

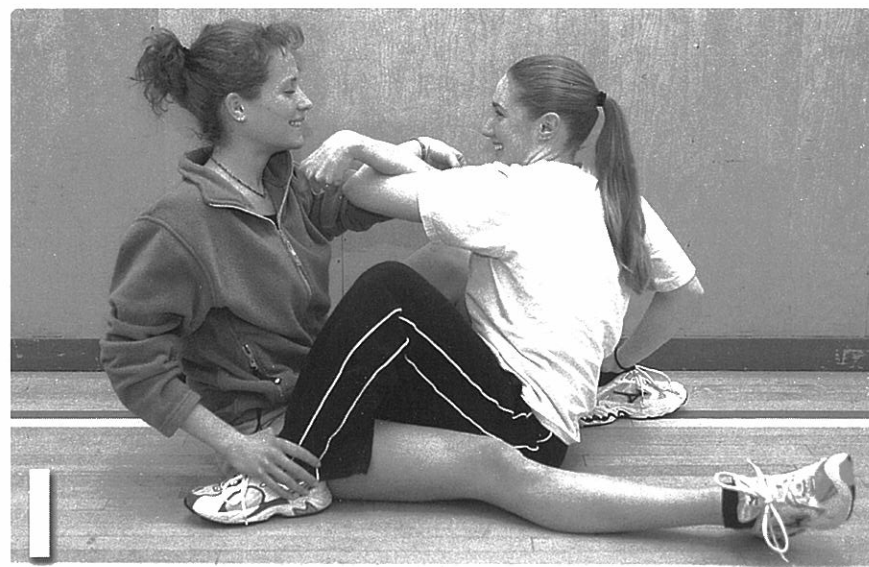
Arm Pull

The Game

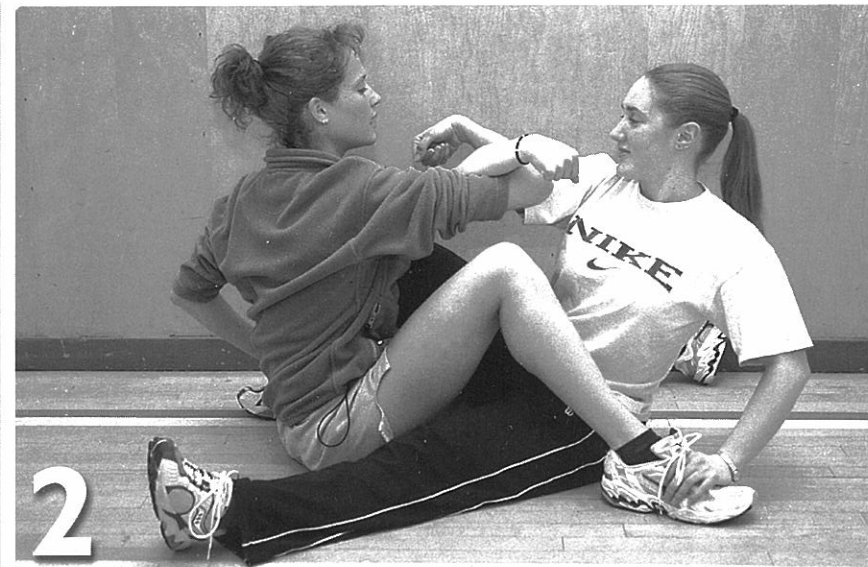
The Arm Pull is one of the traditional Tug-of-War games. Maximum strength and strength endurance are the main factors that decide the outcome. The objective of the Arm Pull is similar to that of the Finger Pull and the Wrist Pull: The athletes interlock arms at the elbows; each attempts to pull the opponent over or to break the elbow lock.

How to Play

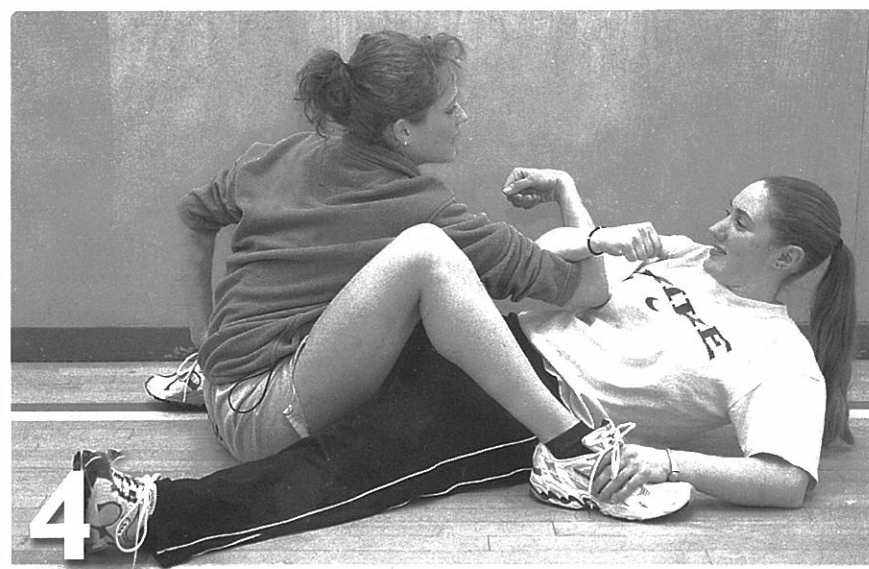
The Arm Pull is decided by strength only, not by your reaction time. On a signal, the competitors begin to pull steadily and strongly backward. No sudden jerking or twisting movements are allowed. The competitor who succeeds in breaking the arm lock or straightening the opponent's arm, wins the round. Usually, a best-of-three format is used.



Starting Position (#1 – left arm, #2 – right arm): Place the leg on the pulling side over your partner's opposite leg, and bend the knee. Straighten the other leg and place it on the floor. Interlock pulling arms, and place the free hand on your partner's ankle. The elbow is held at shoulder height, the pulling fist is strongly flexed. Do not lean back more than about 15 degrees, the back is straight.



After the signal, begin to pull backward strongly and steadily. Try to pull with your arm and to strongly lean backward at the same time. You must avoid jerking or twisting movements!



How to win, Variation 1 (#4): Athlete on right wins the round. She pulls the opponent's elbow towards the chest, pulling the opponent out of position. Variation 2 (#5-6): Athlete on left wins the round by straightening the opponent's arm and breaking the elbow lock. The round ends after the winning athlete's pulling arm slips off the opponent's straightened arm and wrist. — Switch pulling arms for the second round. If necessary, use a coin toss to determine pulling arms for the third round.

