

# **Rope Specifications**

## **1. Rope Dimensions:**

The rope must not be less than 10 centimetres (100mm) or more than 12.5 centimetres (125mm) in circumference and must be free from knots or other holdings for the hands. The end of the rope shall have a whipped finish. The minimum length of the rope must not be less than 33.5 metres.

## **2. Rope Markings:**

The tapes or markings shall be affixed so that they are easily adjustable by the judge in the event of the rope stretching or shrinking.

## **3. Rope Marking Outdoor:**

Five tapes or rope markings shall be affixed as follows :

- (a) One (1) tape or marking at the centre of the rope
- (b) Two (2) tapes or markings each four (4) metres on either side of the centre marking
- (c) Two (2) tapes or markings each five (5) metres on either side of the centre marking

Markings listed in (a), (b) and (c) shall be in three different colours

## **4. Rope Marking Indoor:**

Three tapes or rope markings shall be affixed as follows :

- (a) One (1) tape or marking at the centre of the rope
- (b) Two (2) tapes or markings each two and a half(2.5) metres on either side of the centre marking

Markings listed in (a) and (b) shall be in three different colours.

# **Pulling area and Markings**

## **1. Outdoor Pulling Area and Marking:**

The pulling area shall be flat, level grass, or other suitable covered surface. One centre line shall be marked on the ground.

## **2. Indoor pulling area and marking:**

- The pulling surface shall be made of a material that gives sufficient friction to normal indoor sports shoes and is approved by TWIF.
- The recommended length of the pulling surface will be 36 metres.
- The recommended width of the pulling surface will be 100 - 120 centimetres.
- One centre line and two side lines four(4)metres on either side of the centre line shall be marked on the pulling surface/floor.
- Indoor National Competitions must be run with at least 3 ropes and only on modern mats.