

An insulating concrete form (20) with two opposing panels (100,120), each panel having on each end thereof both a tongue (108, 128) and a groove (110, 130) for interconnecting with a similar form, the tongues and grooves positioned such that a similar form may be reversibly positioned and still interconnected, the opposing panels on each form joined by a plurality of metal wire ties (152) with both horizontal (160) and vertical (162) members, preferably welded one to another, with each horizontal wire bent to form a right angle on each end with a metal attachment strip (180) disposed within such right angle.