

Rassa Kassi (Tug of War)

(Offline & Online Format)

1. Introduction & Vision

Rassa Kassi, popularly known as Tug of War, is a traditional team sport that has been played across cultures and continents for centuries. This thrilling test of strength, coordination, strategy, and team spirit finds global variations such as:

- Tug of War – UK, USA, Canada
- Rassa Kassi – India
- Touwtrekken – Netherlands
- Tire à la corde – France
- Tauziehen – Germany
- Tsunahiki – Japan
- Jeokjinju – Korea
- Hiki-Zumo – Japan (ceremonial form)

In line with the Modern Pythian Games' vision of promoting cultural heritage through inclusive global competitions, Rassa Kassi is organized as an official medal sport (Gold, Silver, Bronze) in both online and offline formats, welcoming general and disabled participants.

2. Description of the Game

Rassa Kassi is a team competition in which two teams pull on opposite ends of a rope, attempting to drag the opposing team a specific distance or over a marked line. Victory requires strength, teamwork, synchronization, and tactical coordination.

3. Competition Formats

a. Offline Format

- Conducted at certified venues with physical ropes and teams.
- Team members compete in person under supervision of referees and jury.

b. Online Format

- Teams compete using smart rope simulation kits, weight resistance machines with live video demonstration, or controlled simulation platforms.
- Competitions are streamed live with real-time jury observation and scoring.
- AI-assisted data tracking tools may be used for fairness and verification.

4. Eligibility Criteria

- Open to all genders, ages 12 and above.
- Divisions:
 - Junior: 12–17 years
 - Open: 18–39 years
 - Masters: 40+ years
 - Para & Disabled: All age groups, as per ability
- Participants must be medically fit or certified to compete.
- Teams must consist of 8 active pullers and 2 reserves.

5. Registration Process

- Participants register through the Modern Pythian Games official portal.
- Mandatory details:
 - Personal identification
 - Age proof
 - Medical fitness certificate
 - Disability certificate (if applicable)
 - Team name and member list
 - Indicate mode: Online or Offline
- Registration fees may vary by mode and location.

6. Dress Code

- Uniform team jerseys or T-shirts with matching track pants/shorts.
- Rubber-soled sports shoes or barefoot as per ground type.
- No metal accessories or unsafe clothing.
- Gloves are optional unless restricted for safety.

7. Categories of Competition

- Men's Teams
- Women's Teams
- Mixed Gender Teams (equal male-female ratio)
- Disabled / Para Teams
- Categories further divided by weight:
 - Under 480 kg
 - Under 560 kg
 - Under 640 kg
 - Open Weight

8. How the Game is Played

Offline Play:

- Teams line up on either side of a central line with a 33–36 meter rope.
- A white flag is placed in the middle and two marking lines are drawn 4 meters on either side.
- At the referee's whistle, teams pull to move the flag beyond their side's 4-meter mark.
- Best of 3 rounds format.

Online Play:

- Teams use resistance-enabled rope simulators or devices monitored live.
- Pulling duration and force are tracked via sensors.
- Live adjudication through jury panels watching video feeds.
- Time limit and resistance-based scoring determine the winner.
- Synchronization, effort consistency, and measurable strength are evaluated.

9. Jury Panel and Qualifications

- Each match will be supervised by a jury panel of 3 to 5 members.
- Qualifications:
 - Background in sports adjudication, physical education, or rope-pulling sports
 - At least one member with experience in para sports (for disabled categories)
 - Mandatory training in Modern Pythian Games' fair play and inclusivity policies

10. Scoring & Winning Criteria

- **Offline:**
 - A team wins when the center flag crosses their side's mark.
 - Winning two out of three pulls wins the match.
 - Time taken may be used for tie-breakers.
- **Online:**
 - Points awarded for resistance pulled, time maintained, and synchronization.
 - Sensors verify consistency of strength across team members.
 - Technical fouls or uneven pulling can lead to point deductions.

11. Transparent Rules and Regulations

- No doping – Strict anti-doping policies.
- Medical clearance required before participation.
- Foul Play includes:
 - Sitting on ground intentionally
 - Use of elbows or jerks
 - Stepping off the competition zone

- Team substitutions allowed only from the registered reserves before the round starts.
- Appeals Process: Teams may raise appeals with a fee and written submission within 10 minutes of match end. Decisions will be reviewed by the technical panel.
- Video Review: Enabled in online matches and major offline finals for dispute resolution.

12. Accessibility for Disabled Participants

- Rope height and tension adapted for wheelchair users or limb differences.
- Assistive grips or harnesses permitted upon approval.
- Matches supervised by para-sports trained referees.
- Categories include:
 - Seated Pulls (wheelchair)
 - Standing Pulls (limb differences, other disabilities)
 - Mixed Ability Teams (general + para-athletes)

13. Medal Distribution

- Gold, Silver, and Bronze Medals awarded in each category and mode.