men are shorts, for women shorts and non-transparent top, like t-shirt or sports bra. Only wearing underwear is not allowed.

Weigh-in in individual competition is on an approved scale that has been tested with 60kg to assure it's weighing correctly.

The weigh-in is only approved on the site of the competition, the time and place is specified in the invitation.

During competition the following weight classes are:

	Male juniors	Female juniors
Light weight	Up to 60 kg	Up to 50 kg
Middle weight	60,1-70,0 kg	50,1-60,0 kg
Light heavy weight	70,1-80,0 kg	60,1-70,0 kg
Heavy weight	Above 80,1 kg	Above 70,1kg
	Male	Female
Light weight	Up to 70 kg	Up to 60 kg
Middle weight	70,1-80,0 kg	60,1-70,0 kg
Light heavy weight	80,1-90,0 kg	70,1-80,0 kg
Heavy weight	90,1-110,0 kg	Above 80,1 kg
Super heavy weight	Above 110,1 kg	

5. Strength test

In the Strength test the competitor gets five points (5) for every kg, see table below.

Example: Men Lightweight has to pull a weight of 66kg = 5points.

		Men	Junior Men	Women	Junior Women
Light weight	For each kg over	65kg	45kg	45kg	35kg
Middle weight	For each kg over	75kg	55kg	55kg	45kg
Light heavy weight	For each kg over	85kg	65kg	65kg	55kg
Heavy weight	For each kg over	95kg	75kg	75kg	65kg
Super heavy weight	For each kg over	115kg	x	x	x

If more than one competitor finishes on the same points, the winner is ruled out by the following order:

A. Weigh-in weight. The competitor's weight shall be declared with kg and hg, lowest weight wins.

B. Results in strength test.

C. Results in endurance test.

If no winner can be decided according to specifications above, both competitors shall be given the same placement.

Example: Two winners = Two gold but no silver

6. Endurance test

A. Weight table for endurance test for men.

Closest whole kg decides body weight.

Example: the competitor weighs 88,5kg, therefore their weight will be 89kg in the chart.

Example: the competitor weighs 88,4kg, therefore their weight will be 88kg in the chart.

If the bodyweight is higher than 110kg, the body weight will still count as 110kg in the chart.

Body weight	60	61	62	63	63	64	65	66	67	68	69	70	71
Pulling weight	70	70,5	71	71,5	72	72,5	73	73,5	74	74,5	75	75,5	76

Body weight	72	73	74	75	76	77	78	79	80	81	82	83	84
Pulling weight	76	76,5	77	77,5	78	78,5	79	79,5	80	80,5	81	81,5	82

Body weight	85	86	87	88	89	90	91	92	93	94	95	96	97
Pulling weight	82,5	83	83,5	84	84,5	85	85,5	86	86,5	87	87,5	88	88,5

Body weight	98	99	100	101	102	103	104	105	106	107	108	109	110
Pulling weight	89	89,5	90	90,5	91	91,5	92	92,5	93	93,5	94	94,5	95

B. Weight table for endurance test for Women & Junior Males.

Closest whole kg decides body weight.

Example: the competitor weighs 68,5kg, therefore their weight will be 69kg in the chart.

Example: the competitor weighs 68,4kg, therefore their weight will be 68kg in the chart.

If the bodyweight is higher than 80kg, the body weight will still count as 80kg in the chart.

Body weight	40	41	42	43	44	45	46	47	48	49	50	51	52
Pulling weight	45	45,5	46	46,5	47	47,5	48	48,5	49	49,5	50	50,5	51

Body weight	53	54	55	56	57	58	59	60	61	62	63	64	65
Pulling weight	51,5	52	52,5	53	53,5	54	54,5	55	55,5	56	56,5	57	57,5

Body weight	66	67	68	69	70	71	72	73	74	75	76	77	78
Pulling weight	58	58,5	59	59,5	60	60,5	61	61,5	62	62,5	63	63,5	64

Body weight	79	80
Pulling weight	64,5	65

C. Weight Chart for endurance test for Junior Women.

Closest whole kg decides body weight.

Example: the competitor weighs 58,5kg, therefore their weight will be 59kg in the chart.

Example: the competitor weighs 58,4kg, therefore their weight will be 58kg in the chart.

If the bodyweight is higher than 70kg, the body weight will still count as 70kg in the chart.

Body weight	30	31	32	33	34	35	36	37	38	39	40	41	42
Pulling weight	30	30,5	31	31,5	32	32,5	33	33,5	34	34,5	35	35,5	36

Body weight	43	44	45	46	47	48	49	50	51	52	53	54	55
Pulling weight	36,5	37	37,5	38	38,5	39	39,5	40	40,5	41	41,5	42	42,5

Body weight	56	57	58	59	60	61	62	63	64	65	66	67	68
Pulling weight	43	43,5	44	44,5	45	45,5	46	46,5	47	47,5	48	48,5	49

Body weight	69	70
Pulling weight	49,5	50

7. Frame for weight pulling

Each competition shall have a frame for pulling weights approved by SDF.

The weight is pulled vertically 3 meters up.

