



# CORNWALL YFC COMPETITIONS

## DAY SATURDAY 16<sup>th</sup> MAY

# RULES & SCHEDULE 2026

Trewen Farm, St Tudy,  
Bodmin

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Mr & Mrs R Kempthorne &  
Family



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# TIMETABLE - COMPETITIONS DAY

## SATURDAY 16<sup>th</sup> MAY 2026

CLASS 1 – 8	STATIC ENTRIES	TO BE IN PLACE BY 10.30am
CLASS 9:	Stockjudge of the Year	10.30am
CLASS 10:	Young Stockjudge of the Year	10.30am
CLASS 11:	Dairy Cattle Linear Assessment (28 & Under)	10.30am
CLASS 12:	Dairy Stock Judging (21 & Under)	10.30am
CLASS 13:	Dairy Stock Judging (16 & Under)	10.30am
CLASS 14:	Beef Judging (21 & Under)	11.30am
CLASS 15:	Beef Judging (28 & Under)	11.30am
CLASS 16:	Sheep Judging (Breeding Ewes) (21 & Under)	12.30pm
CLASS 17:	Sheep Judging (Breeding Ewes) (28 & Under)	12.30pm
CLASS 18:	Pig Judging (21 & Under)	12.30pm
CLASS 19:	Pig Judging (28 & Under)	12.30pm
CLASS 20:	Points Judging (Novice) - Lamb & Pig	12.30pm
CLASS 21:	Veterinary Questionnaire	All day
CLASS 22:	Farm Machinery Skills – Tractor & Trailer	10.30am
CLASS 23:	Farm Machinery Skills – Tractor with PTO driven implement	10.30am
CLASS 24:	Farm Machinery Skills – ATV Handling	10.30am
CLASS 25:	Farm Machinery Skills – First Aid	10.30am
CLASS 26:	Cornish Mutual Harvest Health & Safety	10:30am
CLASS 27:	Fence Erecting	11am
CLASS 28:	Auctioneering	1pm
CLASS 29:	Paint A Round Bale	11am
CLASS 30:	Cube Exhibit (ready for judging)	12pm
CLASS 31:	Hula Hooping	11am
CLASS 32:	Coconut Shy	11am
CLASS 33:	Archery (Male & Female) (Subject to good weather)	10.30am
CLASS 34:	Darts	11am
CLASS 35:	Male Cross Country	1.30pm
CLASS 36:	Female Cross Country	1.30pm
CLASS 37:	Junior Tug-Of-War	2pm weigh in
CLASS 38:	Ladies Tug-Of-War	2pm weigh in
CLASS 39:	Men's Tug-Of-War	2pm weigh in

**All Tug of War: Weigh in 2:00pm, pulling will begin immediately after**

## STATIC ENTRIES

Only **one** entry per club

### ELIGIBILITY

Competitors to be 28 years of age or under on 1 September 2025 and a full member of a Club affiliated to CFYFC.

All exhibits must be the unaided work of the competitors.

Prize cards to be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

- CLASS 1a:**                   **Grass Silage – Clamped (approx. 3 kilo bag)**
- CLASS 1b:**                   **Grass Silage - Bale (approx. 3 kilo bag)**
- CLASS 2:**                   **Any Six Eggs**
- CLASS 3:**                   **Fruit & Vegetable Model**
- CLASS 4:**                   **Decorated Egg (Egg to be hard boiled or empty)**
- CLASS 5:**                   **Cottage Loaf (To be judged on taste & appearance)**
- CLASS 6:**                   **Marble Cake – set recipe as below**
- CLASS 7:**                   **Longest Stinging Nettle**
- CLASS 8:**                   **Longest Dock Leaf**

### Marble Cake Set Recipe

#### Method

##### step 1

Heat oven to 180C/fan 160C/gas 4. Grease a 20cm cake tin and line the bottom with a circle of greaseproof paper.

##### step 2

put 225g butter, 225g caster sugar, 4 eggs, 225g self-raising flour, 3 tbsp milk and 1 tsp vanilla extract into a food processor and whizz for 1-2 mins until smooth.

##### step 3

If you prefer to mix by hand, beat 225g butter and 225g caster sugar together, then add 4 eggs, one at a time, mixing well after each addition.

##### step 4

Fold through 225g self-raising flour, 3 tbsp milk and 1 tsp vanilla extract until the mixture is smooth.

##### step 5

Divide the mixture between 2 bowls. Stir 2 tbsp cocoa powder into the mixture in one of the bowls. Take 2 spoons and use them to dollop the chocolate and vanilla cake mixes into the tin alternately.

##### step 6

When all the mixture has been used up, tap the bottom on your work surface to ensure that there aren't any air bubbles.

##### step 7

Take a skewer and swirl it around the mixture in the tin a few times to create a marbled effect.

<p><b>225g butter softened</b></p> <p><b>225g caster sugar</b></p> <p><b>4 eggs</b></p> <p><b>225g self-raising flour</b></p> <p><b>3 tbsp milk</b></p> <p><b>1 tsp vanilla extract</b></p> <p><b>2 tbsp cocoa powder</b></p>
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##### step 8

Bake the cake for 45-55 mins until a skewer inserted into the centre comes out clean. Turn out onto a cooling rack and leave to cool.

**CLASS 9**  
**(NFYFC Qualifier)**  
**Stockjudge of the Year**  
**28 & under**  
**R U L E S**

**Competition Aim**

To provide YFC members with the opportunity to put their training to the test by judging high quality livestock and presenting their findings to industry experts. Members are then provided with constructive feedback and advice from the industry experts for their future development.

**Learning outcomes**

Judging skills including: observation, understanding of the make-up of the animal and market demands.  
Communication, presentation and time keeping skills.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules**

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources> along with the **AHDB Guide to Stockjudging and Videos**.

**REPRESENTATION**

Clubs may enter up to **eight** competitors

**ELIGIBILITY**

The Competitor must be 28 years of age or under on 1<sup>st</sup> September 2025 and a full member of a Club affiliated to CFYFC.

**PROCEDURE**

**NOTE: All competitors and competition organisers to note on-farm/action market bio-security controls and advise participants and stewards ahead of the event. For example, suitable footwear for footbaths.**

Competitors will be required to judge four rings of stock (Dairy Cows (number depends on members age category), 4 Butchers Cattle, 4 Butchers Lambs and 4 Butchers Pigs - *subject to availability*) and each member will give reasons on all four rings of stock.

Animals in each ring will be designated A, B, X, Y. (or A, B, C, X, Y, Z for Intermediate Dairy)

Competitors will also be required to complete a Veterinary Questionnaire

**SCALE OF MARKS**

Stockjudging:	Placing 4 rings x 50	200
	Reasons 4 rings x 50	200
Veterinary Questionnaire		12
<b>Total per competitor</b>		<b><u>412</u></b>

**TIMINGS**

**4 Animal Ring**

Competitors judging a ring of 4 stock will be allowed 10 minutes to observe the stock and at least 5 minutes to prepare their reasons.

A maximum of 2 minutes will be allowed for the competitor to state their reasons.

**AWARDS**

Prize cards to be awarded to individuals placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

**CLASS 10**  
**(NFYFC Qualifier)**  
**Young Stockjudge of the Year**  
**18 & under**

**R U L E S**

**Competition Aim**

To provide YFC members with the opportunity to put their training to the test by judging high quality livestock and presenting their findings to industry experts. Members are then provided with constructive feedback and advice from the industry experts for their future development.

**Learning outcomes**

Judging skills including: observation, understanding of the make-up of the animal and market demands.  
Communication, presentation and time keeping skills.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules**

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources> along with the **AHDB Guide to Stockjudging and Videos**.

**REPRESENTATION**

Clubs may enter up to **eight** competitors

**ELIGIBILITY**

The Competitor must be 18 years of age or under on 1<sup>st</sup> September 2025 and a full member of a Club affiliated to CFYFC.

**PROCEDURE**

**NOTE: All competitors and competition organisers to note on-farm/action market bio-security controls and advise participants and stewards ahead of the event. For example suitable footwear for footbaths.**

Competitors will be required to judge four rings of stock (4 Dairy Cows, 4 Butchers Cattle, 4 Butchers Lambs and 4 Butchers Pigs) and each member will give reasons on all four rings of stock.

Animals in each ring will be designated A, B, X, Y.

Competitors will be required to complete a Veterinary Questionnaire

**TIMING – AREA ROUNDS AND FINAL**

Competitors will be allowed 10 minutes to judge each ring of stock and at least 5 minutes for preparing reasons.

Competitors will be allowed up to 2 minutes for stating their reasons on each ring of stock to the Judge. Competitors exceeding this time limit will incur penalties at the rate of 2 marks for each 15 seconds or part thereof. The marks to be deducted from their total score.

**SCALE OF MARKS**

Stockjudging:	Placing on 4 rings (4 x 50)	200
	Reasons on 4 rings (4 x 50)	200
	Veterinary Questionnaire	12
	<b>Total marks per competitor</b>	<b>412</b>

**AWARDS**

Prize cards to be awarded to individuals placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

**CLASS 11**  
**(NFYFC Qualifier)**  
**Dairy Cattle Linear Assessment**  
**28 & under**  
**RULES**

**Competition Aim**

To provide members with the opportunity to put their training to the test by judging high quality livestock and presenting their findings to industry experts. Members provided with constructive feedback and advice from the industry experts for their future development.

