



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.

Foreword

The 2019 Tug of War year has progressed well with a highly successful annual congress held end of April in Getxo and the attendance of the Sport Accord Convention in the Gold Coast, Australia. Full reports and feedback on these events have been shared with the members. More hard work remains with the focus on the development of a new four year policy plan for the period 2020 to 2024 where-in a lot of the items covered in these events will be taken into consideration.

This will include matters relating to the further development of the sport with a clear focus on broadening TWIF's global footprint; the development of judges, recorders, coaches and administrators; support to existing and new members; looking at ways and means to increase participation at international events; governance issues and addressing the pressure on resources and the development of policies and procedures to ensure compliance relating to anti-doping; and the appearance, performance and appeal of our sport to sponsors, the media to promote growth through the attraction and participation of new athletes.

We live in a very transparent and ever-changing world. The tempo of this change is increasing with new technology and innovation driving the change. We need not see this as a threat but as a huge opportunity to adapt our very basic sport to this environment. With this in mind ...

I invite all our stakeholders to feel free to submit proposals and ideas that we can test and refine at various levels within the TWIF family from community/ club level through to international TWIF events and multi-sport events.

Our gender equality and mixed weight classes, and family participation from a very young age though to some fairly senior ages, are unique in the sporting environment - and this we need to capitalise on.

As we now head for the 2019 highlight - the TWIF European Championship for senior men and women, and the World Championship for the Youth and Under 23, in Ireland at the beginning of September, I wish all national and club teams all the best with their preparation. We know the Irish are excellent hosts and with their track record and experience in organising international events, we will no doubt have another excellent event - both on and off the competition field.

Regards **ANTON**



Anton Rabe.

Photo: Eddie van Raamsdonk.



TO ALL MEMBERS OF TWIF:

Dear Ladies and Gentlemen,

After 32 years I am not standing for another term as Secretary General of TWIF.

There is no reason for my decision to not stand again other than I have been the secretary for 32 years and I feel that it is time for change. I want TWIF to continue to grow and flourish. There were 22 countries in TWIF when I became secretary in 1987, and now there are 72 countries.

I have been blessed to know the founders of TWIF and many of the founders of your national organizations. I have enjoyed my time as secretary and have had many friends across the globe.

It has been an honor for me to serve you, as I have always felt that the ExCo serves the members and should do their best to make the sport grow with emphasis on the athletes.

It is also the responsibility of you as members of TWIF to support the ExCo as they are donating their time and time away from their families for the sport. Make sure that you as members of TWIF send in your reports and provide the necessary information to TWIF for Anti-doping for WADA. If TWIF does not meet the requirements, we will lose our Olympic recognition and will no longer be part of the World Games. We also stand to lose the IOC funding for further development.

I will be the Technical Delegate for the World Games in Birmingham, Alabama 2021 and will see some of you there during the World Games. To the others I say goodbye.

Kind regards,

Glen Johnson,
FORMER SECRETARY GENERAL OF TWIF



Royal visit to the European Championships 2007.





JOST WASER
Vice-President

HOW IT ALL BEGAN

I came to Tug of War through a work colleague, Ueli Christen senior. Ueli asked me if I was willing to participate in a training in Engelberg at the rope. That was at the end of summer in 1988. The trial training turned into 20 years of Tug of War at both national and international tournaments. During this time the team was restructured several times with the result that I was allowed to pull in different positions.



My first national team appearance dates back to 1994 in Uppsala (Sweden) in the 680 kg category that we celebrated with a gold medal.

Stenungsund (Sweden) in 2008 was my last assignment. I had received a request in 2015 to serve as a Swiss representative. As a result of the resignation of the head of competitive sports, I followed

in his footsteps. The circle is closed again and I am active, not on the field but behind it.

MY DREAM FOR THE FUTURE: *To be part of the Olympic Games*

Bringing 40 nations to a world championship would open up completely different options for the future of the wonderful sport of Tug of War.

Yours in Sport,

Jost Waser Vice President



JOST LIKES: Traveling, Hiking, Climbing and Ski hiking



I had the privilege to celebrate international titles with the Club Engelberg, above, in Basque Country with the 680 kg gold medal.



Tug of War creates many friendships worldwide. Here we are at a sand tournament in South Africa in Bloubergstrand with a team from Goudini.



Dan McCarthy, Treasurer; Anton Rabe, President; Maaike Hornstra, Secretary General; Jost Waser, Vice President; and Pete Dyer, Senior Vice President.

2019 TWIF European, World U23 & Junior Championships

Breaffy House Resort, Castlebar, Co Mayo, IRELAND | 4-8 September 2019

DENIS DUNLEA

*International Rep,
Republic of Ireland*

The Irish Tug of War Association are once again honoured to be hosting the European, World U23 & Junior Championships, as competitors return for a second time to Castlebar, this year for the outdoor discipline. Castlebar is situated in the historical province of Connacht and is in the 3rd largest county in Ireland. Co. Mayo is on the 'Wild Atlantic Way', a route which is great for exploring the scenery of the west of Ireland with its rugged coasts, expansive beaches, picturesque villages and dramatic scenery with its diverse flora and fauna.

For those who stay at the **Breaffy Woods Hotel**, the walking distance to the pulling arena is equal in length to when the anchor man changes ends!! **Breaffy House Hotel** requires burning slightly more energy to the arena as its 250 metres away! The resort is beautifully laid out in over 100 acres of secluded pasture and woodland, with many amenities including swimming pool, sauna and gym.

