

# INTRODUCTION

## *INTRODUCTION*

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Within this publication we have attempted to provide as much information on the sport of tug of war as we think most people will require.

At the beginning you will find a short history of our sport which goes back a very long time. As a sport we have come through many phases including the early 1900's which encompassed participation in no less than five Olympic Games. Not too many people outside tug of war realize that.

For those who may be merely thinking about joining or even starting a team you will find links to those who will be able to assist you. Likewise, if you live in a country where tug of war is already practised but there is not already an organized structure or Association you will find information in this booklet which should be helpful. The Tug of War International Federation officials listed within will welcome your approach and assist in any way possible with appropriate advice. We have recently amended the rules required for membership, with the objective of making it easier for new countries wishing to join.

Competitors and officials will be interested in the updated rules for competition and, hopefully, in the wealth of other information contained within these pages.

To all of you who read this booklet may you find it a useful resource and a means of furthering your enjoyment of what I consider a wonderful sport.

Cathal McKeever

President TWIF

# INTRODUCTION

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# HISTORY OF TUG OF WAR

## *HISTORY OF TUG OF WAR*

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### *Ancient origin*

There is no specific time and place to pinpoint the origin of Tug of War. The contest of pulling on the rope originates from ancient ceremonies and cults, which are found all over the world e.g.; Egypt, Burma, India, Borneo, Japan, Korea, Hawaii and South America. The ancient Tug of War was performed in various styles. In Afghanistan, teams used a wooden stake instead of a rope to pull. In Korea, children clasped their arms around each other's waists to form a living Tug of War chain. Team captains must have had a very strong grip linking the teams together with their hands. Tug of War was not only a team sport; in several countries a man to man version of Tug of War existed. The Canadian Eskimos still have a Tug of War contest known as "ar-saaraq". It's a Tug of War contest with the pullers sitting on the ground, using a short rope. The one who pulls his opponent over from his seated position is the winner.

### *Tug of War as sport contest*

Later, Tug of War became a pure contest of physical strength. In Greece, the cradle of the ancient Olympic Games, Tug of War sport around 500 BC was practised by athletes either as a competitive sport or as an exercise in the physical training for other sports. In western Europe evidence of Tug of War is found in the year 1000 AC, in the stories of the heroic champions of Scandinavia and Germany, who participated in the so called "kräftige spiele" (power games). The Tug of War sport featured in competitions at the courts of the Chinese Emperors, as well as in Mongolia and Turkey. In the 15th century Tug of War was a popular contest at the tournaments in the French chateaux and in competitions in Great Britain.

### *Olympic period*

The Tug of War sport featured in the Olympic Games from 1900 to 1920. The medal winners during that period were;

		<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
Year	Venue			
1900	Paris	Sweden	USA	France
1904	St. Louis	USA	USA	USA
1908	London	Great Britain	Great Britain	Great Britain
1912	Stockholm	Sweden	Great Britain	
1920	Antwerp	Great Britain	Netherlands	Belgium

In 1920 the IOC took a decision to reduce the number of participants of the Olympic Games and for that reason deleted a number of team sport from the programme, including Tug of War. In 1999 TWIF received provisional IOC recognition again, which was confirmed in 2002 into formal recognition in accordance with rule 29 of the Olympic Charter.

# HISTORY OF TUG OF WAR

## *National Tug of War Associations*

The discontinuation of the Tug of War as an Olympic discipline fortunately did not put an end to the Tug of War sport. All over the world Tug of War remained a sports activity. Within the Athletic Associations, Tug of War was still an athletic discipline and on sport festivals Tug of War was a popular inter-village competition. Within National Athletic Associations the Tug of War discipline, being a non-Olympic discipline, did not have the first priority. The Tug of War teams therefore felt the need to establish a separate and independent organization for the Tug of War sport. The eldest national association in Tug of War is the Svenska Dragkamp Förbundet, the Swedish Tug of War Association, founded in 1933. The example of Sweden was followed by other countries; in 1958 by the Tug of War Association of Great Britain and one year later, in 1959, by the Netherlands Tug of War Association.

