



twif

IS A MEMBER OF



EDITOR:

Maaïke Hornstra
10cc@hetnet.nl

TWIF HEADQUARTERS:

Lytse Dyk 2
9026 BD Jellum
The Netherlands

MISSION STATEMENT

As an International Federation our mission is to provide the structure and good governance necessary for the well-being and development of the sport of Tug of War throughout the world.

Our Primary Objective is to attain a sufficiently high level of excellence and universality to expedite our acceptance by the International Olympic Committee as a sport within the programme of the Olympic Games, a status held by our sport in the early years of the 20th century.

What will 2021 bring?



Anton Rabe

Photo: Eddie van Raamsdonk.

As we rapidly progress through to the last few weeks of 2020, it is somehow unreal that the TWIF Family has seemingly come through 2020 mostly unscathed, albeit unable to conduct our normal activities at club, national and international level. A somewhat anti-climax with TWIF's 60th anniversary that now (hopefully) will be able to be celebrated in 2021.



Our communities and nations have however suffered greatly with the tragic loss of life all over the globe, and recently again the resurgence of a 2nd wave currently running rife - mostly in the Northern Hemisphere. Realistically, we can expect a similar trend in the Southern Hemisphere. The only difference being winter up North and summer down South.

I am sure many of us are eager to put 2020 behind us and to start 2021 which will hopefully bring some much needed economic recovery, job security and an effective vaccine.

It will not be plain sailing. My plea and appeal is therefore that we all maintain discipline and adhere to the various levels of lockdown restrictions and related risk mitigation protocols in our respective countries and regions within countries. Travelling remains a challenge and it is easy to become complacent and on the back of "Covid fatigue" lapse our diligence and create unnecessary risk to ourselves, families, friends and colleagues.

As I have stated in previous communiques, we need to remain strong in our isolation as the better we avoid social engagements and any unnecessary get-togethers, the better off we will be as a broader community.

As individuals we are not only responsible for our own well-being, but also for those around us. The message is clear: **DO NOT TAKE ANY CHANCES.** Don't disappoint yourself and your loved ones.

My wish for 2021 is that we will see a breakthrough in vaccines for global use and that we will also have developed some sort of herd immunity by mid 2021 in order for a more normal life to return to our daily lives.

It will however never be the same - we will have to make and accept some permanent changes in a post-Covid environment.

For those that take a break from what proved to have been an exhaustive year over the Festive and New Year period, please enjoy and rest well - *COMPLIANTLY!*

2021 will have its surprises, but lets' not create the surprises ourselves. Lets' manage those things under our control, very, very well! Until next time, keep well and stay healthy.

ANTON RABE *President*

TWIF 2021 ANTI-DOPING RULES (ADRs) 2021 come into force on 1st January

PETE DYER

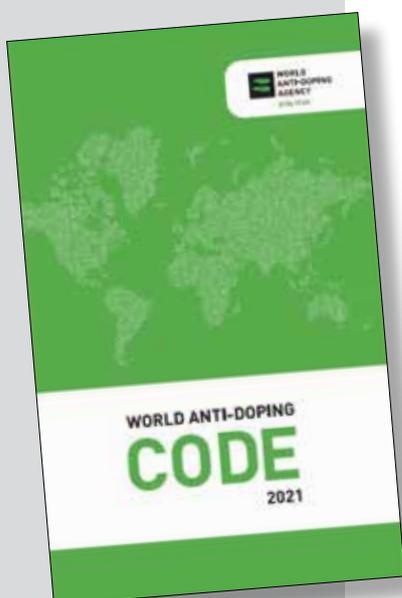
As many of you are hopefully aware, WADA updated their Anti-Doping 'Code' which is now the 'Anti-Doping Code 2021' at the end of 2019 which replaces the 2015 version.

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

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."

In addition, as is usual at this time of year, there



Looking to the future

LILITA MIKUNA

During the spring and summer season and until October Latvia was in a relatively good situation with the COVID 19 virus - events, competitions were allowed with compliance to hygiene rules.

As our plans also included the implementation of a continuing education project, we agreed with Latvia Sport Federation Council (LSFC) that we would try to implement this project with compliance to all safety regulations. We were referred by the Tug of War Club 'Saldus', who have a base in the Saldus Technical School where there are suitable facilities and a large range of sports equipment for Tug of War trainings. The Latvia Tug of War Federation seminar was scheduled for April, but COVID-19 laid down its own rules.