The pulley should be 14 centimeters in diameter, plus/minus 10%.

The lower pulley should be assembled 50 centimeters above ground, and the distance between the lower pulley and the center of the weight when pulled should be 2 meters.

The distance between the lower pulley and the competitor's footstand is 6 meters.

If the pulleys have bearings this shall be announced before the start of the competition.

The competitor is allowed to use their own rope. The competitor or their coach is responsible for changing the ropes.

Approved ropes:

- Have a circumference of 10-12,5cm.
- Has no loops or knots.
- Should be four strand ropes, made from hemp, sisal, cotton or synthetic fibre.
- Can be any preferred length.

8. Scales for weigh-in

Scales for weigh in and verification shall be tested with 60kg.

The scale should be a personal scale of digital type.

A second scale should be available.

9. Regulations for awards

Diploma

Diplomas can be given to the competitor that in approved frame pulls their own weight 3 meters above ground. The highest weight that can be pulled is 85kg.

The test must be monitored by approved judge.

Accomplishment awards

The accomplishment awards is in bronze, silver-plated bronze and gilded bronze.

The award can be obtained by the person who has fulfilled the test according to charts below. Only one award can be obtained per year, starting with bronze.

To obtain an award you need to follow the rules of individual tug of war and succeed in the following tests below. Both the strength test and the endurance test must be performed at the same time (the strength test must be approved before endurance test begins). Both tests must be supervised by approved judge.

A club that intends to arrange a test occasion needs to announce the time and place to the board of the local district at least 14 days ahead of time.

The Elite Award, which is in gilded silver, is given to a person who has obtained the gold medal 5 years in a row, no matter which age class the person has been in those 5 years. The Elite Award is paid for by SDF.

Junior Women (15-18 years)

	STRENGTH TEST	ENDURANCE TEST
Bronze	Bodyweight +15kg	5 meters acc. to chart
Silver	Bodyweight +30kg	10 meters acc. to chart
Gold	Bodyweight +40kg	13 meters acc. to chart

Senior Women (15-37 years) & Junior Men (15-18 years)

	STRENGTH TEST	ENDURANCE TEST
Bronze	Bodyweight +25kg	9 meters acc. to chart
Silver	Bodyweight +40kg	14 meters acc. to chart
Gold	Bodyweight +50kg	17 meters acc. to chart

Senior Men (15-37 years)

	STRENGTH TEST	ENDURANCE TEST
Bronze	Bodyweight +35kg	13 meters acc. to chart
Silver	Bodyweight +50kg	17 meters acc. to chart
Gold	Bodyweight +60kg	21 meters acc. to chart

Younger Oldlady (38-44 years)

	STRENGTH TEST	ENDURANCE TEST
Bronze	Bodyweight +15kg	7 meters acc. to chart
Silver	Bodyweight +30kg	11 meters acc. to chart
Gold	Bodyweight +40kg	14 meters acc. to chart

Younger Oldboy (38-44 years)

	STRENGTH TEST	ENDURANCE TEST
Bronze	Bodyweight +20kg	10 meters acc. to chart
Silver	Bodyweight +35kg	13 meters acc. to chart
Gold	Bodyweight +45kg	17 meters acc. to chart

Older Oldlady (45+ years)

	STRENGTH TEST	ENDURANCE TEST
Bronze	Bodyweight +10kg	6 meters acc. to chart
Silver	Bodyweight +20kg	9 meters acc. to chart
Gold	Bodyweight +30kg	11 meters acc. to chart

Older Oldboy (45+ years)

	STRENGTH TEST	ENDURANCE TEST
Bronze	Bodyweight +15kg	8 meters acc. to chart
Silver	Bodyweight +25kg	10 meters acc. to chart
Gold	Bodyweight +35kg	13 meters acc. to chart

10. Judges & Secretaries

Head Judge

The judge shall before competition starts control:

- Frame and ropes are approved according to rules.
- Starting order in the different weight classes are correct.
- All staff is in place and prepared for their tasks.
- At least two functionaries are in place to change weights on the frame between competitors.

Assistant Judge

The assistant judge is responsible for:

- Ensure the weigh in scale is controlled and verified with 60kg.
- Weighing in the competitors correctly.
- Make sure the competitors' clothes and equipment follow the rules.

Assistant judge is responsible to ensure that the frame is loaded with the correct weight during the strength test and the endurance test. They are also responsible of counting the pulling length in meters and decimeters, and loudly announce 3 meters, 6 meters and so on, the whole duration of the test. Establish the final results together with the head judge. Control and sign protocols.

Secretaries

Secretaries are responsible for:

- List competitors' weight, club and age in the protocols.
- Arrange starting order according to rules.
- Note the right weights (acc. to charts) for each competitor and weight class for Endurance test in the protocols.
- Write down results in protocols during competition.

An approved result in the strength test is marked with an underline under attempted weight.

If the results are not approved, a diagonal line is drawn in the box over the attempted weight.

(Attempted weight should be readable after drawn lines.)

The secretaries are responsible for counting results, control the protocols and sign them. Together with arranger announce results to media.