**Learning outcomes**

Judging skills including: observation, understanding of the make-up of the animal and market demands.  
Communication skills, presentation and time keeping skills.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules**

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources> along with the **AHDB Guide to Stockjudging and Videos**.

**REPRESENTATION**

Clubs may enter up to **eight** competitors

**ELIGIBILITY**

Competitors must be 28 years of age or under on 1<sup>st</sup> September 2025 and full members of a Club affiliated to CFYFC.

**PROCEDURE**

The competitor will be required to assess four dairy cows (breed to be advised) using the linear method of assessing characteristics. Competitors are also required to place these cattle in order of merit as to their suitability for milk production and breeding herd replacements.

Competitors to give positive reasons to the Judges to justify their placings.

The cattle will be designated A, B, X, Y.

**TIMING**

Thirty minutes will be allowed for stock inspection/assessment, handling and preparing reasons. Following the placing cards being marked, competitors will be called at random to state their reasons to the Judge. The competitor will be allowed up to two minutes to state his/her reasons. Competitors who exceed the time limit will incur penalties at a rate of two marks for each fifteen seconds or part thereof.

**SCALE OF MARKS**

Correct Assessment	<b>100</b>
<i>(1 point will be deducted for each point of variation from the Master Judge's score)</i>	
Placings	50
Accuracy of Observations	25
Positive Comparison	15
Style (including presentation of competitor)	10
<b>TOTAL PER COMPETITOR</b>	<b><u>200</u></b>

**AWARDS**

Prize cards to be awarded to individuals placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

**CLASS 12  
(NFYFC Qualifier)  
Dairy Stockjudging  
21 & under**

**R U L E S**

**Competition Aim**

To provide members with the opportunity to put their training to the test by judging high quality live stock and presenting their findings to industry experts. Members provided with constructive feedback and advice from the industry experts for their future development.

**Learning outcomes**

Judging skills including: observation, understanding of the make-up of the animal and market demands.  
Communication skills, presentation and time keeping skills.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules**

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources> along with the **AHDB Guide to Stockjudging and Video.**

**REPRESENTATION**

Clubs may enter up to **eight** competitors

**ELIGIBILITY**

Competitors must be 21 years of age or under on 1<sup>st</sup> September 2025 and full members of a Club affiliated to CFYFC.

**PROCEDURE**

The competitor will be required to judge, place and give **POSITIVE** reasons on a ring of six dairy cattle.

Cattle will be judged primarily as dairy animals, having due regard to the type recognised by the respective Breed Societies.

The cattle will be designated A, B, C, X, Y, Z.

**TIMING**

Fifteen minutes will be allowed for stock inspection, handling and preparing reasons.

Following the placing cards being marked, competitors will be called at random to state their reasons to the Judge. The competitor will be allowed up to three minutes to state his/her reasons. Competitors who exceed the time limit will incur penalties at a rate of two marks for each fifteen seconds or part thereof.

**SCALE OF MARKS**

PLACING:	On 1 ring (1 x 48)	<b>48</b>
REASONS:	Accuracy of observations	<b>32</b>
	Comparison & Style (including presentation of competitor)	<b>20</b>
TOTAL PER COMPETITOR		<b>100</b>

**AWARDS**

Prize cards to be awarded to individuals placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

**CLASS 13**  
**(NFYFC Qualifier)**  
**Dairy Stockjudging**  
**16 & under**

**R U L E S**

**Competition Aim**

To provide members with the opportunity to put their training to the test by judging high quality live stock and presenting their findings to industry experts. Members provided with constructive feedback and advice from the industry experts for their future development.

**Learning outcomes**

Judging skills including: observation, understanding of the make-up of the animal and market demands.  
Communication skills, presentation and time keeping skills.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules** and familiarise all competitors with the

**Fine System in place for withdrawal from competitions.**

Further information can be found at <http://www.nfyfc.org.uk/competitionsresources> along with the **AHDB Guide to Stockjudging and Video.**

**REPRESENTATION**

Clubs may enter up to **eight** competitors

**ELIGIBILITY**

The Competitor must be 16 years of age or under on 1<sup>st</sup> September 2025 and full members of a Club affiliated to CFYFC.

**PROCEDURE**

The competitor will be required to judge, place and give **POSITIVE** reasons on a ring of four dairy cattle (breeds to be advised).

Cattle will be judged primarily as dairy animals, having due regard to the type recognised by the respective Breed Societies.

The cattle will be designated A, B, X, Y.

**TIMING**

Fifteen minutes will be allowed for stock inspection, handling and preparing reasons.

Following the placing cards being marked, competitors will be called at random to state their reasons to the Judge. The competitor will be allowed up to two minutes to state his/her reasons.

Competitors who exceed the time limit will incur penalties at a rate of two marks for each fifteen seconds or part thereof.

**SCALE OF MARKS**

PLACING:	On 1 ring (1 x 50)	<b>50</b>
REASONS:	Accuracy of observations	25
	Comparison	15
	Style (including presentation of competitor)	10
TOTAL PER COMPETITOR		<b>100</b>

**AWARDS**

Prize cards to be awarded to individuals placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

**Beef Judging**  
**CLASS 14: 21 & Under**  
**CLASS 15: 28 & Under**  
**R U L E S**

**Competition Aim**

To provide members with the opportunity to put their training to the test by judging high quality livestock and carcasses and presenting their findings to industry experts

**Learning outcomes**

Judging skills including: observation, understanding of the make-up of the animal and market demands.  
Communication skills, presentation skills and time keeping.

REMINDER: Read in conjunction with **NFYFC General Rules**. Further information can be found at <http://www.nfyfc.org.uk/document.aspx?docid=32623> also The Source and the AHDB Guide to Stockjudging video.

**REPRESENTATION**

Clubs may enter up to **eight** competitors (in each age category).

**ELIGIBILITY**

Competitors must be 21 years of age or under on 1<sup>st</sup> September 2025 (for Class 14) and 28 years of age or under on 1<sup>st</sup> September 2025 (for Class 15) and full members of a Club affiliated to CFYFC.

**PROCEDURE**

Place a group of four cattle in order of merit and give reasons for those placings.

**TIMING**

Ten minutes judging

At least five minutes preparing reasons before being called to the Judge.

**Reasons**

Up to two minutes will be allowed for each competitor to give his or her reasons to the Judge. Two marks will be deducted for each fifteen seconds (or part thereof) that a competitor goes over the allotted two minutes. The marks will be deducted from the competitor's total.

**SCALE OF MARKS**

Placings:	(on 1 ring)	50
Reasons:	(on 1 ring)	
	<i>Accuracy of observations</i>	25
	Comparison	15
	Style (including presentation of competitor)	10

**TOTAL** **100**

**NOTES**

During the competition, competitors may not have with them any papers or literature other than the placing cards provided.

**AWARDS**

Prize cards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

**Sheep Judging**  
**CLASS 16: 21 & Under**  
**CLASS 17: 28 & Under**  
**R U L E S**

**Competition Aim**

To provide members with the opportunity to put their training to the test by judging high quality livestock and presenting their findings to industry experts.

**Learning outcomes**

Judging skills including: observation, understanding of the make-up of the animal, market demands.  
Communication skills, presentation skills and personal development skills.

REMINDER: Read in conjunction with **NFYFC General Rules**. Further information can be found at  
<http://www.nfyfc.org.uk/CompetitionsResources/competitionsresources>

**REPRESENTATION**

Clubs may enter up to **eight** competitors (in each age category).

**ELIGIBILITY**

The competitor must be 21 years of age or under on 1<sup>st</sup> September 2025 (for Class 16) or 28 years of age or under on 1<sup>st</sup> September 2025 (for Class 17).

**PROCEDURE**

Place a group of four Breeding Ewes in order of merit and give reasons for those placings.

The animals will be designated A, B, X, Y.

**TIMING**

Ten minutes judging

At least five minutes – preparing reasons, before being called at random to the Judge.

**Reasons**

Up to two minutes will be allowed for each competitor to give his or her reasons to the Judge. Two marks will be deducted for each fifteen seconds (or part thereof) that a competitor goes over the allotted two minutes. The marks will be deducted from the competitor's total.

**SCALE OF MARKS**

Placings:	50
Reasons: <i>Accuracy of observations</i>	25
<i>Comparison</i>	15
<i>Style (including presentation of competitor)</i>	10
<b>Total per competitor</b>	<b><u>100</u></b>

**NOTES**

During the competition, competitors may not have with them any papers or literature other than the placing cards provided.

**AWARDS**

Prize cards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

**Pig Judging**  
**CLASS 18: 21 & Under**  
**CLASS 19: 28 & Under**  
**R U L E S**

**Competition Aim**

To provide members with the opportunity to put their training to the test by judging high quality livestock and carcasses and presenting their findings to industry experts.

**Learning outcomes**

Judging skills including: observation, understanding of the make-up of the animal and market demands.  
Communication skills, presentation skills and time keeping.

REMINDER: Read in conjunction with **NFYFC General Rules**. Further information can be found at <http://www.nfyfc.org.uk/document.aspx?docid=32623> also The Source and the AHDB Guide to Stockjudging video.

