

tug of war

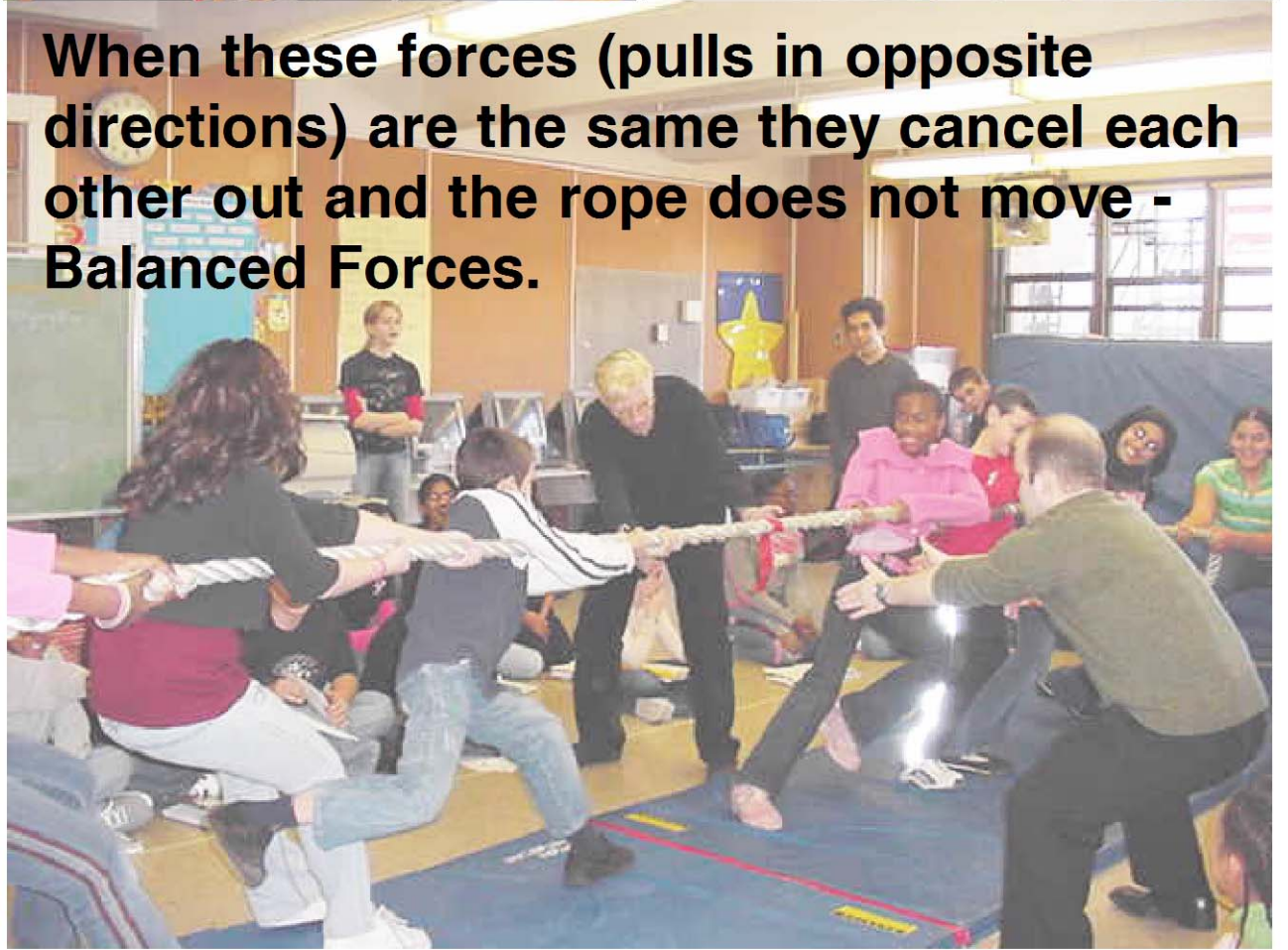
Force - A push or pull on an object



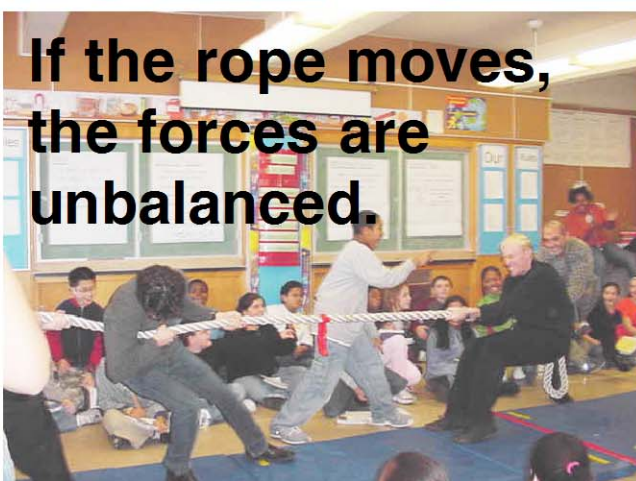
Push



Pull



When these forces (pulls in opposite directions) are the same they cancel each other out and the rope does not move - Balanced Forces.



If the rope moves, the forces are unbalanced.

