



## FROM THE PRESIDENT'S DESK

*The progress of TWIF is marked by milestones, such as the Olympic Recognition, and the constantly increasing participation in the Championships. These milestones however are only stepping stones to the next higher level in the TWIF sports organisation. The step to this higher level requires input and actions which goes beyond the current capacity and ability of the TWIF organisation.*



Co Koren, President TWIF

*As a consequence a number of activities and projects for development have to be outsourced to external suppliers. The recent enhanced requirements for Olympic Recognition, of which the condition to have 50 affiliated member associations is the most compelling demand, has placed a heavy load on the TWIF organisation. In particular as TWIF has been given the deadline of 31 December 2007 to have obtained these 50 affiliated member associations.*

*During the recent TWIF Congress in Cento, Italy the number of affiliated TWIF member associations was brought to 34 members. At this time there are more than 16 potential candidate member associations. All those beginning tug of war organisations require assistance and support in their efforts to establish and develop their national association. At the same time they need advice to prepare the groundwork for the required national status to join the TWIF. In the coming four years TWIF will greatly invest in its future, in financial terms as well as in manpower.*

*To be able to move forward TWIF will need full support from all members to help the candidate member associations. The TWIF Fellowship programme is the platform to match the requested assistance with the available support. The activities of Sweden and Latvia in the Scandinavian region are the best examples of such aid programmes. Both countries have now focused their assistance on the candidate countries Belarus and Ukraine. But there are certainly more domains where TWIF members can assist the TWIF in reaching the next higher level. In the seventies, when videos did not exist, there was a tug of war film with the title 'All together lads'. This title would be an appropriate slogan for us to adopt in our campaign to attain the next level.*

*If we all work together, we will reach that higher level in the TWIF sport organisation and remain within the Olympic Family.*

**CO KOREN** President TWIF

## NEW POLICY PLAN

A new policy plan for the four year period 2004/05 to 2007/08 has been adopted at the recent TWIF Congress in Cento, Italy.

**T**he policy plan sets out the general direction and priorities that need to be dealt with in this period. A medium term financial roll out plan was presented as part of this policy plan.

The purpose of the document which was developed by the TWIF Executive, is to ensure a structured and cohesive approach to ensure that the various development objectives could be achieved within the time frame and limited resources available to TWIF. This is the fourth such planning document since the first policy plan was adopted in 1990.

The execution of the policy will be directed by the TWIF Executive with the assistance of various sub-committees, capacity provided by members and the judges and recorders on the international panel.

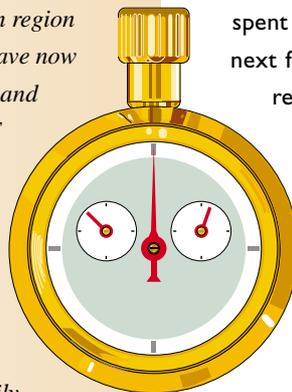
The main priorities are:

- Acquisition of new members;
- Organisational and capacity creation;
- Image and presentation of the sport; and
- Support and strengthening of national associations.

These priorities are all linked to specific objectives and projects. A total amount of about £118,000 will be spent on the execution of the policy plan over the next four years. Although TWIF has built up a fair reserve the past number of years via prudent and

conservative financial management, this amount cannot be generated from the sport itself.

Therefore, in order to retain its limited reserves, a clear objective is also to develop further and build on current long term sponsorships such as the agreement with ASICS.



*ALL TOGETHER LADS*

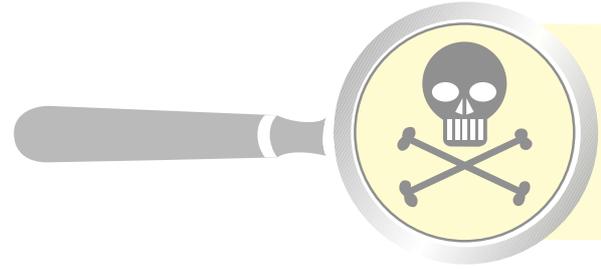


# ANTI-DOPING DISCU

CONTRIBUTED BY:  
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... it is essential for the future of the sport to fully comply to the WADA code and rules ...



In opening the 2004 TWIF seminar, the President of TWIF, Mr Co Koren, explained that the topic selected was 'The Anti-Doping Rules', as it is essential for the future of the sport to fully comply to the WADA code and rules. Mr Tom Dielen, the WADA Director for the European Office, was the guest speaker at the seminar.

Mr Koren explained that TWIF initiated doping tests in 1990 based on GAISF anti-doping principles, because doping is regarded as cheating and endangers the athlete's health. This is why sport is putting so much emphasis into the fight against the misuse of drugs. Since 1990 TWIF has had only one adverse test result, where the

puller forgot to get a doctor's attestation for use of asthma medication.