**REPRESENTATION**

Clubs may enter up to **eight** competitors (in each age category).

**ELIGIBILITY**

The competitor must be 21 years of age or under on 1<sup>st</sup> September 2025 (for Class 18) or 28 years of age or under on 1<sup>st</sup> September 2025 (for Class 19).

**PROCEDURE**

Place a group of four Pigs in order of merit and give reasons for those placings.  
The animals will be designated A, B, X, Y.

**TIMING**

Ten minutes judging - handling allowed (in groups)  
At least five minutes – preparing reasons, before being called at random to the Judge

**Reasons**

Up to two minutes will be allowed for each competitor to give his or her reasons to the Judge.  
Two marks will be deducted for each fifteen seconds (or part thereof) that a competitor goes over the allotted two minutes. The marks will be deducted from the competitor's total.

**SCALE OF MARKS**

Placings: (on 1 rings)	50
Reasons: (on 1 ring)	
Accuracy of observations	25
Comparison	15
Style (including presentation of competitor)	10
<b><u>TOTAL</u></b>	<b><u>100</u></b>

**NOTES**

During the competition, competitors may not have with them any papers or literature other than the placing cards provided.

**AWARDS**

Prize cards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

## Points Judging – Novice (Beef & Dairy)

**CLASS: 20**

**R U L E S**

### **REPRESENTATION**

Clubs may enter up to **eight** competitors.

### **ELIGIBILITY**

The competitors must be 28 years and under on 1<sup>st</sup> September 2025 **AND** have not entered a stock judging competition before this day.

Points judging will be on Beef & Dairy (these will be on the main Competitions Day site).

### **PROCEDURE**

***NOTE: All competitors and competition organisers must wear suitable footwear for footbaths.***

Competitors will be required to judge Beef and Dairy and award points using the supplied judging cards.

### **TIMING**

Ten minutes- judging

Five minutes- preparing cards for handing to steward.

**SCALE OF MARKS** – Difference in points from judge's marks will be added up; the member with the lowest points will be placed highest.

**AWARDS**- Prize cards to be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

## Veterinary Questionnaire

**CLASS: 21**

**R U L E S**

### **REPRESENTATION**

Clubs may enter up to **4** competitors (plus those competing in Stockman).

### **ELIGIBILITY**

The competitors must be 28 and under on 1<sup>st</sup> September 2025.

### **PROCEDURE**

Competitors will be required to complete a veterinary questionnaire.

**TIMING** – Five minutes.

**SCALE OF MARKS** – One mark per correct question.

**AWARDS** - Prize cards to be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

# Farm Machinery Skills

## CLASS: 22 Tractor and Trailer

### R U L E S

#### Competition Aim

To provide an opportunity for members to demonstrate their skills in farm machinery operation skills, being safe and efficient, whilst encouraging teamwork, in a competitive environment.

#### Learning outcomes

Practical skills in Farm Safety and First Aid including; planning the safe completion of set tasks; perception of hazards, forward planning in preparation of appropriate tools and safety equipment for the tasks; leadership, teamwork.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules**  
Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

#### REPRESENTATION

Clubs may enter one member

#### ELIGIBILITY

Members must be 28 years of age or under on 1<sup>st</sup> September 2025 and full member of a Club affiliated to CFYFC.

#### CERTIFICATES/LICENCES REQUIRED

**Tractor and Trailer:** Competitor requires a UK driving licence with F entitlement. This must be produced on the day of the competition in order to participate in this task. (The F entitlement can be gained at 16; but is automatically entitled with passing the car driving test).

**Failure to provide the requested certificates will result in the members not being allowed to compete.**

**PROCEDURE - All competitors must take into account Health and Safety at all times. Correct personal protective equipment must be worn. Safe start and safe stop procedures must be adhered to.** All equipment must be returned to its original place after completion of each task.  
Competitors to provide their own tools.

#### **Tractor (with bucket) and Trailer**

**1.** Tractor (approx. 100-150 hp); **2.** A small tipping trailer, typical size 6 tonnes.

One member is required to carry out daily maintenance and safety checks on a tractor and trailer prior to the commencement of the task. The competitor is to carry out a verbal risk assessment with the judge on the task they will be completing.

The competitor will hitch the trailer and prepare for travel along a public highway, and the competitor to follow a course including turning on to, travelling along, and turning off a simulated public road.

Competitor to reverse the trailer to a specified position and operate the trailer to full tipping height to simulate unloading.

Competitor to return along the simulated road, park & unhitch the trailer in original position.

Competitor to answer questions about regulations for driving tractors and trailers on the road.

**All competitors must take into account Health and Safety at all times. Correct personal protective equipment must be worn. Safe start and safe stop procedures must be adhered to.**

**TIMING** - Competitors will be asked to stop after 35 minutes.

**SCALE OF MARKS** - A total of 100 marks can be awarded

**AWARDS** - Prize cards awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places

# Farm Machinery Skills

## CLASS: 23 Tractor & PTO Driven Implement

### R U L E S

#### Competition Aim

To provide an opportunity for members to demonstrate their skills in farm machinery operation skills, being safe and efficient, whilst encouraging teamwork, in a competitive environment.

#### Learning outcomes

Practical skills in Farm Safety and First Aid including; planning the safe completion of set tasks; perception of hazards, forward planning in preparation of appropriate tools and safety equipment for the tasks; leadership, teamwork.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules**  
Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

#### REPRESENTATION

Clubs may enter one member

#### ELIGIBILITY

Members must be 28 years of age or under on 1<sup>st</sup> September 2025 and full members of a Club affiliated to CFYFC.

#### CERTIFICATES/LICENCES REQUIRED

**Tractor with PTO driven implement:** Competitor requires a UK driving licence with F entitlement. This must be produced on the day of the competition in order to participate in this task. (The F entitlement can be gained at 16; but is automatically entitled with passing the car driving test).

**Failure to provide the requested certificates will result in the members not being allowed to compete.**

**PROCEDURE - All competitors must take into account Health and Safety at all times. Correct personal protective equipment must be worn. Safe start and safe stop procedures must be adhered to.** All equipment must be returned to its original place after completion of each task. Competitors to provide their own tools.

#### **Tractor and Power Harrow**

**Equipment required:** **1.** One tractor (approx. 150-200 hp). **2.** A PTO powered implement  
Competitor will carry out daily maintenance and safety checks on the tractor and implement prior to the commencement of this task. This will include a verbal risk assessment with the judge on the task they will be completing.  
Competitor to hitch the tractor to the implement ready for work. The competitor is then required to take the tractor and implement to the field and set or adjust ready for work. Return the tractor and implement to their original positions, including unhitching.

**All competitors must take into account Health and Safety at all times. Correct personal protective equipment must be worn. Safe start and safe stop procedures must be adhered to.**

**TIMING** - Competitors will be asked to stop after 35 minutes.

**SCALE OF MARKS** - A total of 100 marks can be awarded

**AWARDS** - Prize cards awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places

# Farm Machinery Skills

## CLASS: 24 ATV Handling R U L E S

### Competition Aim

To provide an opportunity for members to demonstrate their skills in farm machinery operation skills, being safe and efficient, whilst encouraging teamwork, in a competitive environment.

### Learning outcomes

Practical skills in Farm Safety and First Aid including; planning the safe completion of set tasks; perception of hazards, forward planning in preparation of appropriate tools and safety equipment for the tasks; leadership, teamwork.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules**  
Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

### REPRESENTATION

Clubs may enter one member

### ELIGIBILITY

Members must be 28 years of age or under on 1<sup>st</sup> September 2025 and full members of a Club affiliated to CFYFC.

### CERTIFICATES/LICENCES REQUIRED

**ATV Handling:** Adequate training must have been completed by the competitor who will operate the ATV. A certificate of competence to show 'adequate training' in ATV Handling must be produced. A copy of the certificate must be handed to the judges on the day of the competition.

A Certificate of Competence for ATV's, issued by City & Guilds NPTC is more than acceptable evidence of 'adequate training'. The appropriate City & Guilds NPTC qualification is known as the Level 2 Certificate in the Safe Use of All-terrain Vehicles (0014-32). However, a certificate issued by another training provider (e.g. Lantra) will also be accepted. The most basic level of certificate which will be accepted is called an EASI (European All-Terrain Vehicle Safety Institute) certificate; available from most reputable ATV dealers. The EASI certificate is very much a dealer short induction course - a basic operators course designed to familiarise the operator with all the controls and operating procedures, which includes elements of safety. Whilst it ticks the box of 'adequate training', it should not be viewed as a replacement for a City & Guilds type course.

**[Under the Provision and Use of Work Equipment Regulations 1998 (PUWER) there is a legal requirement that "adequate training", including the use of any towed equipment or attachments, be undertaken by those riding ATV's. The Health and Safety Executive (HSE) regards training provided by recognised training providers as "adequate" for the purposes of PUWER].**

**Failure to provide the requested certificates will result in the members not being allowed to compete.**

### PROCEDURE

**All competitors must take into account Health and Safety at all times. Correct personal protective equipment must be worn. Safe start and safe stop procedures must be adhered to.** All equipment must be returned to its original place after completion of each task.

Competitors to provide their own tools.