## *Foundation of TWIF*

After Tug of War was no longer on the programme of the Olympic Games, the opportunity to participate in international competitions had disappeared. With the foundation of National Tug of War Associations, the need for international competition developed simultaneously. The initiative to form an international federation was taken in 1960 by George Hutton of the Great Britain Association. In co-operation with representatives from the Swedish Association, the idea was brought into reality.

## *TWIF Competitions*

The first international competition of the new federation was staged at the Baltic Games in 1964 (Malmö, Sweden). The Tug of War International Federation, TWIF, participated with four countries; Great Britain, Sweden, Netherlands and Denmark. After the international competition in the Baltic Games, TWIF organised in 1965 its first European Championship in Crystal Palace, London Great Britain. From that year on, with regular intervals, European Championships were staged until 1975, when countries from outside Europe affiliated to TWIF, resulting in the first World Championship in the Netherlands. Currently TWIF organises World Championships every two years. Continental Championships are organised in the intervening years.

# HISTORY OF TUG OF WAR

## *World Games*

Tug of War has been on the programme of all World Games events. TWIF participates with three weight classes on the programme. World Games medal winners since 1981 are the following.

Year	Event	Men	Women	Gold	Silver	Bronze
1981	Santa Clara USA	720		Switzerland	Netherlands	England
		640		England	Switzerland	Netherlands
1985	London UK	720		Rep. Ireland	Switzerland	England
		640		Rep. Ireland	England	Switzerland
1989	Karlsruhe Germany	720		England	Switzerland	Rep. Ireland
		640		Switzerland	Rep. Ireland	England
1993	The Hague Netherlands	720		Switzerland	Rep. Ireland	Germany
		640		Switzerland	Rep. Ireland	Spain
1997	Lahti Finland	720		Netherlands	Sweden	Rep. Ireland
		640		Spain	Switzerland	Rep. Ireland
2001	Akita Japan	680		Netherlands	Switzerland	Sweden
		600		England	Scotland	Japan
2005	Duisburg Germany	680		Netherlands	Sweden	Rep. Ireland
		640		Switzerland	Sweden	Germany
			520	Chinese Taipei	Japan	Netherlands

## *TWIF Recognised by IOC*

In July 1999 TWIF was provisionally recognized by the International Olympic Committee.

During the 113<sup>th</sup> Session of the International Olympic Committee in Salt Lake City, USA from 4 – 6 February 2002, TWIF has been granted formal recognition by the IOC pursuant to rule 29 of the Olympic Charter.

# HISTORY OF TUG OF WAR



# MANAGEMENT AND ORGANISATION

## *INTERNATIONAL TUG OF WAR ORGANIZATION*

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### *Management of the Tug of War sport*

The organizational structure of the Tug of War International Federation is a non-complex set-up. The central point is the Congress and administered by an executive body, the Executive Committee. The main activity of the Executive Committee is focused on the technical aspects of the organization of international competitions. Managerial aspects such as budgeting and planning however are becoming more and more important, in particular the promotion and the public relations of the sport.

### *TWIF Congress*

TWIF is an assembly of national Tug of War Associations. The highest authority in the TWIF therefore is the Annual Congress. TWIF Congress is the meeting of all affiliated members associations of TWIF. The TWIF Congress elects the TWIF Executive Committee.

### *TWIF Executive Committee*

The Executive Committee is the administrative body of TWIF. It manages all TWIF affairs and represents TWIF in international organizations.

### *TWIF affiliation to International Federations*

The Tug of War International Federation, TWIF is a full Member of the

- (1) General Association of International Sport Federations, GAISF
- (2) International World Games Association, IWGA (founder member)
- (3) Association of Recognised International Sports Federations, ARISF.

