



Final
July 2025
Area Eliminator
Amended 16.9.2026
Amended should have read
6.9.2025

NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

Competitions Programme 2025-2026

NFYFC Tug of War Championships

(Ladies, Men's and Junior GENSB Competitions)

Following the Tug of War Association Competition Rules, 2011; incorporating TWIF Rules



TENBURY
COUNTRYSIDE SHOW

RULES

COMPETITION AIM

To encourage YFC members to work together as a team to demonstrate their Tug-of-War skills in a competition environment.

LEARNING OUTCOMES

Tug-of-War skills: strength, rhythm, pulling position and technique; teamwork, respect, discipline, enjoyment, sportsmanship as well as providing health and wellbeing benefits.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the **Fine System in place for withdrawal from competitions.**

Further information can be found at <https://nfyfc.org.uk/competition-organisers-resources>

For insurance purposes all rounds of competition must be held using a Tug of War Association (ToWA) judge and under the authority of a Tug of War Association permit (available from the Hon. Gen. Sec. of the ToWA). Further guidance can be obtained from the official Tug of War Association Handbook or ToWA website.

These rules are for the NFYFC final but may be adapted for county and area rounds with agreement from the chief judge. Counties and areas may wish to pull in a straight knockout competition or pull according to the pre 2011 ToWA rules.

1. DATE & VENUE

1.1. After the area finals, the final will be held at Tenbury Show on Saturday 1st August 2026.

2. REPRESENTATION

2.1. Counties may enter one team entry per 600 members or part thereof in Area Finals.

2.2. Areas will be represented by one County team per 3,000 members or part thereof in the Competition Final. (Northern Area 2, Eastern Area 1, East Midlands 1, West Midlands Area 1, South West Area 2, South East Area 1 and Wales 2)

3. SUBSTITUTION PRIOR TO THE COMPETITION

3.1 **All substitutes must have been eligible to compete in the County Final.**

4. ELIGIBILITY

4.1. **Ladies and Men's teams** shall consist of eight pulling members of the same gender. No more than **two (2)** members of a team may be between the ages of 15 and over, and under 17 years on 1 September 2025 and the remainder of the team **MUST** be between 17 years and over, and 28 years of age or under on 1 September 2025.

- 4.2. **A Junior GENSB team** shall consist of between 7 and 10 pulling members, male or female, who must be between 12 years & 17 years of age and under on 1st September 2025. **This means competitors MUST have attained their 12th birthday on 1st September 2025 and may be 18 on the day of the competition.**

For Junior Competitions including GENSB at County Rallies Only (the 1st round of the Competition) competitors are eligible to wear TOW Boots, dealer boots or wellies, as long as they are safe and not studded. It felt unfair that junior members should have to pay for boots if they are just starting out in the competition. This rule has been agreed with ToWA. Regarding Steel Toe Caps these should not be worn. If teams are competing at Area Competitions, then proper TOW boots need to be worn. The above applies to Junior Competitions only.

- 4.3. All competitors must be full members of a Club affiliated to the NFYFC (**You cannot compete for more than one club and county in one membership year**). Competitors at the National Final must both present their YFC membership card and also, if over 18, have additional official photographic ID (Passport or Driving Licence).
- 4.4. **Coaches and Trainers** – Only one Coach is permitted with each team during pulling. Only one Trainer or “Water-Carrier” is permitted with each team. During pulling the Trainer shall take up position well clear of both teams and is not permitted to address any remark to them during actual pulling. Neither the Coach nor Trainer need comply with other rules of eligibility.
- 4.5. **On the day of the NFYFC Final members are only allowed to pull and compete in one age or gender category.**

5. **REPLACEMENT PULLERS – SUBSTITUTION**

- 5.1. For the Ladies and Men’s If 4 of the original team is unable to go forward to subsequent rounds, then the next highest placed team will represent the Area.
- 5.2. For the GENSB if half of the original team are unable to go forward to subsequent rounds, then the next highest placed team will represent the Area.
- 5.3. **All substitutes must have been eligible to compete in the County Final.**

6. **WEIGHING-IN PROCEDURE AND WEIGHT LIMITS**

- 6.1. Teams will be notified of Weighing-in and report times prior to the NFYFC final.
- 6.2. The 8 members of the Ladies or Men’s teams will be weighed as one and will not exceed:
Men - 680 kg Ladies - 560 kg
- 6.3. The members of the Junior GENSB team will be weighed as one with the initial weight limit of:
Junior GENSB - 560kg
An additional 10kg will be added to the weight allowance for each female in the team up to a maximum of 600kg
- 6.4. The competitors will be stamped or marked on a limb in a position easily seen by the Judge, but not easily erased by the rope or competitors clothing.
- 6.5. **At weigh-in all team members must have their boots available for inspection by the judges.**
- 6.6. **To note that the rules below are for the 2026 YFC Season of Competitions all coaches/trainers should have a current DBS and have completed the NFYFC Safeguarding Course.**