### **ATV**

**Equipment required: 1.** Sit-astride ATV **2.** Small bale of straw/hay. **3.** Bag of animal feed 20-25kg.

The competitor(s) will carry out daily maintenance and safety checks on a sit-astride ATV prior to commencement of task. This is to include a verbal risk assessment with the judge on the task they will be completing.

A competitor will drive the ATV through a course as instructed by the judge, typically involving passing through poles or cones to mark gateways to demonstrate their skills at manoeuvring the ATV. Ideally this will include a long run (approx 50 metres) so the competitor can demonstrate ability at higher speeds than basic manoeuvring speeds.

The competitor will then load and secure the bale and bag of feed onto the ATV. Competitor to decide and explain their decisions as to how to load the 2 items.

A competitor will drive the ATV through a part of the same course as instructed by the judge, bearing in mind the change in handling characteristics of the loaded ATV. (It is not necessary to complete the whole course again)

The competitor will then unload the ATV and drive back to its starting point.

**All competitors must take into account Health and Safety at all times. Correct personal protective equipment must be worn. Safe start and safe stop procedures must be adhered to.**

### **TIMING**

Competitors will be asked to stop after 35 minutes.

### **SCALE OF MARKS**

A total of 100 marks can be awarded

### **AWARDS**

Prize cards awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places

**From the results of the four Farm Safety competitions  
(Classes 22,23,24,25),  
a club team will be selected to represent the county at the South West  
Area Competition, where they will complete all tasks.**

# Farm Machinery Skills

## CLASS: 25 First Aid

### R U L E S

#### Competition Aim

To provide an opportunity for members to demonstrate their skills in farm machinery operation skills, being safe and efficient, whilst encouraging teamwork, in a competitive environment.

#### Learning outcomes

Practical skills in Farm Safety and First Aid including; planning the safe completion of set tasks; perception of hazards, forward planning in preparation of appropriate tools and safety equipment for the tasks; leadership, teamwork.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules**  
Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

#### REPRESENTATION

Clubs may enter one team of two members

#### ELIGIBILITY

Members must be 28 years of age or under on 1<sup>st</sup> September 2025 and full members of a Club affiliated to CFYFC.

#### CERTIFICATES/LICENCES REQUIRED

**First Aid:** Ideally the team member in control of the first aid task, holds a current first aid certificate of either the British Red Cross, St John Ambulance, or an alternative nationally recognised body. The certificate must be no more than 3 years old. A copy of the certificate must be handed to the competition judges on the day of the competition.

**Whilst we will allow teams to compete without a certificate, only a team with a certificate will be able to go forward to SWA as part of the Farm Safety Competition.**

#### PROCEDURE

**All competitors must take into account Health and Safety at all times. Correct personal protective equipment must be worn. Safe start and safe stop procedures must be adhered to.**

All equipment must be returned to its original place after completion of each task.

Competitors to provide their own tools.

#### FIRST AID

**Suggested Equipment:** First Aid Kit.

During the course of the practical exercise, a mock farm accident will be staged. Teams will be informed when the accident happens; it is the decision of the team as to how and who deals with the incident. It is expected that there will be by-standers who may be questioned regarding the accident. The First Aid Judge will indicate when the casualty has been satisfactorily dealt with and when the member (or members) may recommence work. Knowledge of elementary First Aid is necessary, but in no case will competitors be expected to render assistance further than instructed in the Joint First Aid Manual of St. John Ambulance and The British Red Cross (available from WH Smith or other large bookshops). The Highway Code and Farm Safety Regulations must be applied at all times. If, in the opinion of the Judges, a competitor is undertaking a task in a way likely to endanger them or others; the competitor will be stopped and the danger brought to his attention. The competitor will be expected to correct the matter and then continue with the task.

**TIMING** - Competitors will be asked to stop after 35 minutes.

**SCALE OF MARKS** - A total of 100 marks can be awarded

**AWARDS** - Prize cards awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places

# Cornish Mutual Harvest Health & Safety

**CLASS: 26**

## **R U L E S**

### **REPRESENTATION**

Clubs may enter **one** team.

### **ELIGIBILITY**

Teams to consist of FOUR members all of whom must be 28 years of age or under on 1<sup>st</sup> September 2025.

### **PROCEDURE**

Competitors will be given a harvest-based health & safety scenario.

Teams will be required to:

- Identify potential hazards within the scenario
- State who may be at risk
- Explain appropriate control measures to reduce or prevent the risks
- Present their findings to the judge

Each team will have a short preparation time, followed by a brief presentation to the judges and may be asked follow-up questions.

### **AWARDS**

Prize cards to be awarded to teams placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

**CLASS: 27**  
**(NFYFC Qualifier)**  
**Fence Erecting**  
**R U L E S**

**Competition Aim**

To provide an opportunity for members to demonstrate the acquired skill in building stock proof fence in a competitive environment.

**Learning outcomes**

A knowledge of planning and building of a stock proof fence using practical skills in fence erecting, budgeting for materials, acquiring materials, use of hand tools and teamwork.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules**  
Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

**Members to provide ALL required materials & tools.**

**REPRESENTATION**

Clubs may enter one team

**ELIGIBILITY**

A team shall consist of three (3) members 28 years of age or under on 1<sup>st</sup> September 2025, and full members of a Club affiliated to CFYFC.

**HEALTH & SAFETY – ESSENTIAL READING/ACTION FOR ALL COMPETITORS**

It is essential that all competitors read the Health and Safety Executive's guidance paper concerning fencing and note is taken of the safe working practices and protective clothing equipment that is recommended. The Health and Safety Executive guidance paper 'Fencing' (AFAG104) can be downloaded from the NFYFC website.

**PROCEDURE**

The team are required to prepare a written risk assessment/method statement, which is to be handed to the Chief Steward on the day of the competition - prior to the competition start. *Failure to provide a written risk assessment/method statement or failure to comply with it; or working unsafely, will result in immediate disqualification. Please see NFYFC Fence Erecting Risk Assessment Template below. This may be used and completed as teams wish (Risk 1 already entered as an example).*

**The fence shall be in a straight line for 30 metres.**

The height from the ground to the plain wire is 75mm (3"), plain wire to net 75mm (3"), net 800mm (31.5"), net to top wire 100mm (4"), overall height 1050 mm (41.5").

The intermediate posts shall be at equal spacing.

**It shall be constructed of post and netting with 1 strand of plain wire below and 1 strand above the netting.**

There shall be 1 strand of plain wire 75mm (3") above the ground, and the netting shall be 75mm (3") above this.

There shall be 1 strand of plain wire above the netting, set at 100mm (4") above the top of the netting.

Netting and wire shall be secured to the end strainers using a recognised knot.

**At one end of the fence there will be a box strainer assembly using a horizontal strut and diagonal brace wire as per diagram.**

The box strainer shall be made with 2 x 2.4m (8') strainer with a 2.4m (8') 75-100mm (3"-4") diameter horizontal brace, with plain wire.

The horizontal brace shall be morticed into the strainers on both ends.

**At the other end of the fence there should be a strainer with a diagonal strut.**

The assembly shall be made using a 2.4m (8') strainer and 2.4m (8') angled strut, with the strut secured using a horizontal thrust block.

The strut must have a thrust plate at the end to prevent movement. The struts need to be left open for the judges to see.

The strut is to be morticed into the strainer at 450mm (18") to the top of the strut – ie, between the 4th and 5th wire on the net.

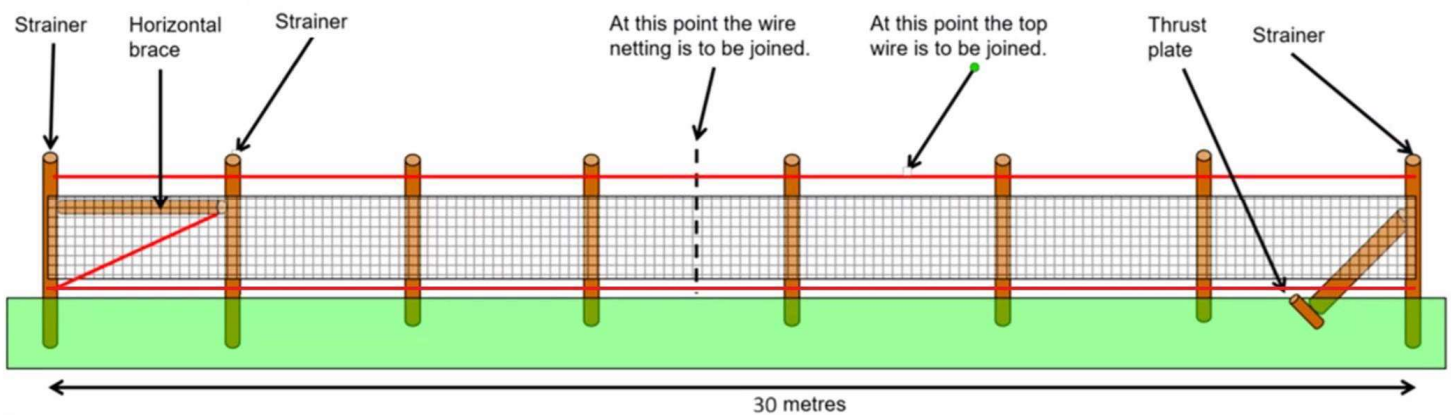
### Wire joints

All joints to be made during the competition. No joining aids will be permitted.

