

TWIF 2021 Anti-Doping Rules (ADRs) 2021 come into force on 1st January

As many of you are hopefully aware, WADA updated their Anti-Doping 'Code' which is now the 'Anti-Doping Code 2021' at the end of 2019 which replaces the 2015 version. TWIF has extensively engaged and worked with WADA to adapt this version of Code, where possible, for Tug of War purposes and context. These amended rules will therefore become the TWIF Anti-Doping Rules (ADRs) 2021.

This has been a challenging process at times as WADA stipulate that many of the Articles within the 'Code' have to remain as written. Nevertheless, we have adapted the WADA Code as far as reasonably practical and within the bounds of acceptability by WADA to produce the TWIF ADRs which have now been adopted by the TWIF membership and will come into force on 1st January 2021. The new ADRs will be posted on the TWIF Website. Please take time to review the new rules, we will, in the New year produce some additional guidance to help you through the new rules and highlight some key points.

Some key Articles of the TWIF ADRs that have been adapted include, but not limited to, the following;

- Article 5.5 - Athletes Whereabouts, and specifically 5.5.10, 5.5.11 and 5.5.12 the latter covering sanctions for failure to comply.
- Article 9 - Automatic disqualification of individual athletes.
- Article 10 – Sanctions on individuals specifically 10.10, 10.11 and 10.12 that provide details of sanctions.
- Article 11 – Consequences for teams – these are the sanctions associated with the team, very important as Tug of War is very much a team sport.
- Article 12 – Sanctions by TWIF against other sporting bodies – this includes National Federations (NFs).

WADA Prohibited List 2021

In addition, as is usual at this time of year, there is a new prohibited list, which is again published on the TWIF website along with the modifications and explanatory notes. WADA have stated that the 2021 Prohibited list "*has been redesigned in order to improve navigation and usability for athletes and their support personnel.*"

