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twif

IS A MEMBER OF



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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.

Dear Tug of War Family,

Whilst we all struggle individually and as groups in our respective countries and communities with lock down of various intensities subject to the spread of the Covid-19 virus, I wish to re-iterate that we are not alone in this fight against an unseen global enemy.

Yes, we are in isolation and we need to stay home to limit social contact. In this isolation we are also strong because the better we isolate and break contact, the better us as individuals, the community and the collective will be. For many of us, we have been in isolation for many weeks, and for many of us it will still be many more weeks which seems like a lifetime. Fact is, that nobody knows at this stage for how long the lock down will have to be maintained - with different intensities in different countries. For that we must trust our leaders and medical experts.

But, we have also learnt from this experience. Suddenly it is not essential to fly or drive to meetings or have a hard copy of an agenda or minutes of a meeting. We can do it online. We do it electronically and in many inventive ways using apps and related tools.

As TWIF we will also have to adapt. We have already been forced to cancel our annual congress. The first time in 60 years. We will find ways in the coming weeks to deal with key governance matters such as finances and related issues - these we can approve - on an electronic voting type basis. The details will be communicated soon.

We will also have to adapt our international competition calendar that will have an impact not only on TWIF events, but also at a national and club level. Many sports and icon events such as the Olympics, Wimbledon, Formula 1, football and rugby leagues, etc have had to be postponed and/or cancelled. This includes the postponing of the 2021 World Games to July 2022 which was communicated very recently. We will have to adapt and we will have to find compromises. Each and everyone of us will have to chip in our little bit.

So, although the world as we knew it will never be the same, my message to you all is to stay calm and to stay positive and to abide by the directives issued in your respective countries. Let's take the good out of this and be stronger as a collective when we reconvene in the future.

We WILL get through this. Be part of the solution and let's collectively "flatten the curve".

Regards

ANTON (President TWIF)



Anton Rabe.

Photo: Eddie van Raamsdonk.



Pullers: Brenda van Zanten, Anne Vrolijk, Lars Schouten, Tim de Haan, José Verbeek, Kim Boogaard, Remon Wolfswinkel and Ferdi v/d Lagemaat. Coach: Peter Bark.

TUG OF WAR TEAM **ATHLETE OF THE MONTH** FOR WORLD GAMES FEBRUARY 2020

The Dutch 580 kg team won the first-ever gold for their country in the Mixed class at the World Indoor Tug of War Championships in Letterkenny, Ireland, in February 2020.

Interestingly, in the gold-winning team of 8 pullers – four women and four men – there are three couples. The Dutch Mixed 580 kg Team is chosen as World Games Team of February 2020! The Dutch Mixed team had trained hard throughout the past months with the World Championships in mind.

In the first matches the team already showed its strength: they won all the pulls in the series except against Chinese Taipei, their biggest rival.

That pull ended 1-1.

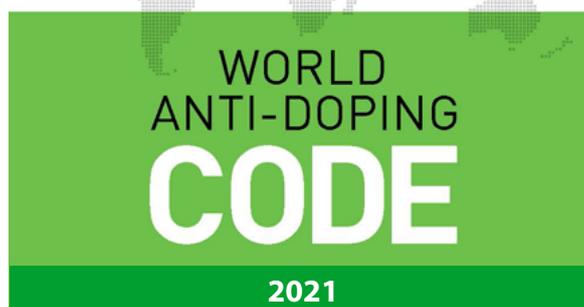
As could be expected, the final between Netherlands and Chinese Taipei was a real battle between two almost equally good teams. At the end, the Dutchmen were able to win both pulls, and therefore the gold medal, for the first time ever.

DID YOU KNOW

South Africa's first appearance at an Olympic Games was in 1904 in St Louis, USA! the event? Tug-of-War!



WADA ANTI-DOPING



If you have been pickup World Anti-Doping Association (WADA) posts or information on social media you will be aware that at the end of 2019 WADA published a new set of rules called the World Ant-Doping Code 2021. In addition, new standards were introduced and existing standards updated, some eight International Standards in total. These are further underpinned by 'Technical Documents'

Although this Code and associated standards were introduced in January 2020, they come into 'force' in January 2021. In that period of a year Twif have to rewrite their current Anti-Doping rules and underpinning guidance to comply with the new Code and International standards. By the end of 2020 they have to be approved by WADA so that they can come into force by January 2021.