A joint in the netting should be made by hand approximately in the middle of the length.

A joint in the plain wire approximately in the middle of the length must also be completed.

**Diagram is not to scale and is for illustrative purposes only  
All spacings to be determined by the competitors**



Only hand tools will be allowed and the teams themselves must provide these. No power tools or chainsaws are allowed.

All tools and equipment used must be fit for purpose and be in good condition, well maintained and safely operated by members of the team at all times. Judges/stewards have the right to stop the use of tool/piece of equipment if, in their view, it is not safe to use or is being handled/used in an unsafe manner.

Competitors are not allowed to shorten any of the vertical posts.

The Judge reserves the right to inspect any strut following completion of the task.

All teams are required to dismantle their fence after the Presentation of Awards (The thrust plate and any blocks/cross members must be out of the ground). Teams are required to clear away all debris and any off-cuts of wire etc must **not** be put down the postholes.

**The Judge's decision is final.**

### EQUIPMENT REQUIRED

3 x 2.4m (8ft) round pointed posts, 150-175mm (6" - 7") diameter (strainers)

2 x 2.4m (8') round posts, 75-100mm (3"- 4") diameter (horizontal strut, diagonal strut)

5 x 1.65m (5'6") round pointed posts, 75-100mm (3"- 4") diameter (intermediates)

1 x chock (thrust plate) 1800mm x 125mm x 75mm (72" x 5" x 3")

35 metres of X-Knot High Tensile FX8/80/22 wire netting

90 metres of plain wire

10 x nails 5mm x 150mm (6") nails

Staples

## TIMING

2 hours 30 minutes will be allowed.

**Time penalties** – teams will be encouraged to complete the task but will lose one (1) point for every minute or part thereof over the allocated time.

**Please note that the tidying of tools and equipment away will be included in the time to complete the task.**

## SCALE OF MARKS

Fixing end posts, strainer post, diagonal strut & box strainer	30
Intermediate posts	10
Overall neatness	20
Fixing and tensioning of netting & plain wire	25
Joint in netting and plain wire	10
Written risk assessment	5
<b>TOTAL</b>	<b>100</b>

## AWARDS

Prize cards awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.

**CLASS: 28**  
**(NFYFC Qualifier)**  
**Auctioneering**  
**RULES**

**Competition Aim**

To encourage YFC members aged 26 and under to demonstrate their valuation and auctioneering skills in a competitive environment.

**Learning Outcomes**

Knowledge of subject/items, auctioneering, valuation, communication, clarity and audibility skills

REMINDER: Read in conjunction with **NFYFC General Rules**. Further information can be found at <http://www.nfyfc.org.uk/CompetitionsResources/competitionsresources>

**REPRESENTATION**

Clubs may enter up to **two** competitors.

**ELIGIBILITY**

Competitors must be 28 years of age or under on 1<sup>st</sup> September 2025 and full members of a Club affiliated to CFYFC.

**PROCEDURE**

Each Competitor will be required to auction 3 lots.

Prior to the auction commencing the competitor will view a total of 6 items. Lots will include agricultural and non-agricultural items.

The competitor will then have 20 minutes to draft a hand written, catalogue-style description and provide a valuation figure for each item on the day of the competition.

The competitor is to hand their descriptions and valuations to the Judge prior to the auction. The judge will choose 3 items at random, from the 6 available, for the competitor to auction.

The Judge will identify one of the lots to have a reserve. The item and price of the reserve lot is at the Judge's discretion.

The competitor should provide an introduction to open the auction sale, outlining the procedure and relevant conditions of the sale e.g. the payment process, order of the auction, buyer's commission rate.

Stewards will be placed in the audience to act as purchasers on the lots to ensure there is enough bidding to enable the competitor to demonstrate the skill. These stewards will be anonymous to the competitor and will only bid if no other bids are forthcoming.

Stewards will have no knowledge of the items values provided by the competitor.

Once all of the lots have been 'sold' the auctioneer will close the auction in a suitable way and the judge will work out their score.

**SCALE OF MARKS & PENALTIES**

Lot description & valuation	20
Opening & closing commentary	20
Auctioneering skill	40
Auction conduct and practice	20

**TOTAL** **100**

**AWARDS**

Prize cards to be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

**Paint A Round Bale**  
**CLASS: 29**  
**RULES**

**REPRESENTATION**

Clubs may enter **one** team.

**ELIGIBILITY**

Teams to consist of TWO members both of whom must be 28 years of age or under on 1<sup>st</sup> September 2025.

**PROCEDURE**

Competitors will be required to paint **one end of a wrapped round bale**. Paint and paintbrushes MUST be provided by members.

**SCALE OF MARKS**

Team work	20
Quality of art work	40
Overall effect	40

**TOTAL**                      **100**

**AWARDS**

Prize cards to be awarded to teams placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

**Cube Exhibit**  
**CLASS: 30**  
**(NFYFC Qualifier)**  
**RULES**  
**Theme: Our Favourite Place**

**Competition Aim**

To encourage YFC members to work together as a team to produce a Cube Exhibit which showcases their craft skills related to the competition theme.

**Learning Outcomes**

Teamwork, planning, floral arts, cookery, workmanship, and presentation skills

**REPRESENTATION**

One entry per club

**ELIGIBILITY**

Competitors (the Club Team) to be 28 years of age or under on 1 September 2025 and full members of a Club affiliated to the CFYFC.

A maximum of five (5) members of the Club will stage the exhibit on the day of the competition on behalf of the whole club.

**PROCEDURE**

An Exhibit to depict the theme of "Our Favourite Place". This theme can be interpreted in any way that the club sees fit.

The Club Team is required to make & exhibit 5 crafts. 1 craft from each of the headings below:

Craft 1 - Floral Art Any item using cut flowers and accessories in a suitable container –  
(Competitors may use floral foam; this will not affect the marking. Alternative mechanics may also be used.)

Craft 2 – Cookery/Baking (This craft will be tasted so must be covered with cling film).

Craft 3 – Textile Handicraft (must include British Wool) (Knitwear, Tailored, Crochet for example)

Craft 4 – Natural Handicraft (Any item using wood, metal, clay, glass, stone or shell for example)

Craft 5 – Art (An item that could include photography, a graphic or a picture in any medium)

The five (5) crafts need to be clearly marked 1-5 together with the heading the craft comes under. For example 1- Floral Art, 2 – Cookery, 3- Textile Handicraft, 4- Natural Handicraft, 5- Art Handicraft.

Each whole Exhibit to have a MAXIMUM WIDTH of 1 metre at any given point and a MAXIMUM DEPTH of 1 metre and MAXIMUM HEIGHT of 1 metre. **Any exhibit exceeding the maximum measurements will be disqualified.** The measurement will be from the outside edges of the external walls of the exhibit. (I.e. Make your exhibit slightly smaller than the maximum dimensions). Any accessories or drapes used on the outside of the external walls of the cube will be included in the overall measurement of the exhibit. The external walls will be taken into account for the attractiveness of the exhibit marks and so should be covered to compliment the overall exhibit. The exhibit must have 3 walls.

**SCALE OF MARKS**

Craft 1 (Floral Art)	50
Craft 2 (Cookery)	50
Craft 3 (Textile)	50
Craft 4 (Natural)	50
Craft 5 (Art)	50
Attractiveness of exhibit (including external walls)	50
Originality and ingenuity	50
Relevance to theme	50
<b>Total</b>	<b>400</b>

**AWARDS**

Prize cards to be awarded to teams placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

**Hula Hooping**  
**CLASS: 31**  
**RULES**

**REPRESENTATION**

Clubs may enter **one** team.

**ELIGIBILITY**

Teams to consist of one male and one female, both of whom must be 28 years of age or under on 1<sup>st</sup> September 2025 and full members of a Club affiliated to CFYFC.

**PROCEDURE**

TWO members will be required to demonstrate their Hula – Hooping skills.

**AWARDS**

Prize cards to be awarded to teams placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

**Coconut Shy**  
**CLASS: 32**  
**RULES**

**REPRESENTATION**

Clubs may enter **one** team.

**ELIGIBILITY**

Teams to consist of one male and one female, both of whom must be 28 years of age or under on 1<sup>st</sup> September 2025 and full members of a Club affiliated CFYFC.

**PROCEDURE**

Competitors will be required to demonstrate their skills.

**AWARDS**

Prize cards to be awarded to teams placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

**Archery**  
**(Will be run subject to good weather on the day)**  
**CLASS: 33**  
**RULES**

**REPRESENTATION**

Clubs may enter **one** team.

**ELIGIBILITY**

Teams to consist of one male and one female, both of whom must be 28 years of age or under on 1<sup>st</sup> September 2025 and full members of a Club affiliated CFYFC.

**PROCEDURE**

Competitors will be required to demonstrate their skills.

**AWARDS**

Prize cards to be awarded to teams placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

**Darts**  
**CLASS: 34**  
**RULES**

**REPRESENTATION**

Clubs may enter **one** team.

**ELIGIBILITY**

Teams to consist of one male and one female, both of whom must be 28 years of age or under on 1<sup>st</sup> September 2025 and full members of a Club affiliated CFYFC.

**PROCEDURE**

Each team member is required to fire six darts on to a dart board. Scores will be combined.

