



# Manningtree Town Regatta 2024

August 10 & 11



Hosted by Stour Sailing Club

## Tug of War – Sunday 11 August

Mud Sports start at 10:30am – Tug of War Teams to be at SSC Marquee on Quay Street by 10:00am to enable Neptune to determine the order of Pulls.

Entry fee £10 per Team – to be paid at registration in the Marquee ahead of the first pull.

Entry Forms available at [www.stoursailingclub.co.uk](http://www.stoursailingclub.co.uk)

### Rules

#### Who can enter?

- Teams from local businesses, community groups and sports clubs
- A maximum of eight people in each Team
- Women's and Men's competition

#### The Format

- Neptune will determine the order of Pulls by drawing lots – in the case of an uneven number of Teams in any round a 'Round Robin' format will be used
- Once the Teams are in position Neptune will ask "Are you Ready" and give the commands: Pick up the Rope; Take the Strain; Pull
- Neptune will declare when a Team has won the round – Neptune's decision is final!
- The winning team from each round will proceed to the next round

#### Publicity

- The competition is usually covered by the Press and by taking part competitors are deemed to have given consent to images being used in the press and other publicity

#### Safety Rules

- Shoes **must** be worn for the competition – these may be secured by gaffer tape
- Long trousers and gloves are advised (no-one knows what may be lurking in the mud)
- Bring a towel and spare clothes (mud is sticky and 'fragrant')
- Competitors must not make a loop to wrap the rope around their hands for a better grip (this can lead to injury to the fingers)
- Competitors take part at their own risk. Stour Sailing Club accepts no liability in the event of any accidents or injuries however caused.