The doping issues were first raised after the 1998 Tour de France leading to a world conference in 1999 on doping in sport by the IOC. Following this conference the IOC required full compliance of all recognised International Federations (IF's). TWIF provided a legal statement from an independent lawyer confirming its compliance at that time. The World Anti-Doping Agency (WADA) was set-up after the World Conference to harmonise anti-doping regulations. All

IF's Anti-Doping Rules have to be in place before the start of the 2004 Olympic Games.

TWIF's rules have now been submitted and verified by WADA as being compliant in all respects.

TWIF also established a Therapeutic Exemption Use (TUE) Commission, which comprises 3 physicians from the Netherlands, not connected to tug of war. TWIF also instituted a doping administrator in the person of Mrs Auijke van Raaij, who will administer whereabouts (of pullers), result management and TUE requests. TWIF has previously accepted and signed the declaration to accept the WADA Code.

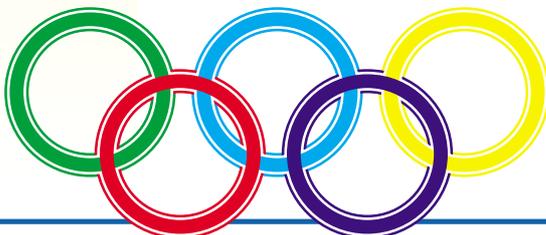
Mr Dielen said it was a pleasure to address the Seminar on what is a very important subject, and he congratulated TWIF for this initiative. He explained the main elements of the World Anti-Doping Programme as being:

- **Level 1 The World Anti-Doping Code** (available in booklet form in 2 languages).
- **Level 2 The International Standards, Testing Laboratories, TUE and prohibited substance list.**
- **Level 3 Models of best practice - Rules & Regulations, Whereabouts and Result Management.**

The Code was started after the World Conference in 2001, with a final draft in March 2003. The Olympic movement accepted the Code formally on 24th April 2004, and if any Federation fails to sign by August 2004 they will not be able to participate in the Olympic or World Games. Nine articles of the Code are mandatory verbatim sections, whilst the balance can be adopted to fit the specific sports needs and conditions.

Any athlete who has a rule violation, has a right to a hearing, with sanctions ranging from a warning to a life ban, always with the option to an appeal. Athletes identified for out-of-competition testing, must also provide accurate, current location information.

... if any Federation fails to sign by August 2004 they will not be able to participate in the Olympic or World Games ...



# DISCUSSED IN SEMINAR

For further information on the rules, TUE's, application procedures, etc are on the WADA website [www.wada-ama.org](http://www.wada-ama.org) which explains the system from A-Z.

... the message is clear: each athlete is responsible what is in their body ...

THEREFORE, DO NOT TAKE ANY MEDICATION (OR EVEN A FOOD SUPPLEMENT) WITHOUT PROPER ADVICE

There is now also one single list of prohibited substances. Substances will be placed on the banned list if they meet two of the following three criteria:

- Potential to enhance or enhances sport performance
- Actual or potential health risk
- Violates the 'spirit of sport'.

**TESTING** and **REGISTERED TESTING POOL**: Each IF and NF have to establish a Registered Testing Pools of athletes, to enable the co-ordination of, in competition as well as no advance notice out-of-competition testing.

**ANALYSIS**: Since 1st January 2004, only at approved WADA laboratories (IOC laboratories no longer exist).

**WHEREABOUTS INFORMATION**: Current and accurate information is fundamental. Not providing information is considered as a violation subject to sanction of ineligibility (ranging from 3 months to 2 years). Registered Testing Pools for TWIF will be the top six teams competing in the World Games. The minimum information on whereabouts required, must include the athletes home address, competition schedule and training camps.

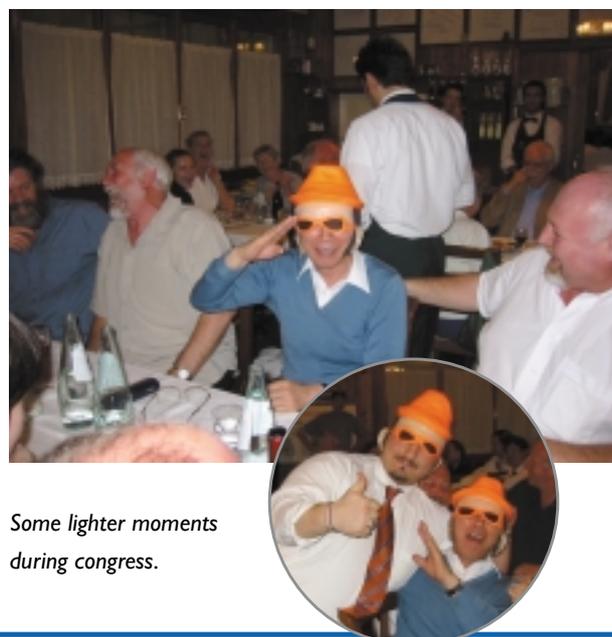
**TUE (Therapeutic Use Exemption)**: The basic philosophy is that each athlete has the right to the best medical treatment possible, but that harmonised measures are required which are medically coherent and dissuasive to cheaters. WADA has now adopted a standard procedure through which each IF must ensure that TUE's are in place for international athletes and each NF for non-international level athletes. The standard TUE covers, requirements for TUE process, principles of regular and abbreviated TUEs, application forms and approved certificate. WADA requests shall be evaluated in accordance with the International Standard. A TUE must be issued before an athlete competes and submitted at least 21 days before competition. A procedure for dealing with emergencies is also in place.