### *TWIF Commissions*

To assist the Executive Committee in the discharge of its work, TWIF has appointed five Commissions and two experts

- (1) Appeal Commission
  - (2) Technical Commission
  - (3) PR and Promotion Commission
  - (4) Medical / Doping Commission
  - (5) TUE Commission
- 
- (1) Legal Advisor
  - (2) Information Communication Technology (ICT) Expert

# MANAGEMENT AND ORGANISATION

## *NATIONAL TUG OF WAR ORGANIZATION*

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### *Recognition by National Sports organizations*

A national Tug of War association needs to be recognized by its National Olympic Committee or National Sports Organisation as a requirement for affiliation to TWIF. As a newcomer in the Tug of War sport, the relation between the Tug of War Association and the national sport administrations is very important for the development of a national Tug of War organization. If required TWIF will assist in achieving the required contacts.

### *Organisation structure*

The management structure in the affiliated member associations of TWIF varies widely. There is however one particular similarity in the structure of the Tug of War Associations. Tug of War is pre-eminently a team sport, so the Tug of War Associations are primarily Assemblies of Clubs.

### *General Meeting of Clubs*

The General Meeting of clubs is the highest authority in a national association. In some countries the association is subdivided in regions or districts, depending on the number of affiliated clubs and the geographic situation. A President or Chairman heads the national Tug of War association. The Annual General Meeting elects the Executive Committee, including the President.

### *Executive Committee of National Associations*

Management of the daily affairs of the Tug of War sport is done by the Executive Committee, when required assisted by Commissions. These Commissions are established by the Executive Committees to deal with specific items such as; competitions, judging, training courses and public relations. Regional Committees, where applicable, are in charge of the daily affairs of the regions or districts.

### *National Council*

Some associations have formed a Council with representatives from the Regional Committees, the Commissions and the Executive Committee. Council Meetings take place every 4 or 6 months and deal mainly with the general policy of the Tug of War sport, while the Executive Committee meetings are held more frequently and deal with the day to day affairs of the Tug of War sport association.

# MANAGEMENT AND ORGANISATION

## *NATIONAL STRUCTURE OF SPORT ORGANIZATION*

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### *National sport structures*

The organization of the sport in the various countries is not identical; mostly three major administrations are involved;

- National Olympic Committee
- National Controlling Sports organization
- Department of Sport (Government)

### *National Olympic Committee (NOC)*

All countries have a National Olympic Committee (NOC). Since TWIF has been granted the Olympic Recognition, several National Olympic Committees (NOC's) have recognized the National Tug of War Association. However, as it is up to the NOC's to recognise a national association, not all NOC's have accepted the national tug of war association. In recent meetings of the Association of National Olympic Committees (ANOC), the IOC has invited the NOC's to recognise the national associations of Olympic Recognised Sport Federations.

### *National Controlling Sports organization*

In most countries the national sport is managed by a non-government “umbrella” organization. These non-government sports organizations have different names in the various countries, but are generally known as the National Controlling Sports organizations. There is a trend that the national controlling sports organizations are co-operating - or even merging with the NOC's.

### *Affiliation to national sports organization*

The affiliation to the National Controlling Sport Body is of particular importance for a national Tug of War association in order to become eligible for financial support from these organizations. However the significance of affiliation is not limited to the financial assistance only, the know-how of the national sports body is of great value to the management of national Tug of War associations.

### *Support from Department of Sport (Ministry of Sport)*

In some countries the Ministry of Sport supports the sport either directly or renders financial support via the National Controlling Sports organization. In some countries regional and/or local authorities financially support the sport on regional or club level, especially through the provision of sports facilities and in the assistance to youth sport activities.

# MANAGEMENT AND ORGANISATION

## ***TWIF ADDRESSES***

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# MANAGEMENT AND ORGANISATION

## *MEMBER ASSOCIATIONS*

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Please check TWIF website ([www.tugofwar-twif.org](http://www.tugofwar-twif.org)) for up-to-date addresses and telecom data of national representatives