As your were previously informed, we increased the number of tests both in competition and out of competition, as well as spreading the testing over the whole championships. This has resulted in outcomes we didn't want. Testing is being expanded further and we propose to introduce harsher penalties – you have been warned.

Therapeutic Use Exemption (TUEs) – the process is more robust and you will be challenged if there isn't sufficient medical evidence to support your application. A new process and checklists of what is required is on the Twif website. TUE's should be applied for BEFORE taking any medication NOT because you are attending a championship.

I cannot stress strongly enough the importance of all of our athletes remaining compliant as both in competition and out of competition testing continues both by Twif and your countries National Anti-Doping Organisation (NADO), so athletes need to be careful and not take risks.

There is a useful website that can also help identify 'over the counter' products that may contain prohibited substances, that is <https://www.globaldro.com/Home>.

Although this largely covers Canada, UK, USA, Switzerland, Japan and Australia, by clicking on 'other' it will take you to other national websites.



PLAY TRUE
PLAY SAFE

If you, as an athlete, are prescribed medication, if it contains a prohibited substance, you must have an 'approved' current TUE

REMEMBER – you, as an athlete, are solely responsible for any banned substance found in your system.

PETE DYER



"I felt really pleased to win my first International medal at 640 kg back in 1999 but to get a Gold in the 680 kg in 2020 at the young age of 65 years was terrific".

Winning a gold medal in the 680 kg with Scotland

Name and country? Gary Gillespie - Scotland | **Age?** 65 Years

Family? Wife and 1 Daughter | **Club name?** East Kilbride (Outdoor) BRC (Indoor)

The year that you started pulling? Started pulling in 1973 when I9 was in the Army. I then continued once I left the forces in 1994.

How many National titles have you won? I would not like to count but I have been Winning National titles Indoor & Outdoor since 1995

How many International titles/medals have you won?

Probably about 15 Gold medals at 640 kg & 680 kg

What years did you win International medals? 1999, 2000, 2004, 2006, 2008, 2010, 2014, 2020

If you could, name the medal that means the most to you? I have won a lot of Gold medals but my Silver in the World Games in Akita is a bit special, also my last Gold in Letterkenny at 680 kg.

What positions have you held/currently hold in your National Association? I have been the Scottish Secretary for over 20 years and I am due to hand over this year.

What would you recommend to new tug of war members? I would just say to a new puller you have to give the sport time before you know whether you like it or not. It is a hard physical sport and it will take a bit of time to know whether you like it.



If you could pick an All Star team of 8 men from around the world who would be on your team? Past and present Tuggers? An all-star team is hard to pick, but I don't think you can look any further for me than the Scotland 600 kg Indoor team who won 5 Consecutive World Indoor titles between 2006 - 2016 and I was not in any of them!

Most memorable TOW experiences? I always enjoyed going to other Countries and meeting fellow pullers who love the sport as much as I do.



An extract of the opening address of TWIF President, Anton Rabe, at the ceremony of the 2020 **TWIF WORLD INDOOR CHAMPIONSHIPS** in Letterkenny, Ireland:

Those of you who were present at the opening of the European Championships in September in Castle Bar, will recall that I re-confirmed that re-admission to the Olympic Programme remains TWIF's highest ambition. I also indicated that it is also the ambition of virtually every other sport that is not on the Olympic programme and so we need to be realistic in our expectations.

Until then our focus is on the World Games – for which the Outdoor Championships in Getxo in September is the qualifying event – to choose the three weight classes that will take part in the Games in 2021 in Birmingham, USA.

To achieve this Olympic dream, I have no doubt that we have to adapt to the harsh realities and expectations of a modern world. In short, we cannot just continue doing what we have done to date. **Think and do differently – Adapt or die.** Our sport is basically practiced in one form or another globally, but the environment in which we need to operate is very complex.

We need to adapt to this environment without losing the soul, ethos, essence and simple requirements of our sport. Big money and professionalism – on the back of a discerning media thriving on sensation, and spectators wanting instant gratification within a very tight time period – is driving modern sport. Sport needs to be managed professionally as it has basically become a business.

So how do we do this within an amateur environment with no permanent capacity – where all of us are volunteers and have day jobs – and have to pay our own way? I don't have all the answers, but as a collective we certainly can work on developing solutions.

