



Manningtree Town Regatta 2023

August 5 & 6



Hosted by Stour Sailing Club

Tug of War – Sunday 6 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

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.