### **TWIF Members**

1	AUS	Australia
2	BEL	Belgium
3	BRU	Brunei Darussalam
4	CAB	Cambodia
5	CAM	Cameroon
6	CAN	Canada
7	CHI	Channel Islands
8	CHN	People's Republic of China
9	CZE	Czech Republic
10	ENG	England
11	FRA	France
12	GER	Germany
13	GRE	Greece
14	HKG	Hong Kong China
15	IND	India
16	IRI	Iran
17	IRL	Ireland
18	ISR	Israel
19	ITA	Italy
20	JPN	Japan
21	KEN	Kenya
22	KOR	Korea
23	LAO	Lao-People's Democratic Republic
24	LAT	Latvia
25	LTU	Lithuania
26	MAC	Macau
27	MLT	Malta

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# MANAGEMENT AND ORGANISATION

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## **TWIF Members**

28	MRI	Mauritius
29	MGL	Mongolia
30	MAR	Morocco
31	NAM	Namibia
32	NEP	Nepal
33	NED	Netherlands
34	NGR	Nigeria
35	NIR	Northern Ireland
36	PAK	Pakistan
37	PHI	Philippines
38	POL	Poland
39	RUS	Russia
40	RSA	Rep of South Africa
41	SCO	Scotland
42	SER	Serbia
43	SIN	Singapore
44	SRI	Sri Lanka
45	ESP	Spain
46	SWE	Sweden
47	SUI	Switzerland
48	TPE	Chinese Taipei
49	TUR	Turkey
50	UKR	Ukraine
51	USA	United States of America
52	VIE	Vietnam
53	WAL	Wales
54	ZAM	Zambia

# **TWIF CONSTITUTION**

## ***TWIF CONSTITUTION***

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### **ARTICLE 1 - Founding**

The Tug of War International Federation is an Amateur Federation founded in 1960, further referred to as "TWIF". It is affiliated to the General Association of International Sports Federation and follows the Olympic Principles in its activities.

### **ARTICLE 2 - Interpretation Clause**

In interpreting the Constitution and Rules of the Tug of War International Federation; the following definitions apply:

- (a) "The Associations" refers to the National Associations in control of Tug of War in their respective countries
- (b) "Member" means a National Tug of War Association, which is in membership of "TWIF".
- (c) "British Associations" refers to the Associations of the United Kingdom, i.e. the English Tug of War Association, the Scottish Tug of War Association, the Welsh Tug of War Association, the Northern Ireland Tug of War Association and the Tug of War Association of the Channel Islands
- (d) "Executive" refers to the Executive Committee of TWIF.

### **ARTICLE 3 - Objects and General Provisions**

The objective and purpose of TWIF is:

- (1) To encourage, promote and control International Competition between Members. To work together to develop world-wide competition in Tug of War and to strive for the re-inclusion of the sport in the Olympic Games.
- (2) To develop and intensify friendship and co-operation between the Association and all their Members.
- (3) To set up Rules for Tug of War to ensure uniformity of control; to hold courses and examinations to set up International Panels of Tug of War Judges and Recorders.
- (4) To regulate and control exclusively on the technical and sporting basis, World Championships, Continental Championships and International Competitions on the programme of major multi-sport event such as the World Games and the Olympic Games.

### **ARTICLE 4 - Headquarters**

The Headquarters of the TWIF shall be determined by Resolution of Congress. For the time being it shall be in Lucerne in Switzerland and can be transferred to another country by a two-third-majority vote of Congress.

### **ARTICLE 5 - Members**

- (1) The TWIF shall consist of affiliated Members, which are recognized as the only Association controlling Tug of War in their respective Countries.
- (2) The Association in Membership with TWIF shall recognise each other as the ONLY Associations controlling Tug of War in their respective countries, to the exclusions of all others.

# **TWIF CONSTITUTION**

## **ARTICLE 6 - Congress**

Congress, which is the highest power of TWIF, is formed by the affiliated Members. Each Member Association may be represented by two delegates, one being the International Representative of the Member Association.

## **ARTICLE 7 - Congress Power**

TWIF Congress will have the power:

To decide on the affiliation of new Members.

- (a) To elect the Executive.
- (b) To elect Special Committees and Commissions.
- (c) To change the Rules of Competition of TWIF.
- (d) To change the Constitution and the Rules of TWIF.
- (e) To decide on the Suspension and Expulsion of Members and the Dissolution of TWIF.
- (f) To decide on special funds and fees.