I believe we don't require big changes, but need a lot of little ones; just as we have adapted and changed incrementally over the past 15-20 years under the very capable guidance of my predecessors. And in the process, we need to govern and administer tug of war with a professional mind-set and the sound business principles of ethical behaviour, integrity and transparency albeit with the limited resources that we have.

Within TWIF we operate with 4 year cycles within a policy framework of objectives, projects and programmes to provide us with a clear road map to direct our activities and optimal utilisation of our limited resources. We are now at the start of a new cycle – 2020 tot 2024. The following broad initiatives will be presented to the TWIF Congress in April 2020 for endorsement:

1. Continue to ensure sound and transparent, responsible and ethical **governance and administration** to ensure compliance with directives and expectations relating to financial reporting, anti-doping and declaration of interests where required.

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**DID
YOU
KNOW**

TWIF

celebrates

her

**60th Anniversary
in 2020**

2. We will develop **new training material**, including a standardised set of presentations, and guidance policies (abuse, child protection, privacy) and will expand the programme of development seminars in many parts of the world. For this we need a pool of experienced coaches and judges/recorders that can help Exco present at these events all over the world. We will call on you to identify volunteers who are prepared to donate their time to this programme.

3. We will continue with our approach to **train and better equip our officials** to ensure consistent interpretation and application of the rules. We are struggling with some rules – a case in point are the anchor vest and belts. We will discuss and agree on some proposals and solutions at the coming congress in April in the Netherlands.

4. We will also re-look our **TWIF event programme**, the number of weight classes (there are too many to fit these into 4 days), format and way in which we deal with tenders, tender fees, accommodation, etc. Somehow we must try to make these cheaper, without detracting from the quality and presentation at the events.

5. The exciting **research project done by the Deusto University** wrt the development of non-intrusive tests for de-hydration and severe weight loss that we have experienced especially during indoor events. We need to be responsible and pro-active as it is clear that some individuals will go to extreme lengths – including risking their health – to reduce weight. We cannot and will not stand idly by and wait for something tragic to happen before we respond.

6. We have entered into an initial 5 year agreement with an option to extend for another 5 years, with **Protocol Sports to assist with sponsorships and global exposure** of the sport. Again we need to be realistic and cannot expect huge returns in the short term.

7. We are looking into the possible participation of **another multi-sport event – Power Games**, without detracting from our standing in, and commitment to the World Games which remains our apex event.

8. Lastly, we need to **rewrite our competition and accreditation programme** in a new and modern platform. The current programme is more than 20 years old and has been patched too many times resulting it becoming somewhat of a liability.

For the above we will need financial resources and volunteer capacity. Both are in short supply.

.Irish team W500 U23



This is our joint challenge and responsibility and I invite you all again to **be part of the SOLUTION – Be part of FUTURE.** Volunteer your time, please contribute your knowledge and experience and make a difference in your own country and internationally.



Letterkenny 2020 Open Clubs Championships



WEIGHT	GOLD	SILVER	BRONZE
500W	Badaiozt (BAS)	Jingmei (TPE)	Beti Gazte (BAS)
540W	Badaiozt (BAS)	Beti Gazte (BAS)	Gaztedi (BAS)
560M	Country Club (NIR)	Clonmany B (IRL)	Ibarra (BAS)
600M	Clonmany B (IRL)	Mountain View (IRL)	Beti Gazte (BAS)
580MX	Monnickendam (NED)	Beti Gazte (BAS)	Lagerweij (NED)
600MU23	Dabenniu (TPE)	Taipei University (TPE)	De Watermannen (NED)
640M	Mountain View (IRL)	Deinum/Britsum (NED)	Monnickendam (NED)
680M	Cornhill (SCO)	Monnickendam (NED)	Mountain View (IRL)

OPEN CLUBS MEDAL TABLE

NO	COUNTRY	GOLD	SILVER	BRONZE
1	Basque Contry	2	2	4
2	Ireland	2	2	1
3	Netherlands	1	2	3
4	Chinese Taipei	1	2	
5	Northern Ireland	1		
6	Scotland	1		