**AWARDS**

Prize cards to be awarded to teams placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>.

**Cross Country Running**  
**CLASS 35: Male Cross Country Running**  
**CLASS 36: Female Cross Country Running**  
**RULES**

**REPRESENTATION**

Unlimited entries per Club.

**ELIGIBILITY**

All runners must be aged 28 years of age or under on 1<sup>st</sup> September 2025.

**PROCEDURE**

Runners will compete as individuals. Male & Female runners will race at the same time however they are separate competitions.

Competitors will be racing on an open-air course over natural terrain and on road surfaces. The course which will be approx 3 miles long, may include surfaces of grass and earth, pass through woodlands and open country, including hills and flat ground. While a course may include natural or artificial obstacles, the cross country course will support continuous running.

Runners will start their time as they start the course by crossing the starting line. The start of the race will be signalled via the referee. Runners crossing the line before the starting signal is given shall be liable to disqualification.

The course end and times are calculated as runners cross the finish line.

Each competitor must wear the necessary equipment i.e. race number, as directed by CFYFC.

Each competitor has the responsibility to take responsibility for their own safety, protect the environment, be courteous to other Rights of Way users, follow the Countryside Code, show etiquette towards other runners and offer assistance to any hurt or ill runners by alerting the closest official.

If runners wish to retire from the race they should report to the nearest official, if they are physically incapable of personally reporting, they should endeavour to get a message passed to an official.

The referee's decision is final.

**AWARDS**

Prize Cards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place will be awarded to the winning Male & Female.

**Tug of War**  
**Following the Tug of War Association Competition Rules, 2011; incorporating TWIF Rules**  
**R U L E S**  
**CLASS 37: Juniors**  
**CLASS 38: Ladies**  
**CLASS 39: Men's**

**COMPETITION AIM**

To encourage YFC members to work together as a team to demonstrate their Tug-of-War skills in a competition environment.

**LEARNING OUTCOMES**

Tug-of-War skills: strength, rhythm, pulling position and technique; teamwork, respect, discipline, enjoyment, sportsmanship as well as providing health and wellbeing benefits.

For insurance purposes all rounds of competition must be held using a Tug of War Association (ToWA) judge and under the authority of a Tug of War Association permit (available from the Hon. Gen. Sec. of the ToWA). Further guidance can be obtained from the official Tug of War Association Handbook or ToWA website.

REMINDER: Please read these rules in conjunction with **NFYFC General Rules**  
Further information can be found at <http://www.nfyfc.org.uk/competitionsresources>

**REPRESENTATION**

Clubs may enter one team

**ELIGIBILITY**

**Ladies and Men's teams** shall consist of eight pulling members of the same gender. No more than **two (2)** members of a team may be between the ages of 15 and over, and under 17 years on 1 September 2025 and the remainder of the team **MUST** be between 17 years and over, and 28 years of age or under on 1 September 2025.

**A Junior GENSB team** shall consist of between 7 and 10 pulling members, male or female, who must be between 12 years & 17 years of age and under on 1<sup>st</sup> September 2025. **This means competitors MUST have attained their 12<sup>th</sup> birthday on 1<sup>st</sup> September 2025 and may be 18 on the day of the competition.**

For Junior Competitions including GENSB at County Rallies Only (the 1st round of the Competition) competitors are eligible to wear TOW Boots, dealer boots or wellies, as long as they are safe and not studded. It felt unfair that junior members should have to pay for boots if they are just starting out in the competition. This rule has been agreed with ToWA. Regarding Steel Toe Caps these should not be worn. If teams are competing at Area Competitions, then proper TOW boots need to be worn. **The above applies to Junior Competitions only.**

All competitors must be full members of a Club affiliated to CFYFC (**You cannot compete for more than one club and county in one membership year**).

**Coaches and Trainers** – Only one Coach is permitted with each team during pulling. Only one Trainer or “Water-Carrier” is permitted with each team. During pulling the Trainer shall take up position well clear of both teams and is not permitted to address any remark to them during actual pulling. Neither the Coach nor Trainer need comply with other rules of eligibility.

## **WEIGHING-IN PROCEDURE AND WEIGHT LIMITS**

The 8 members of the Ladies or Men’s teams will be weighed as one and will not exceed:

**Men - 680 kg**

**Ladies - 560 kg**

The members of the Junior GENSB team will be weighed as one with the initial weight limit of:

**Junior GENSB - 560kg**

**An additional 10kg will be added to the weight allowance for each female in the team up to a maximum of 600kg**

The competitors will be stamped or marked on a limb in a position easily seen by the Judge, but not easily erased by the rope or competitors clothing.

**At weigh-in all team members must have their boots available for inspection by the judges.**

### **• Added to the rules 16th September 2025**

**For County and Area Tug of War competitions, teams of seven will be permitted to compete against teams of eight, in line with Tug of War Association (ToWA) National League Rules and subject to confirmation with NFU Insurance.**

**For NFYFC Finals, all teams must consist of eight members in both the Ladies’ and Men’s competitions.**

**Weight limits remain unchanged regardless of team size:**

**Men’s teams: 680kg**

**Ladies’ teams: 560kg**

**There are no changes to the GENSB competition.**

### **• DRESS CODE - WEIGH IN**

**The minimum dress for weigh-ins are as follows:**

**Males - pulling shorts**

**Females - pulling shorts and a non-transparent top**

**GENSB – shorts and t-shirt and for anyone else who is under the age of 18**

**• Safeguarding and Position of Trust (POT) for Competitions – for those in a position of trust who are doing training every week, e.g. choir, dancing, public speaking, tug of war should have a DBS check. For Tug of War, they should also have completed the NFYFC safeguarding training course and their details are to be recorded on the online entry forms. To clarify - that Trainers/coaches of all Tug of War teams need to have a DBS check plus take the NFYFC Safeguarding or an equivalent course.**

## **SUBSTITUTION ON THE DAY OF THE COMPETITION**

After a team has pulled the first end of the first match, the team is able to use a substitution. A substitute may replace any one puller for the remainder of the competition (Age restriction of team still applies). Substitution may be used for tactical reasons or due to injury. Any potential substitutes must (unless otherwise instructed by competition organisers) have been signed in and had their membership card checked prior to pulling in the competition.

At the time of substitution; both, the puller to be replaced and the substitute, must report in full pulling outfit, (shirts, shorts, stockings and footwear) to the Chief Judge/Chief Steward who may designate an official to deal with the substitutes. A small (bathroom type) scale must be available at the pulling area, (in a suitable place, on solid surface), to determine the weight difference between the two pullers. The substitute puller must be of equal weight or less than the puller he/she replaces. Directly after the change, the Chief Judge or designated official shall cancel the stamp or marking of the replaced puller, and indicate a similar marking on the substitute, with an indelible marker. This change shall then be recorded.

**N.B For GENSB teams; Once weighed in, the team weight allowance cannot be improved upon through substitution i.e. increasing the number of females on the team. Any weight bonus must be removed accordingly if the number of females has decreased below the original bonus threshold of the team.**

**Eg. Team = 5 males & 4 females = 600kg (560kg + 40kg bonus). A female puller of 70kg is substituted for a male.**

**The male must weigh 60kg or less (Both in full pulling gear) because the resultant bonus has decreased.**

### **DRAW AND BYES**

The Chief Judge and Chief Steward will confirm the number of leagues teams shall be drawn into. However there shall be no more than 7 teams in one league.

### **PULLING**

Each team shall pull a match of 2 ends against every other team in the league with points awarded as follows:

3 points	to the winners in a straight pull (two straight pulls)
Nil points	to the losers in a straight pull
1 point	to each team winning 1 pull each

*Note: If teams are drawing on points at the end of the league; they shall be ranked using the following system until differentiation:*

- 1. Results of matches (between the teams drawing on points).**
- 2. Matches won (most matches won).**
- 3. Cautions (least number throughout pulling).**
- 4. Team weight (lowest team weight at weigh in).**
- 5. Coin toss or draw.**

If there is one league; the top 4 teams on points shall enter the semi-final competition as follows: 1<sup>st</sup> v 4<sup>th</sup>; 2<sup>nd</sup> v 3<sup>rd</sup>

If there are two leagues; the top 2 teams on points from each league shall enter the semi-final competition as follows: League one winner v League two runner up    League    two winner v League one runner up

The losers of the semi-finals shall pull off for 3<sup>rd</sup> and 4<sup>th</sup> places before the winners of the semi-finals pull off for 1<sup>st</sup> and 2<sup>nd</sup> places.

**The semi-finals, 3<sup>rd</sup>/4<sup>th</sup> pull off and the final matches shall be won by two (2) pulls out of three (3).**

### **AWARDS**

Prize cards awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places

## **“How to” Guide – Tug of War – 2024 - 2025**

### **LADIES' TEAM REQUIREMENTS**

Team of 8 with a combined maximum weight of 560kg

At least 6 members aged between 17 and 28 on 1st September with no more than 2 members aged between 15 and 17 on 1st September.

### **MEN'S TEAM REQUIREMENTS**

Team of 8 with a combined maximum weight of 680kg

At least 6 members aged between 17 and 28 on 1st September with no more than 2 members aged between 15 and 17 on 1st September.