## **ARTICLE 8 - Quorum**

The Quorum necessary for holding Congress is one third of the Affiliated Members in good standing. If less members attend, only a Meeting of the Members can be held, without the powers of Congress.

## **ARTICLE 9 - Voting - Election**

### **Voting**

Each Affiliated Member in good standing has one vote only. Unless otherwise specified in this Constitution, voting of Congress and within the Executive Committee must be approved by a simple majority (e.g. 50% + 1) of the valid votes taken. If the result of voting is equal, the Presiding Officer may give the casting vote. Voting by proxy is permitted. If either time or situation do not allow for the organization of an Extraordinary Congress, the Executive may hold a voting by letter.

### **Election**

Elections will be by secret ballot.

## **ARTICLE 10 - Extra-ordinary Congress**

The Executive Committee may, at any time, and must at the written request of two-thirds of the Members, in good standing, of TWIF, call an Extra-ordinary Congress.

## **ARTICLE 11 - The Executive Committee**

- (1) The following officials shall be elected by the Members and appointed to act as the Executive:
  - a) President
  - b) Senior Vice President
  - c) Vice President
  - d) Secretary
  - e) Treasurer
- (2) The duration of their appointment shall be four years. After this period the officials can be re-elected by Congress.
- (3) When, during the period mentioned in paragraph 2 of this Article, an official resigns from the Executive or is no longer available to act as an official, the Executive may appoint an official to act in the vacant office for the duration of the period until the next Annual Congress.



# **TWIF CONSTITUTION**

## **ARTICLE 12 - Executive Committee Powers**

- (1) The Executive Committee is the Administrative Body of TWIF. It manages the affairs of TWIF according to the Rules and it represents TWIF at all occasions. It has to prepare the Annual Congress and report its activities to Congress. The Executive can appoint interim officials in case of resignation of officials.
- (2) The Executive proposes the assignment of a Legal Advisor and/or Arbitrators, if necessary, the assignment of the legal advisor and arbitrators shall be approved by Congress.
- (3) The Executive can, when needed for a special task or liaison, co-opt up to a maximum of two (2) officials, which term of office will end on the termination of the special task or liaison.
- (4) The Executive Committee is empowered to suspend or expel Clubs and/or Individuals from participation in international tug of war, when Clubs and/or Individuals are liable of action bringing the tug of war sport into disrepute.
- (5) Appeals against decisions and rulings passed by the Executive Committee shall be lodged within 21 days with the TWIF Appeals Commission.

## **ARTICLE 13 - Committees and Commissions**

The Committees and Commissions necessary shall be proposed by the Executive and elected by Congress.

## **ARTICLE 14 - Affiliation Fee**

The Affiliation Fee is payable in the first month of the year. A member, who does not pay the affiliation fee for the current year, will not be allowed to take part in TWIF Championships until the affiliation fee is fully paid.

## **ARTICLE 15 - Fees**

The rules may stipulate the fees necessary for the financial needs of TWIF such as the Permit Fees for International Competitions.

## **ARTICLE 16 - Financial Year**

The Financial Year shall run from 1st November until 31st October. The finance of TWIF shall be vested in the Executive. The Treasurer will submit certified accounts and balance sheet to the Annual Congress.

## **ARTICLE 17 - Auditors report**

The Treasurer will submit the Accounts and Balance Sheet, three months prior to Congress to a firm of Chartered Accountants for their inspection and they in turn, will submit a written report (Auditors report) on their inspection to Congress.

## **ARTICLE 18 - Resignations, Suspensions and Expulsions**

**Resignation:** A Member may resign at any time provided that at the time of resignation the Member has no outstanding liabilities to the Federation and is at the time a fully paid-up Member. Such resignation shall take effect immediately upon receipt by the Secretary-General of a Notice of Resignation signed by two Members of the Executive Committee of the Member and shall be reported at the next Annual Congress by the Secretary-General.