Chinese Taipei 560 kg



*Girls and boy from the Dance Group
presenting medals*



Judges/evaluators WC
Indoor Letterkenny
2020



Letterkenny 2020 World Indoor Championships

WEIGHT	GOLD	SILVER	BRONZE
500W	Chinese Taipei	Basque Country	Netherlands
540W	Chinese Taipei	Basque Country	Netherlands
560M	Chinese Taipei	Northern Ireland	Ireland
600M	Netherlands	Northern Ireland	Ireland
580MX	Netherlands	Chinese Taipei	Basque Country
500WU23	Chinese Taipei	Basque Country	Russian Federation
600MU23	Chinese Taipei	Netherlands	Basque Country
560MXU23	Netherlands	Basque Country	Russian Federation
640M	Scotland	Netherlands	Ireland
680M	Scotland	Netherlands	Ireland

WORLD INDOOR MEDAL TABLE

NO	COUNTRY	GOLD	SILVER	BRONZE
1	Chinese Taipei	5	1	
2	Netherlands	3	3	2
3	Scotland		2	
4	Basque Country		4	2
5	Northern Ireland		2	
6	Ireland			4
7	Russian Federation			2

2nd MANMOHAN INTERNATIONAL GOLDCUP TUG OF WAR OUTDOOR CHAMPIONSHIP DUHABI, SUNSARI, PROVINCE 1, NEPAL 5th - 7th March 2020

TOURNAMENT REPORT BY ER. YUBRAJ CHAUDHARY

General Secretary Sunsari District Tug of War Association



The 2nd Manmohan International Goldcup Tug of War Outdoor Championship 2020 tournament, which is recognized by the Nepal Tug of War Association and the National Sports Council of Nepal is organized jointly by the Sunsari district Tug of War Association and the Manmohan Sports Academy. The objective of the tournament is to spread the Tug of War game around Nepal and to promote the best players who gain experience by playing with international teams.

The organizing committee wanted to conduct the tournament in the international format - with the teams arrival and weigh-in a day before the matches begin and the appointing of controller, chief judge, referee, chief marshal, weigh master, time keeper/recorder etc. The tournament type previously planned was league-cum-knockout according to the rules of TWIF. This was scheduled for 5th - 7th March 2020. But with the unavoidable situation of the country and the world due to Covid-19, at the final moment the Nepal government asked the organizing committee to finish the tournament by 6th of March. So the tournament was changed to a knockout type.



TOURNAMENT SCHEDULE:

5th March - Teams arrival, weigh-in, briefing

6th March - Tournament matches

7th March - Teams departure

TEAMS THAT PARTICIPATED IN THE TOURNAMENT:

- | | |
|------------------------------------|---------------------------|
| 1. Bihar, India | 2. Patna, India |
| 3. Darbhanga, India | 4. Vaishali, India |
| 5. Nepal army, Nepal | 6. Nepal police, Nepal |
| 7. Armed police force (apf), Nepal | 8. Province 5, Nepal |
| 9. Province 1, Nepal | 10. Organizer team, Nepal |

TIE SHEET BY LUCKY DRAW:



Team Apf, Nepal and team Bihar, India were the winner and runnerup respectively of the first Manmohan International Goldcup Tug of War Championship in 2019.



2nd MANMOHAN INTERNATIONAL GOLDCUP

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MATCH RESULTS:

SPECTATORS:
around 1000
people

MATCH	TEAM 1		TEAM B	RESULT
1. pre-quarter final	Vaishali, India	vs	Province 5, Nepal	0 - 2
2. pre-quarter final	Nepal army, Nepal	vs	Province 1, Nepal	0 - 2
3. quarter final	Patna, India	vs	Organizer, Nepal	2 - 0
4. quarter final	Darbhanga, India	vs	Nepal police, Nepal	0 - 2
5. quarter final	Province 5, Nepal	vs	Apf, Nepal	1 - 2
6. quarter final	Province 1, Nepal	vs	Bihar, India	2 - 0
7. semi final	Apf, Nepal	vs	Patna, India	0 - 2
8. semi final	Nepal police, Nepal	vs	Province 1, Nepal	1 - 2
9. final	Patna, India	vs	Province 1, Nepal	2 - 0

Below: Teams in the field before play and bottom the judges in action.



GUESTS:

CHIEF GUEST FOR OPENING CEREMONY:

Mr. Bed Narayan Gachhedar
(Mayor of Duhabi municipality)

CHIEF GUEST FOR CLOSING CEREMONY:

Hon. Lalbabu Pandit *(Immediate federal affairs and general administration minister of Nepal)*

DISTINGUISHED GUESTS: Dr. Subash Shree Pokhrel *(Vice president of Nepal Tug of War Association)*, Parshuram Basnet *(Sports head of province 1, Ncp)*

GUESTS: Manish Singh *(General secretary of Bihar Tug of War association)*, Satya Narayan Chaudhary *(member of NTWA)*, Minraj Sharma Belbase *(member of NTWA)*



SOUTH AFRICAN JUNIOR TUG OF WAR CHAMPIONSHIPS

was held in Worcester, Western Cape, South Africa at the HTS Drostdy on Friday 13 and Saturday 14 March.