We would like to extend a C ad M ile F ilte (*a hundred, thousand welcomes*) to all competitors, their families and spectators as we await with anticipation a competition full of great pulling but with friendly rivalry between the 16 countries that have so far entered the competition. In the evenings after the competitions we hope that everyone can relax, chat and catchup with friends from around the world and experience a bit of the Irish Craic!



TWIF WILL AMEND AND IMPROVE MANY OF OUR INTERNAL PROCESSES & FORMS

I am sure you are all aware of the scandal surrounding the Russian National Anti-doping Organisation (NADO). This resulted in WADA taking action to address better governance of NADOs and International Federations (IFs) who are the 'signatures' of the WADA 'Code'. In November 2017 the WADA Executive Committee and Foundation Board approved the International Standard for Code Compliance Signatories' (ISCCS) and Code amendments following six-months stakeholder consultation under the oversight of the Compliance Review Committee (CRC). On 1 April 2018 ISCCS and Code amendments came into force.

This means that WADA have been and will be have greater oversight of all Code signatories by various means such as:

- Code Compliance Questionnaire (CCQ)
- Compliance Audit
- Mandatory Information Request
- Intelligence and investigations
- Continuous compliance monitoring through ADAMS and other ways
- Doping Control Forms and TUE entries into ADAMS
- Results Management cases
- Athlete Biological Passport programs

TWIF are having to amend and improve many of our internal process and forms. Notifications to and from athletes and any support personnel will be much more formal and rigorous. Our own internal governance processes will be more robust.

Tug of War is generally considered a clean sport and we wish to stay that way, nevertheless WADA have requested that we increase the number of both 'in competition testing' and 'out of competition testing', which we will do. This does of course put extra burden on athletes and additional financial and organisational burden on TWIF.

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 they 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:

<https://www.globaldro.com/Home>.

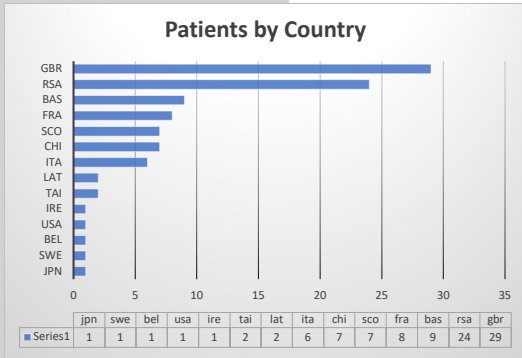
PETE DYER



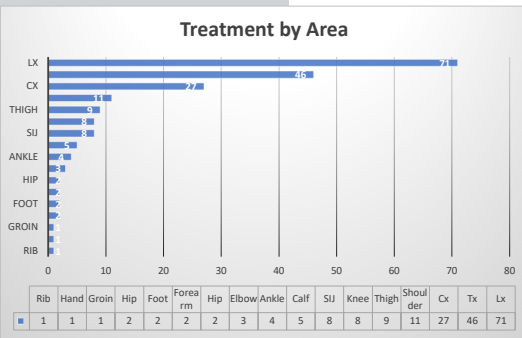
Chiropractor services to TWIF

ROB SCOTT &
ANTON RABE

FICS – the International Chiropractor Association – and TWIF have a +10 year relationship with chiro’s who voluntarily providing services to our athletes at our international events. The last one was during the 2018 World Outdoor Championship in Cape Town.



TWIF values this relationship and services immensely as it assists us in identifying recurring injuries and/or risk areas which need to be taken note of. The data provided after these events are also extremely helpful in guiding some of the research projects undertaken and informs topics for TWIF seminars. Chiro’s will also be involved in our next project with the University of Deusto in Spain with respect to drawing up of questionnaires and in identifying tests to measure extreme (read: dangerous!) weight loss which will kick off with some pilot studies at the 2019 European Championships in Ireland.



We treated a total of 100 people and delivered a total of 143 treatments. A little less than in the past but this may be due to more teams bringing their own medical teams and the issues we had with our location. Again, the bulk of injury was in the lower back and predominantly on the right side.

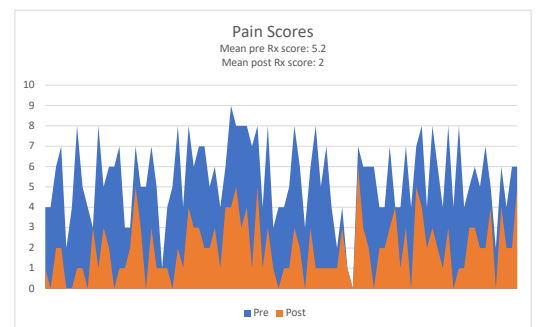
In the table top left it can be seen that some countries seems to utilise these services more than others with the bulk of treatment being provided to England and South Africa. We would like to encourage all countries to utilise these services in the future.



The Chiro’ also log every treatment by area of complaint and it is very clear from the data that the lumbar spine is still the biggest area of concern. These figures suggest that there could be more work done in training and offering general advice to strengthen the lower back, and indeed, the spine generally. We will approach the FICs to provide some clear guidelines and advice in order to ensure that during training the spinal area could be strengthened more. These treatment areas are depicted in the table.

The Chiro’s also measure and record the athletes’ pain score using a standard “VAS scoring system”. This was done before and after every first treatment and although the figures below only represent the results of the first treatment, it do show an average of 60% decrease in pain as a result of one intervention.

From feedback from the Chiro’s it is clear that it would be better to have treatment before the event, rather than going for help after an injury has occurred. Again, athletes are therefore encouraged to engage with the Chiro’s before they start a weight class.



Some of The Team: Rob Scott, Jesse Roberts, Kerrie-Ann Smith, Kevin Aron, Hilton Lazar, who provided services in Cape Town.