- **Added to the rules 16th September 2026 2025**

Regarding team numbers in the Ladies and Men’s EW asked if a team of 7 were eligible to pull against a team of 8 in a Ladies and Men’s Competition and would the ToWA officiate a Competition. MB to clarify with the ToWA and check with the NFU Insurance to ensure that this would be in order. The ToWA had agreed in principle to this. This would only apply to County and Areas Competitions that a team of 7 would be allowed to pull and this would be under the ToWA National League Rules. For the NFYFC Finals a team of 8 would be required in both the Ladies and Men’s. Whether there was 7 or 8 in a team then the weight limit would stay the same i.e. **MENS (680KG) AND LADIES (560KG). No changes to the GENSB competition. For clarification only at County and Area level are teams are allowed to pull with 7 members in the ladies and men’s competitions, and this is in extreme circumstances. At the NFYFC finals 8 members will be required in both the ladies and men’s competition on the day.**

- **DRESS CODE - WEIGH IN**

The minimum dress for weigh-ins are as follows:

Males - pulling shorts

Females - pulling shorts and a non-transparent top

GENSB – shorts and t-shirt and for anyone else who is under the age of 18

- **Safeguarding and Position of Trust (POT) for Competitions** – for those in a position of trust who are doing training every week, e.g. choir, dancing, public speaking, tug of war should have a DBS check. For Tug of War, they should also have completed the NFYFC safeguarding training course and their details are to be recorded on the online entry forms. To clarify - that Trainers/coaches of all Tug of War teams need to have a DBS check plus take the NFYFC Safeguarding or an equivalent course.

7. SUBSTITUTION ON THE DAY OF THE COMPETITION

- 7.1. After a team has pulled the first end of the first match, the team is able to use a substitution. A substitute may replace any one puller for the remainder of the competition (Age restriction of team still applies). Substitution may be used for tactical reasons or due to injury.
- 7.2. Any potential substitutes must (unless otherwise instructed by competition organisers) have been signed in and had their membership card checked prior to pulling in the competition.
- 7.3. At the time of substitution; both, the puller to be replaced and the substitute, must report in full pulling outfit, (shirts, shorts, stockings and footwear) to the Chief Judge/Chief Steward who may designate an official to deal with the substitutes. A small (bathroom type) scale must be available at the pulling area, (in a suitable place, on solid surface), to determine the weight difference between the two pullers. The substitute puller must be of equal weight or less than the puller he/she replaces. Directly after the change, the Chief Judge or designated official shall cancel the stamp or marking of the replaced puller, and indicate a similar marking on the substitute, with an indelible marker. This change shall then be recorded.

N.B For GENSB teams; Once weighed in, the team weight allowance cannot be improved upon through substitution i.e. increasing the number of females on the team. Any weight bonus must be removed accordingly if the number of females has decreased below the original bonus threshold of the team.

Eg. Team = 5 males & 4 females = 600kg (560kg + 40kg bonus). A female puller of 70kg is substituted for a male. The male must weigh 60kg or less (Both in full pulling gear) because the resultant bonus has decreased.

8. DRAW AND BYES

- 8.1. The Chief Judge and Chief Steward will confirm the number of leagues teams shall be drawn into. However there shall be no more than 7 teams in one league.

9. PULLING

- 9.1. Each team shall pull a match of 2 ends against every other team in the league with points awarded as follows:

3 points	to the winners in a straight pull (two straight pulls)
Nil points	to the losers in a straight pull
1 point	to each team winning 1 pull each

Note: If teams are drawing on points at the end of the league; they shall be ranked using the following system until differentiation:

- 1. Results of matches (between the teams drawing on points).**
- 2. Matches won (most matches won).**
- 3. Cautions (least number throughout pulling).**
- 4. Team weight (lowest team weight at weigh in).**
- 5. Coin toss or draw.**

- 9.2. If there is one league; the top 4 teams on points shall enter the semi-final competition as follows: 1st v 4th; 2nd v 3rd
- 9.3. If there are two leagues; the top 2 teams on points from each league shall enter the semi-final competition as follows: League one winner v League two runner up League two winner v League one runner up
- 9.4. The losers of the semi-finals shall pull off for 3rd and 4th places before the winners of the semi-finals pull off for 1st and 2nd places.
- 9.5. **The semi-finals, 3rd/4th pull off and the final matches shall be won by two (2) pulls out of three (3).**

11 AWARDS

11.1 **Perpetual Shields** and Prize Cards to the winning teams.

11.2 **Prize Cards** to teams placed 2nd to 4th

NFYFC Certificates will be awarded to all members of teams competing in the NFYFC finals.