Participants were among 305 teams from across the country that competed and the winners are expected to take part in the World Championships in Spain in September this year.

For the small town of Worcester, that was 200 years old this year, it was special to see such a remarkable event for young people and the SA Tug of War Federation thanked them for their hospitality. Read more about this successful event on a newspaper clipping that we've included on the following (last) page of this newsletter . . .

Many tuggers flock to Worcester



The South African junior tug of war championships were held at HTS Drosdy on Friday 13 and Saturday 14 March. Right: the women are tugging hard for a victory. Photo: Marike Knutsen/Brightcam photography



The passion can clearly be seen in the mixed event. The coaches were close to encourage their teams.

Many tuggers flock to Worcester

Breyten Cupido

1 426 participants came together at the SA Junior Tug-of-War Championships at HTS Drosdy on Friday 13 and Saturday 14 March.

The participants, from Grade 1 to matric, were among 305 teams from across the country that competed.

The spotlight fell particularly on the 560 kg u-19 boys, the 460 u-19 girls and 520 kg u-19 mixed team. The winners in these categories received their junior Protea colours and are expected to take part in the world championships in Spain in September.

“For our school it was a remarkable achievement doing as well as we did in the championships.” Corlia Theron, a teacher at Swellendam High School, said. “Our learners work very hard to strengthen their bodies for competitions, and in the last week some of them almost didn’t eat just to ensure they were the right weight for this one.”

The school excelled in the top



South Africa is one of the few countries that still present “barefoot” tug-of-war.

categories; its 480 kg u-19 girls walked from the field the team champions and will represent their country internationally. “The passion I’ve observed among the learners for the sport tug-of-war is truly great,” Theron said, “and it builds a fantastic spirit among them. If they achieve the sort of success they achieved this weekend, then the blood, sweat and tears spent were worthwhile.”

Swellendam High sent 32 boys and 17 girls to the competition, where they gave a strong showing. One official working hard behind the scenes to ensure there is enough sponsorship for The South African Tug-of-War Federation is Kobus Marais, a

member of Parliament with a strong passion for the sport himself. “The SA junior championship was held at HTS Drosdy this year, and was dubbed a huge success. Schools were here from all over South Africa, and seeing these young people exercise their passion was truly something to behold.

“Boys and girls of all cultures and backgrounds were to be seen at this sports meeting, a wonderful occasion for South Africans to be proud of – one for nation building.” Marais mentioned how difficult sponsorship was to source from government, even though it cannot but invest in the athletes of tomorrow who devote so much work and



The young athletes put their best foot forward to deliver great entertainment.

discipline to their sport.

“For Worcester, which is 200 years old this year, it was truly special to see such a remarkable competition being held for young people in the town. It also represented a positive injection into the local economy.”

One official who has been involved in the sport for eight years, MC Willemsse, told Standard that the hard work that goes into such a competition cannot be underestimated.

Swellendam High’s teams would have six weekly practice sessions lasting two to three hours. The South African Tug-of-War Federation also wished the teams in the junior

categories well with their participation in the barefoot divisions. Schools such as Suurbraak, Bontebok, Breërivier and Herbertsdale were worthy rivals in these categories, and are proudly South African.

“The championship was the biggest-ever presented internationally, and is also described as the best yet,” said Arthur Underhay, headmaster of HTS Drosdy.

“A Mexican wave reverberated right round the stadium, from participants and spectators, a moment that gave one gooseflesh. It also gave one the impression that unity was truly the order of the day among all involved.



The winners of the u-19 560 kg boys' category showed their mettle.



Swellendam High School took first prize in the 480 kg girls' category.

The South African Tug-of-War Federation would really like to thank the Worcester community, and particularly HTS Drosdy, for their hospitality and involvement in the recent SA Junior Tug-of-War Championships. Furthermore, it expresses sincere thanks to the event’s sponsors for their contribution to a very successful sports meet. And lastly, but by no means least, the federation thanks those who took part in it.