# TWIF CONSTITUTION

## **Suspension:**

- (1) The Congress is responsible for suspending members, clubs and/or individuals by a recommendation of the Executive Committee and a 50% +1 majority decision of votes taken of the Annual Congress.
- (2) Decisions taken by Congress supersede any disciplinary actions taken by an individual member association.
- (3) The Executive Committee may, with immediate effect, suspend members, clubs and/or individuals that seriously violate its obligation as a member or through its/their actions bring the sport into disrepute.
- (4) Suspension pronounced by the Executive Committee shall last until the next Annual Congress unless the Executive Committee has lifted it in the meantime. Such suspension shall be confirmed at the next Congress by a 50% + 1 majority of votes taken. If the suspension is not confirmed by the Congress, the suspension is automatically abolished.
- (5) A suspended member, club, and/or individual shall lose its/their membership rights.
- (6) Other members, clubs, or individuals may not entertain sporting contact with suspended members, clubs or individuals.

**Expulsion:** A member may be expelled from Membership of the TWIF on a resolution passed by a 75% majority of the Federation Members present at an Annual Congress or an Extra-ordinary Congress specially convened, for the following reasons:

- (a) Refusal to pay any liabilities due to TWIF.
- (b) Refusal to comply with the provisions of these Articles.
- (c) Persistent action liable to bring the sport of tug of war into disrepute as agreed by the Executive Committee.

## **ARTICLE 19 – Court of Arbitration for Sport (CAS)**

- (1) TWIF recognises the Independent Court of Arbitration for Sport (CAS) with headquarters in Lausanne, Switzerland, to resolve disputes between TWIF, Members, clubs and individuals.
- (2) The provisions of the CAS Code of Sports-Related Arbitration shall apply to the proceedings. CAS shall primarily apply the various regulations of TWIF, and additionally, Swiss law.
- (3) Appeals against decisions and rulings passed by the TWIF Appeals Committee or Congress shall be lodged with CAS within 21 days of notification of the decision in question.
- (4) Recourse may only be made to CAS after all other internal channels have been exhausted.
- (5) CAS however, does not deal with appeals rising from:
  - (a) violations of the rules of the tug of war sport
  - (b) suspensions for up to 2 Indoor and/or Outdoor TWIF Championships whatever may be applicable to the particular incident or dispute
- (6) The appeal shall not have a suspensive effect.
- (7) Any costs associated with the appeal to CAS shall be borne by the party lodging the appeal.

## **ARTICLE 20 - Obligation**

- (1) Members and clubs shall agree to recognise CAS as an independent judicial authority and ensure that their members, officials and individuals comply with the decisions passed by CAS.

# **TWIF CONSTITUTION**

- (2) Recourse to ordinary courts of law. In matters associated with transgressions against articles and clauses contained in the TWIF Constitution and Rules is prohibited until internal remedies and appeals procedures as listed within the constitution and rules have been exhausted. These remedies include referral to CAS.
- (3) To ensure the foregoing, Members shall insert a clause in their statutes stipulating that their clubs and individuals are prohibited from taking a dispute to ordinary courts of law until all internal remedies referred to in (2) above have been exhausted.

## **ARTICLE 21 – TWIF Appeal Commission**

### **Term of office:**

Shall be 4 years coinciding with the 4 year cycle of the ExCo term of office.

### **Composition:**

The Commission will consist of 3 members

- (a) The TWIF Legal Advisor will serve as Chairman of the Commission
- (b) Members in good standing will nominate and Congress will appoint 2 members and 2 alternates to serve on the Commission.

### **Terms of Reference and Procedures:**

The Commission is responsible for hearing appeals against decisions of the Executive Committee that have not been confirmed by Congress. Any appeal must be lodged within 21 days

- (a) The Commission may determine the procedures to be followed during the appeal process on a case by case basis.
- (b) The Commission shall pass decisions only when at least 3 members (of which the Chairman/Legal Advisor must be one) are present.
- (c) The Commission will announce its ruling/decision via the normal TWIF communications and circulars to all members.
- (d) Any party wishing to appeal to the Appeal Commission shall deposit an amount equal to 3 x the annual membership affiliation fees at the time, with the TWIF Treasurer before any appeal process will be initiated.
- (e) If the appeal is lost, the deposit will be retained by TWIF to cover the costs associated with the appeal and the Appeal Commission.
- (f) If the appeal is upheld, the deposit will be returned. TWIF will however not cover any expenses (travel, legal or otherwise) of the Appellant.

