



NITOWA
THE WORLD INDOOR
CHAMPIONSHIPS
2023

TUG OF WAR WORLD INDOOR CHAMPIONSHIPS 2023

*Northern Ireland
Welcomes The World!*

EVENT PROGRAM
WED 8TH - SAT 11TH MARCH

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The World Indoor Championships bring the magic of tug of war to Northern Ireland!

“Team, are you ready? Pick up the rope. Take the strain. Pull!” These magical words start every tug of war match. But what is the magic behind the match?

Two teams (having equal maximum team weight), are opposite each other along a 36 metre rope, now on the ground. In the middle of the rope is a ribbon placed exactly on the middle line of the tug of war pitch. 4 metres (from the middle line) is a ribbon determining how far the teams must pull. So, when the 4 metres ribbon is pulled over the middle line then that team wins.

When the referee shouts “pick up the rope”, both teams grab the rope. The referee may let the rope be moved from left to right letting the ribbon be positioned exactly on the middle line.

Then the “stretching part” starts and both teams tighten the rope. A middle line check takes place and “pull” starts and both teams use all their force to pull. Leaning on the ground with arms or sitting on the ground is not allowed. The team may get a warning if they do so. Three warnings results in a win for the opposite team.

Once the game starts, power and stamina are important. Also tactics and willpower. How do we see to that the other team slackens? How do we keep up our own strength? And, of course how do we pull the line? A mental and physical game!

Tug of war is team spirit, tactics, technics, power, endurance and willpower. This combination of physical and mental exertion make tug of war magical!

Meet The NITOWA Commitee



Noel Hara
Chairman



Roy Glenny
Vice Chairman



Nelson Hanna
Treasurer



David Telford
Secretary

We believe in the power of sport to deliver positive impact for individuals and for society.

We believe sporting success makes people happy. It creates a powerful platform to inspire and effect lasting positive change for individuals and society.

We believe sport changes how individuals see their future, how communities connect with each other and how our country is seen by the world. Tug Of War has the power to make us all prouder, happier and more connected to each other.

We believe the way to achieve sustained sporting success and positive impact is through working together as one high-performance sporting community.

EVENT PROGRAM

Opening ceremony	20:00 In Dunadry Hotel and Gardens
Closing ceremony	Saturday directly after the last medal ceremony
Farewellparty	For all participant in hotel Corrs Corner, Saturday March 11, 2023
21:00 – 00:45	Last busses will leave at 01:00
Departure day	Sunday March 12, 2023

Day 1 and 3	Wednesday/Friday
07:30 – 08:30	Stamping
09:30	Start of competition. Which weight class starts depends on the entries. 680kg SMen, 500kg SWomen and 560kg U23Mix
	Medal Ceremony (right after morning competition has ended)
11:30-12:30	Stamping
13:30	Start of competition. Which weight class starts depends on the entries. 600kg SMen
	Medal Ceremony (right after afternoon competition has ended)
Day 2 and 4	Thursday/Saturday
07:30 – 08:30	Stamping
09:30	Start of competition. Which weight class starts depends on the entries. 640kg SMen, 540kg SWomen, 600kg U23Men and 500kg U23Women
	Medal Ceremony (right after morning competition has ended)
11:30-12:30	Stamping
13:30	Start of competition. Which weight class starts depends on the entries. 560kg SMen, 580 kg SMix and 520kg JMix
	Medal Ceremony (right after afternoon competition has ended)


PLEASE NOTE THAT TIMES MIGHT CHANGE DUE TO THE LENGTH OF THE COMPETITIONS. IN THE CLOSED COMPETITION THERE WILL ONLY BE THE FOLLOWING WEIGHTS: SENIOR W500, M560, M600, M640, M680 AND MX580.

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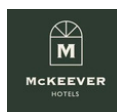
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