Every year the LSFC announces a project competition "Implementation of Continuing Education Programs for Sports Specialists", in which the Latvian Tug of War Federation participates - and since 2016 they have educated many coaches, judges and athletes.

In 2020 the Federation's project was *"The role of technical performance of rope pulling in achieving a better result"*. The performance of teams is influenced by the observance of the competition rules, which athletes implement in technical and tactical performance. In Tug of War competitions, there are a

limited number of infringements - only three - that teams can make in one pull. Caution often effects the outcome, which will be stopped when this number of infringements is reached. Latvia TWF's goal for this seminar was:

- To involve new teams, new coaches and referees and to introduce all target groups to Tug of War rules to get a better understanding of the infringements in the sport. Explain cautions, commands and signals of judges - from the position of athletes and coaches.
- Presentations of theoretical and practical classes,

analysing and explaining competition and technical rules, with practical training of judges signals and gestures - as well as practical tasks for seminar participants.

The participants received Latvia Coaches' Continuing Education Centre certificates. On October 9th, the day before the seminar, the Latvian government adopted stricter restrictions for COVID-19. The Federation provided masks and rescheduled the agenda; shortening the presentation time and organising more breaks. There were 34 participants - half from the Youth Guard centre of the Ministry of Defense and Saldus County Sports Centre. The seminar was attended by participants from all historical regions of Latvia - Kurzeme, Vidzeme, Latgale, Zemgale, as well as Riga. Coaches, judges and athletes of the existing clubs of LTWF also participated.

After the seminar, feedback will continue to help form new teams - especially incorporating the youth. TWIF judge Aivars Brakmanis, National category judge Andris





Palamarčuks, and Tug of war club 'Saldus' manager, Raivo Tuka shared their knowledge and experience in the Tug of War sport. Practical classes were supported by TW Club 'Saldus' athletes.

At the same time, the participants had the opportunity to get guidance in the use of Tug of War exercise machines that help prepare for both indoor and outdoor competitions ('dericks', training equipment for hands, finger strengthening, etc.).

During COVID-19 time Latvia TWF updated the Tug of War handbook with competition rules. This material was useful at the seminar. We had managed to jump into the 'last train' before lockdown because now the virus is spreading faster in Latvia, and at the moment we can only train outdoors and with a very limited amount of people.



THE CHINESE TAIPEI INTERNATIONAL Indoor Tug of War Invitational Tournament

Every November there is a large scale international indoor tug of war event called the Chinese Taipei International Tug of War Invitational Tournament - and it is held in Taiwan.

**CHRISTINE
YANG**

The Chinese Taipei International Tug of War Invitational Tournament has been held for 12 years, and more than ten countries and regions have come to Taiwan to participate - including Hong Kong, Macau, Japan, Korea, Thailand, Brunei, Singapore, China, Malaysia, Indonesia, and India, etc. A total of nearly 100 teams participate each year, including Taiwanese student players at all levels and even adult clubs as well.

The tournament is held in different cities and counties around the northern, middle, southern and eastern part of Taiwan, so the international athletes who come to Taiwan

This event is full of competitiveness, joy, excitement, shouting and lively atmosphere as well as the cheering of the audience, which always touches everyone on the scene and leaves a deep impression.



may enjoy the different cultural and scenery. This year, even though the event was cancelled due to the epidemic, the domestic competition was still held as scheduled.

The Chinese Taipei Tug of War Association (CTTWA) has been established for 28 years and has been actively promoting the tug of war sport nationwide. The predecessor of this tournament is the Asian Tug-of-War Championship. Asian countries were relatively unfamiliar with this sport, and in order to promote it in Asian, Taiwan provided free accommodation and local transportation for foreign teams for 5 days and 4 nights. It was

hoped that more countries were able to join the tug of war family.



As a member of the Tug of War International Federation (TWIF), the CTTWA has the obligation to participate in and assist the TWIF's development, as well as the responsibility to promote tug of war in

Asia. Therefore, the tournament takes place every year. In particular, we have invited international judges to come to Taiwan to enforce the competition. It is believed through international exchanges and good interaction with the international experts, the tug of war in Asia and even the world will be developed further.

New Taipei City is home to scenic mountains, forests, oceans, valleys, riverbanks and hot springs; bucolic farms and tea fields; and the traces of centuries of settlement.