### **JUNIOR TEAM REQUIREMENTS**

A team of between 7 and 10 pulling members male or female with a combined weight of 560kg. This may increase to a maximum of 600kg with the addition of each female gaining a bonus of 10kg.

All members aged between 12 and 17 on 1st September.

There is no limit on the number of males or number of females in the team (may be all male, all female or any combination of male and female).

Each team may have 1 coach during pulling

### **HOW TO WIN POINTS**

**WINNING A PULL - A 'Pull' shall be won when one of the side markings on the rope is pulled over the centre line.**

**FINISH A PULL - The finish of a pull shall be signalled by the Judge blowing a whistle and pointing in the direction of the team winning the Pull.**

**Each team shall pull a match of 2 ends against every other team in the league with points awarded as follows:**

3 points	to the winners in a straight pull (two straight pulls)
Nil points	to the losers in a straight pull
1 point	to each team winning 1 pull each

Note: If teams are drawing on points at the end of the league they shall be ranked using the following system until differentiation:

- 1. Results of matches (between the teams drawing on points).**
- 2. Matches won (most matches won).**
- 3. Cautions (least number throughout pulling).**
- 4. Team weight (lowest team weight at weigh in).**
- 5. Coin toss or draw.**

**Semi-finals and final matches shall be won by two (2) pulls out of three (3).**

**SUBSTITUTION** – A substitute may replace any one puller for the duration of the competition (Age restriction of team still applies). After the substitution has taken place, no other such changes may occur. Substitution may be used for tactical reasons or due to injury. The substitute puller must be of equal weight or less than the puller he/she replaces.

**DRESS** - All competitors must be suitably dressed, in the same team colours.

**BELTS** - Clothing or elasticated belts, with a Velcro fastening, used to protect the skin may be worn under the sport clothing subject to the judge's approval. No construction may be attached to clothing or belt. If a protective rigid belt is worn, the lumbar support should be in the correct position with the centre of the lumbar support in the centre of the back and the buckle at the front. When worn, either inside or outside of the sport clothing, the belt should not be moved from its original position, if the belt is seen to be worn incorrectly (loose enabling movement), this will be classed as an infringement (locking). This may result in a caution. It is the puller's responsibility to ensure that the belt is worn correctly for this not to occur. Under no circumstances will the rope be permitted to run BETWEEN the protective clothing or belt and the pullers' body. Any protective clothing and/or belt should be made available for inspection by a judge at any time during a tournament.

**BOOTS AND SHOES** – Competitors' boots must not be "faked" in any way, i.e. THE SOLE HEEL AND SIDE OF THE HEEL SHALL BE PERFECTLY FLUSH – THIS MEANS THE SOLES MUST BE SMOOTH. No metal toecaps or metal toe-plates are permitted. Metal heel tips that are flush on the side and the bottom of the heel are permitted. **Refer to Tug of war boot rules and construction guide 2017-18**

**ROPE** - The rope shall not be less than 4" and not more than 5" in circumference (10cm minimum, 12½cm maximum) without knots or other holding for the hands and the minimum length not less than 35 metres.

**ROPE MARKINGS** - Five tapes or markings shall be affixed to the rope as follows:  
A red tape or marking at the centre of the rope which will be level with the ground mark at the start of every pull.  
Two white tapes or markings each 4 metres either side of the red centre tape or marking.  
Two blue tapes or markings each 5 metres either side of the red centre tape or marking.  
The first puller in each team shall grip the rope within 30 cm of these outer blue tapes or markings.  
The white and two outer coloured markings shall be capable of easy adjustment by the Judge in the event of the rope shrinking or stretching.

**GROUND MARKINGS** - One line shall be marked on the ground at right angles to where the centre of the rope will be at the start of the competitions.

**KNOTS OR LOOPS** - No knots or loops may be made in the rope, nor may it be locked across any part of the body by any member of a team. Crossing the rope over itself constitutes a loop.

**LOCKS** - From the start the rope shall be taut. Every pulling member shall hold the rope with both hands by the ordinary grip and the rope shall pass under the armpit. Any other hold, which prevents the free movement of the rope, is a lock and is an infringement of the rules.

**ANCHOR-MAN'S GRIP** - Upon taking up position the anchorman will place the rope around his/her body in the approved manner. I.e. The rope will pass under one armpit, diagonally across the back and over the opposite shoulder from rear to front. The remaining rope shall pass in a backward and outward direction and the slack shall run free. He/she shall grip the standing part of the rope with both arms extended forward.

**THE START** - When the Judge has received the sign from the two coaches that all is ready, he or she shall give the teams the following verbal and visual commands:

'Pick up the Rope' - at the same time extending the arms forward and horizontally. No indents of any kind shall be made in the ground in any way before the command: "Take the strain". The pullers' feet shall be flat on the ground and the rope held with both hands by the ordinary grip.

'Take the Strain' - at the same time raising both hands above the head. Sufficient strain shall be put on the rope to ensure that it is taut and each puller may establish one foothold with the heel or side of the boot of the extended foot. When the rope is steady with the centre mark over the ground line. **THE JUDGE MUST MAKE IT QUITE CLEAR BY EXPOSING THE PALMS OF HIS OR HER HANDS WITH THE ADDED WORD "STEADY" THAT HE OR SHE IS ABOUT TO SIGNAL THE START, THEN, AFTER A SLIGHT PAUSE THE WORD "PULL"** at the same time flinging both hands downwards.

### **INFRINGEMENT DURING CONTESTS**

Should it be necessary to caution a team for any infringement of the rules, the judge shall, in addition to naming the team and calling 'first caution' or 'final caution' also signal such caution by raising his arm to the horizontal position and pointing in the direction of the offenders. Only two official cautions shall be given during any one pull. Any team guilty of any offence meriting a caution after already having received two official cautions in any one pull will be disqualified.

**Sitting** - deliberately sitting on the ground, or failure to return immediately to the pulling position.

**Leaning** - touching the ground with any part of the body other than the feet.

**Locking the Rope** - no knots or loops shall be made in the rope, nor shall it be locked across any part of the body or any member of the team. Crossing the rope over itself constitutes a loop.

**Grip** - any grip other than the ordinary grip as described above.

**Propping** - holding the rope in a position where it does not pass between the body and the upper part of the arm.

**Position** - sitting on a foot or limb or the feet not extended forward of the knee.

**Climbing the rope** - passing the rope through the hands.

**Rowing** - repeatedly sitting on the ground whilst the feet are moved backwards.

**Anchor Man's Grip** - any grip other than described in above.

**Footholds** - making indents in the ground in any way before the command "Take the Strain" is given. Thus, cleaning the ground by foot or hand is prohibited.