# FEEDBACK FROM CONGRESS 2004

**NEW MEMBERS** Four new members were accepted into the TWIF family. They are Greece, Mongolia, Iran and Nigeria. They all fulfilled the criteria needed for affiliation and were accepted unanimously by the Congress.

**WADA ANTI-DOPING RULES** TWIF previously accepted the WADA Code which is the basis for the international harmonisation of anti-doping rules. The Federation has now also developed and accepted the amended doping rules applicable to the sport. In terms of these doping rules, which will now become part of the TWIF Rules, all the required actions have been implemented relating to the Medical/Doping Commission, a Therapeutic Use Exemption (TUE) Commission and an administrative capacity to deal with in and out of competition testing. Further information is provided in the article on the seminar, whilst full details are available on the TWIF web-site: [www.tugofwar-twif.org](http://www.tugofwar-twif.org) and the WADA website: [www.wada-ama.org](http://www.wada-ama.org)

**CHANGE IN QUORUM** With the increased membership and continued pressure on some members to obtain visas, Congress adopted a revised quorum percentage required for its meetings. After a search on the current CONTINUED OVERLEAF



Some lighter moments during congress.

## FEEDBACK FROM CONGRESS 2004

CONTINUED

situation with other sporting codes, the quorum percentage was brought down from 60% to 33% which seems to be the accepted norm for most international sporting codes.

passed but it was agreed that these proposals held merit and required further investigation to ensure it can be implemented in a practical manner.

**AGE LIMITS** After the results of the TWIF Working Group on Youth was presented in 2002, and the work of the medical research undertaken by the University of Pretoria, South Africa, was concluded, a comprehensive proposal was submitted by the TWIF Exco to cover all aspects relating to age limits. In terms of the proposal which was unanimously accepted by Congress, the following age limits will be in effect as from 1st January 2005:

- **Junior category:** A puller is eligible to participate in the junior category from the beginning of the year in which the puller reaches the age of 15 years, until the end of the year in which the puller reaches the age of 17 years.
- **Under 23:** A puller is eligible to participate in the U23 category from the beginning of the year in which the puller reaches the age of 18 years until the end of the year in which the puller reaches the age of 22 years.
- **Senior:** A puller is eligible to participate in the senior category from the beginning of the year in which the puller reaches the age of 18 years.

This decision introduces an extra weight class to the programme of TWIF Championships. In order to cater for this, it was also proposed and accepted that a separate World Junior and U23 Championship be introduced the day before the 2005 European Championships. If this prove to be successful, this could be extended to the World Championship in 2006 which means that such a championship will then be held annually.

It was also accepted that the junior category will be 560 Kg, whilst the U23 category will be 600 Kg.

**WEIGH-IN** Two proposals were put forward to amend the manner in which weighing in is currently conducted in the morning prior to a competition. This boiled down to weigh in the night before a competition and/or individual weigh in once during an event. Neither proposal

**FUTURE CHAMPIONSHIPS** Three events were allocated after successful tenders were submitted by the respective candidates and voted on during Congress. The full list of TWIF Championships up to 2010 are:

- **September 2004** World Outdoor - Rochester, USA
- **September 2005** European Outdoor - Cento, Italy
- **February 2006** World Indoor - Cork, Republic of Ireland
- **September 2006** World Outdoor, Assen, Netherlands
- **September 2007** European Outdoor, Minehead, England
- **February 2008** World Indoor, Faenza, Italy
- **September 2008** World Outdoor, Stennungsund, Sweden
- **September 2009** European Outdoor, Assen, Netherlands
- **February 2010** World Indoor, Cape Town, South Africa
- **September 2010** World Outdoor, Pretoria, South Africa

Interest from various sources has already been expressed for the European Championship 2011 (which will be voted on at the next congress) and both World Championships in 2012 (which will only be voted on at congress 2006).

### TWIF MAGAZINE

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