It's an ageographical and cultural treasure trove, with spectacular events year-round: the Pingxi SkyLantern Festival, hailed by international media as an event that must be experienced at least once in your life.

Next year, the tournament will be held in Banqiao Gymnasium in New Taipei City, which is an internationally certified soccer stadium for the 2017 Summer Universiade and the 2009 Summer Deaflympics, with a seating capacity of 3,500 spectators. It is an excellent venue.

You can go to Yingge and Sanxia to experience traditional arts; to Tamsui and Bali to see how much diversity can be packed into a small town; to Fushan to experience nature in unspoiled mountain forests; to Pingxi to see the new high tech sky-lantern-shaped police station or to Pinglin to cycle through tea villages. Each short trip is unforgettable.

In 2021, we will host this event in the same format as the World Cup, and will live broadcast the event through a new media platform to promote tug of war to the whole world. We welcome players from all over the world to participate and come to Taiwan to enjoy its beauty.





Tug of War promotion in the Czech Republic

During the last summer we tried to promote the Tug of War sport within the Czech Republic.

The sport was introduced to various groups of athletes, schools and regional sport representatives, mainly thanks to the Sokol movement. The Sokol movement is a Czech sport and Gymnastics Association, which in the history of Czech and Slovak physical education has taken the position not only of the largest, but also the most successful physical educational organization. It was founded by Miroslav Tyrš and Jindřich Fügner many years ago in Prague in the Czech Republic. It was based upon the principle of "a healthy mind in a healthy body".

CZECH REPUBLIC

RESULTS

(only winners)

Men - ESA

Women - Holčičky Všejanya

Junior - Chlumeč & Cidlinou

Kids - Hasiči Všejanya

Tug of War Championship 2020

We were quite happy that we could hold the Czech Republic Tug of War Championship during these hard times. The Tug of War competition was postponed from June to September 12th, 2020 and the competition followed safety guidance outlines for holding organized events during Covid-19. A total of 20 teams participated. The men's category had 6 teams; the women's category had 4 teams; the junior category was represented by 4 teams and last but not least the children's category had 6 teams. We only had an open weight category and despite the last year we had 8 pullers in the team. In 2021 we are hoping to hold the Tug of War championship with weight categories according to TWIF rules.





50 years T.T.V. Eibergen

Almost 50 years ago (11 November 1971) a few guys founded a tug of war club, known as T.T.V. Eibergen in the Netherlands.

Within a few years the club organised a trip to a Swiss club where they gained more inspiration and knowledge about the sport. More trips and exchanges with different (inter)national clubs followed that paved the way for its successful future. In the following years the club managed to build a clubhouse with dressing rooms, a kitchen, a conference room and storage. And since 2005 the club has semi-indoor training facilities.

TTV Eibergen is a club for different kinds of people of all ages and backgrounds. and consists of both active pullers and recreational athletes. The group of recreational athletes is an active and committed group of ex-pullers and their partners with weekly activities such as walking, biking and playing of all kind of games. The active group of pullers is also a large group - from the youth to elderly seniors, both men and women. And all these bring a lot of versatility and good ambiance - so after the past 50 years the club has been able to build up a solid foundation - not only physically and financially, but also in terms of sporting results - during which they received a lot of national and international medals of all colours. Well known are the teams in the 680, 640 kg and the mixed classes. The club also competes in a lot of other classes often with good results. TTV Eibergen as a club is well represented on national and international levels. Over the years a lot of members also represented the Netherlands in the European and World championships and brought home many medals, including golds.

To celebrate our 50th anniversary we intended to organise an international tournament in 2021. We have done that previously in 1991, 2001, 2011 and 2016. The tournament in 2011 was especially memorable for the final of the men's 600 kg (due to the wet ground with deep holes the programme had taken all day, so the final only started at midnight!) Despite these memorable but successful tournaments the club is sadly now not able to organize a new one for 2021. With the current developments around the Covid-19 virus globally it is not possible to set up a tournament in the way we had wished. We would like it to be a tug of war festival with a lot of tug of war players and a great amount of spectators. We hope to be able to organise a new event in a couple of years from now. Hopefully we'll meet again soon around the tug of war field and make some more great history together!