**BEHAVIOUR** - There shall be no conduct by word or act likely to bring the sport into disrepute

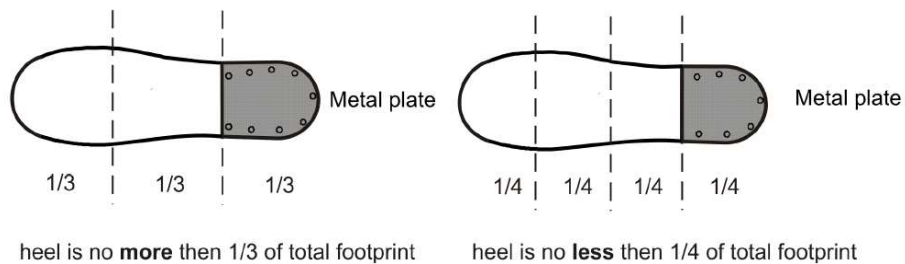
## Tug of War Boots Guidelines

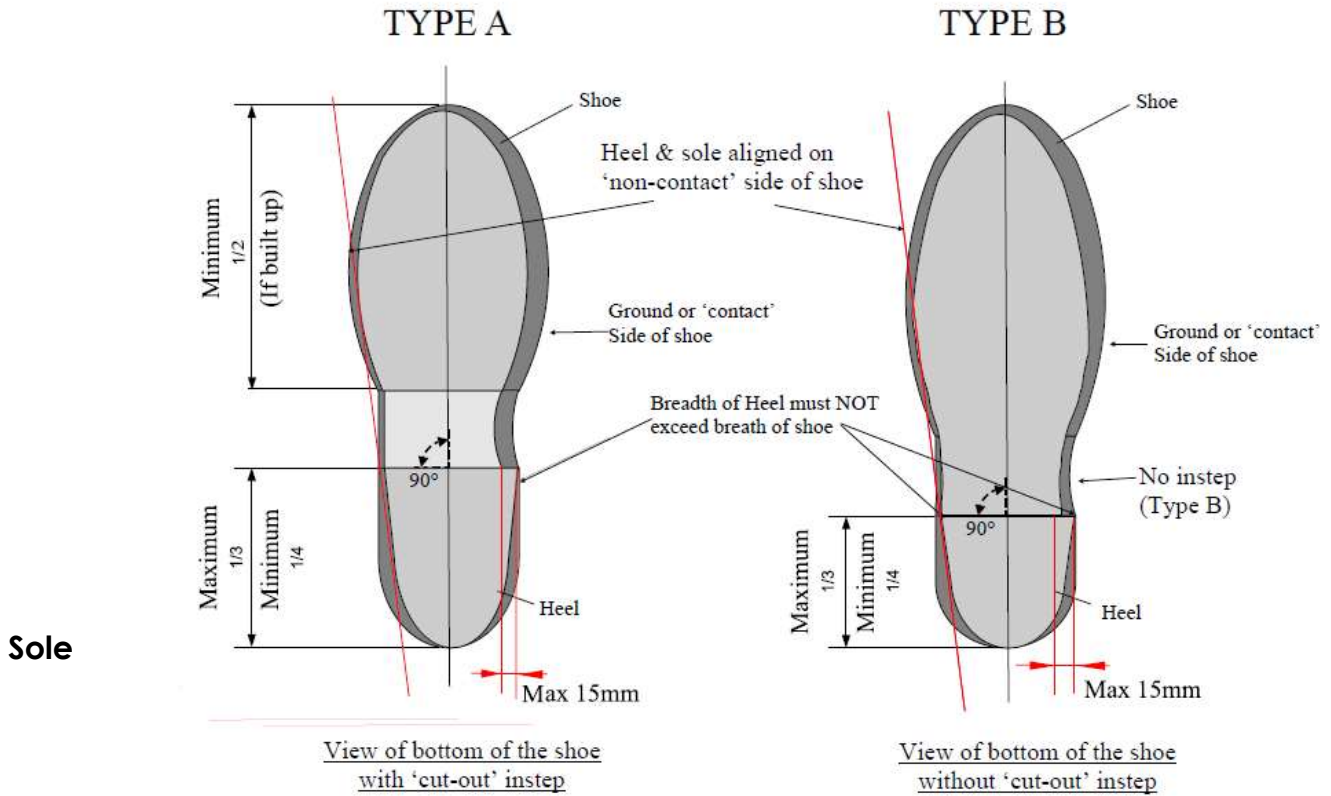
### TWIF outdoor boot specifications

**Heel:** The heel shall be flush with the sole of the shoe – vertically down from the sole as seen from the back and side of the shoe. The front of the heel facing forward shall also be straight across, perpendicular to the sole and vertically down from the sole of the shoe.

The side of the heel impacting with the ground – the “cutting edge” – can have a tapered edge towards the front of the heel with a maximum protrusion of 15mm to the outside of the heel as measured from the vertical line from the sole. The other side of the heel must be completely flush with the sole and may not have any protruding feature. **The breadth of the heel must not exceed the breadth of the shoe.**

The maximum height of the heel, including a metal plate with a maximum thickness of 6.5mm, may not be more than 35mm from the bottom of the shoe. The 35mm includes the thickness of the sole. The length of the heel may not be less than one quarter or more than one third of the length of the shoe. See illustration below.

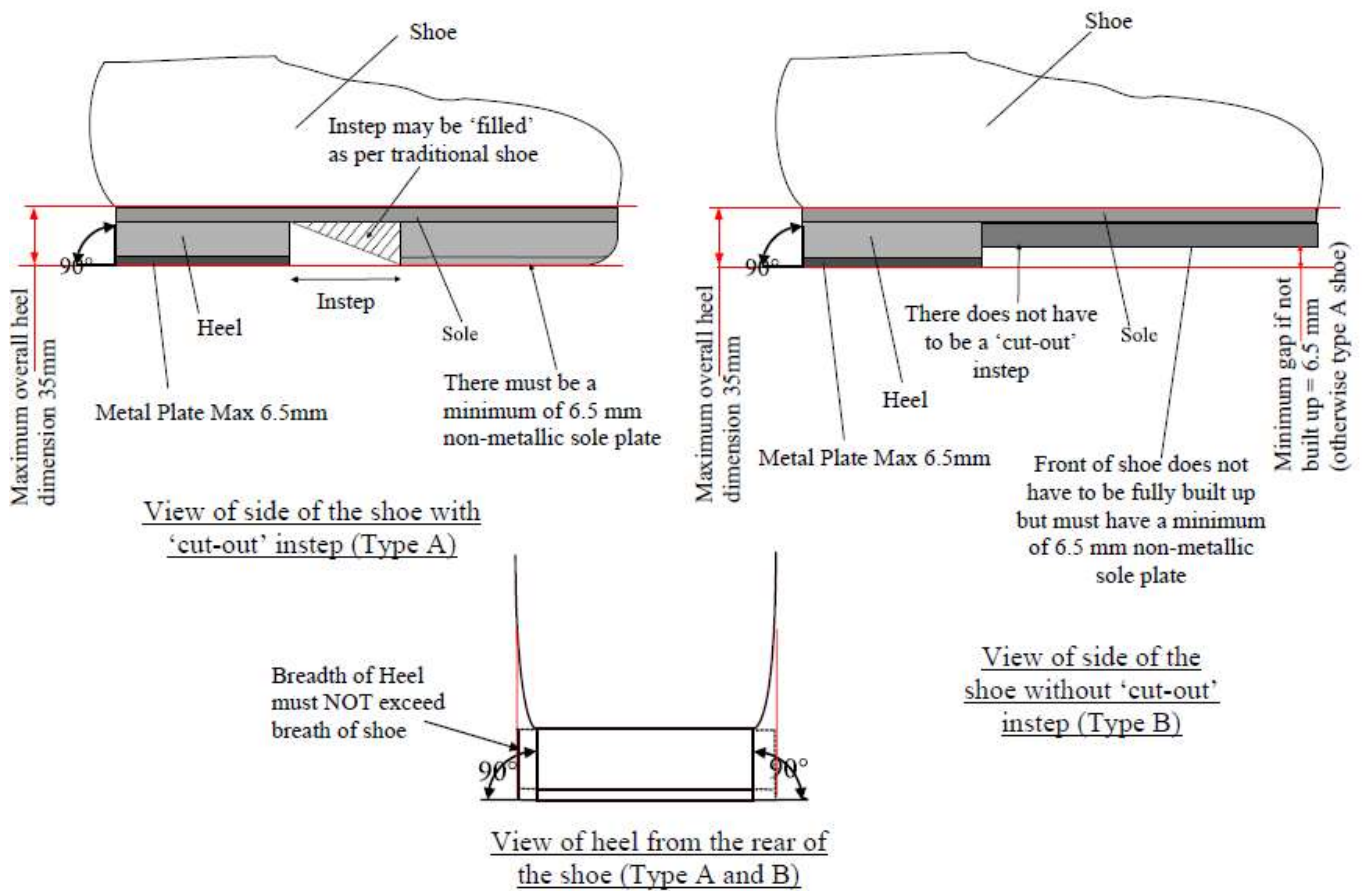




## Structure

The sole "structure" (which includes the structure of the heel) may be metal, but the sole plate must not be metallic, the minimum thickness of the non-metallic plate is 6.5mm. See illustration below.

**Front part of the shoe:** can be built up or left as it is. If not built up, the sole can be higher than the heel when viewed on a flat surface. In this configuration, the sole must be a minimum of 6.5mm higher than the heel. If built up, the front part of the shoe may not be



less than half the total length of the shoe. The maximum height, including the sole may not be more than 35mm. The "sole plate" must not be metallic and be a minimum of 6.5mm. See illustration below.

Readymade boots can be bought from a starting price of around £80 to £150 depending on build spec. Otherwise they can be made at home with relatively little equipment. 2 examples of inexpensive tug of war boots are given below

### 1. Leather boots

Purchase a pair of army boots from an army surplus store. Grade 2 boots can be as little as £15. If you have the choice select boots with hard rubber soles rather than soft rubber.

Grind all the grips off the bottom of the boots (safely in a ventilated area using a vice and suitable personal protective equipment).

Get a steel plate no more than 6.5mm thick (take care that the overall heel depth (plate plus heel) will come to no more than 35mm). Draw around the heel on the plate and cut the heel plate out. Smooth the edges off.

Screw and fix the plates to the heel by 4 bolts threaded down from the inside of the boot into the steel plates.

- Take the boot insole out. Drill the holes the correct size for the thread down through the heel and mark the steel plate before drilling the 4 holes through the plate. Tap the thread in the plates so the bolts can screw down through the heel and through the plate. Grind the end of the bolts off so it is flush with the bottom of the plate.
- It is advisable to use washers on the inside of the heel to prevent the bolts being pulled through the heel. Also, the use of a strong adhesive will assist a good bond.

Replace the insole.

## **2. Roller Blade Boots**

Purchase a pair of roller blades, not too expensive, but comfortable (there are plenty second hand from online auction sites). Ideally the boots should have one clip at the top and laces down the boot. Make sure also that the wheel carriage is riveted on to the base of the boot and not moulded on.

Unscrew the rollerblade fixings from the sole of the boot or carefully drill them out.

Make a template of the sole of the boot.

Use this template to mark a piece of 8 to 10mm thick black hard Nylon/Teflon/Trespa or similar hard product and cut out with a suitable tool.

Screw this cut-out to the sole of the rollerblade boot. Screws should be fixed from inside the boot downwards into the nylon, and upward through the nylon into the sole, being careful with screw length so not to penetrate the inside of the boot - remember to remove any insoles before fixing.

To create a heel, use 10mm Nylon/Teflon/Trespa or similar hard material. Make a template of the heel section, about 90mm long from the back of the boot.

Cut the nylon heel piece to size and screw to the new nylon sole of the boot.

Using the same heel template, mark and cut a piece of steel with a maximum thickness of 6.5 mm.

Screw onto the heel of the boot.