THE SOUTH AFRICAN JUNIOR CHAMPIONSHIPS

*The South African Junior Tug-of-War Championships will be hosted by the Malmesbury Tug-of-War Club, in conjunction with the Agricultural Society, in the Western Cape over the period **25 - 28th of March 2021.***

RENTIA VAN DEN BERG
Chairperson Malmesbury Tug-of-War Club

Being the biggest Championships of its kind in the World, the preparations involved are immense - add a Covid 19 pandemic in the mix and you have an enormous task with even more regulations and governmental uncertainties. The Organising Committee is working effortlessly to ensure that every regulation is adhered to and that this upcoming Championships will be successful.

An exciting addition to the two-day championships will be the International (Closed) Championships on Sunday 28th March 2021. International teams will participate in the Junior (Club) Championships on the first two days, whilst SA National A and B sides will participate on the Sunday against National teams from the visiting countries.

The weight divisions for the international junior participation will be 560kg Junior Men, 480kg Junior Ladies and 520kg Mix. Senior weight divisions will be decided on and communicated to interested countries. SA Tug-of-War is pleased to announce that two countries have already confirmed their participation. One of the countries will also be bringing senior teams to participate in a series of test matches against South African teams.

The 2020 South African Junior Tug-of-War Championships was held earlier this year in Worcester, hosted by the Drosty Higher Technical School. The Championships received 305 team entries, bringing the total number of athletes to an unbelievable 1389 individuals. The referees and officials managed 1133 matches over the two-day period. The Championships were divided into two divisions - the primary schools, ages 6 years to 13 years, pulling barefoot and the high school, ages 14 to 18 years, pulling with boots.

The barefoot division included 230kg, 280kg, 320kg, 360kg and 400kg, whilst the boots division included the following weight categories:

- Boys: 400 kg, 440 kg, 480 kg, 520 kg, 560 kg and 600 kg.
- Girls: 440 kg, 480 kg and 520 kg.
- Also included was the 520 kg Junior Mixed category.





Countries that wish to participate can enter into any of the above categories for the Open Club Championships. The International (Closed) Championships will be in the official TWIF Junior weight categories: 560M, 480W and 520 Mixed.

SA Tug-of-War is looking forward to the SA Junior Tug-of-War Championships in 2021 and invite all countries to be part of this prestigious event. SA Tug-of-War will carry the transport and accommodation costs of Junior teams that wish to participate in this event for a period of 7 days. Interested parties to contact Anton Botha luther.botha@gmail.com



**SOKATIRA
MUNDIALA**
SEP. 15-19 2021 GETXO

Basque Country
Tug of War
World Championships

The outdoor Tug of War World Championship, which was planned for September 2020 in Getxo (Basque Country), has been postponed by one year.

*The new dates will be **15 - 19 Sept 2021**, with the same programme and in the facilities of the Fadura Sports Park.*

Choice of new dates for the holding of the Championship

Because the places for the tug of war championships were already assigned for the next two years, in the Netherlands and Switzerland respectively, it has been necessary to work in different areas to delay the dates of the three events. **Sokatira Mundiala** is supported by the Basque Government, the Bizkaia Provincial Council and Getxo Council. This support will remain in place for the 2021 event.

Conditions for Sokatira Mundiala 2021

The organization of the World Championship has been working for months to make Sokatira Mundiala a reference championship, both on the sporting and organizational level, in order to boost the modernization of this sport in fields like sustainability, information technologies and doping control.

Given the situation that the COVID-19 pandemic has created, these actions will be joined by the measures necessary to allow for the holding of the championship with all the health and safety guarantees, both for the participating athletes, and the organization, suppliers and spectators.

Although it is still early to determine the precise measures that will be taken, a working group has already been established, in collaboration with the TWIF, to develop a complete plan.

The 2021 World Championship will count for the 2022 World Games

On the other hand, in 2021 the World Games were going to be held in Birmingham, Alabama (USA). These have also been postponed until 2022. And therefore, the classifications in some of the categories of the Getxo World Championship will count for the 2022 World Games. In particular, these are Men 640 kg, Women 540 kg and Senior Mix 580 kg.

The World Games are a multi-sport event in which athletes from around the world participate in sports which do not participate in the Olympic Games. They are organized by the International World Games Association (IWGA), under the sponsorship of the International Olympic Committee. This is the World Championship of Tug of War in which the International Associations members of the TWIF and clubs of those countries will participate.

More information will follow in 2021 and on the website: www.sokatiramundiala.com