## **ARTICLE 22 – Interpretation of Constitution and Rules**

In case of a dispute arising from interpretation of the Constitution or Rules, the TWIF legal advisor, when so requested by the Executive or two Members, has to be consulted before any decision is taken by Congress.

For any dispute in these matters, the English text shall apply.

## **ARTICLE 23 - Modifications**

Modifications of any Articles of this Constitution may only be effected by the Annual Congress or an Extra-ordinary Congress convened especially for that purpose. The majority has to be 75% at any ballot.

## **ARTICLE 24 - Special Provisions - Non-Amateurs and Professionals**

The Tug of War International Federation, as the Controlling body for Tug of War throughout the World may, if Congress approves, and without prejudice to the forego-

# TWIF CONSTITUTION

ing Articles, take under its jurisdiction and control non-amateurs and professionals. Non-amateurs and professionals shall be subject to special registration with TWIF which means they will be listed in the Records of Control with TWIF.

## ARTICLE 25 - Dissolution

The intended dissolution of TWIF shall require an Extra-ordinary Congress at which sole item on the Agenda shall be the business of dissolution. The quorum for dissolution shall be 75% of the Membership and the vote for dissolution shall require a majority of 75% of the Voting Members present.

If, upon dissolution of the Federation there remains after satisfaction of all its debts and liabilities, any property whatsoever, the same shall not be paid to or distributed among Members of the Federation, but shall be applied to the furtherance of any object or objects as may be determined by the Federation, at or before the dissolution, and, in so far as effect cannot be given the foregoing provisions, then to some charitable object.

## ARTICLE 26 - Any Other Matters

Any other matters, which are not covered by the Constitution, Rules and Rules of Competition of TWIF, must be referred to the Executive Committee prior to any discussion being allowed by Congress.

## ARTICLE 27 - Date of Acceptance and Inception

These Articles making up this Constitution were approved by the Annual Congress at Engelberg, Switzerland, and came into force immediately	on	14	May	1983
Amended by the Annual Congress at Drogheda, Rep of Ireland	on	11	April	1992
Amended by the Annual Congress at London, England	on	24	April	1993
Amended by the Annual Congress at Rochester, USA	on	18	April	1998
Amended by the Annual Congress at Cento, Italy	on	21	April	2004
Amended by the Annual Congress at Cape Town, South Africa	on	7	May	2005
Amended by the Annual Congress at Minehead, England	on	6	May	2006
Amended by the Annual Congress at Stenungsund, Sweden	on	12	May	2007
Amended by the Annual Congress at Amsterdam	on	26	April	2008

# **RULES TUG OF WAR INTERNATIONAL FEDERATION**

## ***RULES OF TUG OF WAR INTERNATIONAL FEDERATION***

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### **ARTICLE 1 - Affiliations**

A National Tug of War Association wishing to affiliate to TWIF must send to the Secretary the following documents:

A written request for affiliation signed by TWO Members of its Executive.

- (a) A statement that its Constitution and Rules for Tug of War are in compliance with the TWIF Constitution and Rules.
- (b) A statement certifying that it is the only Controlling Body for Tug of War in its Country.

### **ARTICLE 2 - Affiliation Fee**

The annual affiliation fee shall be paid in the currency of the Treasurer's choice. The annual affiliation fee for Members shall be determined by Annual Congress.

### **ARTICLE 3 - Congress**

Members shall be represented at Congress by representatives of their own Association who will give proof of their membership, and also of their appointment to attend Congress. These members must be of the nationality or citizenship of the country they represent and their credentials must be sent to the Secretary of TWIF by letter prior to the date of the Congress. Before the opening of Congress the Secretary of TWIF will verify the credentials of the delegates to the Congress. Any cases of doubt will be referred to the Executive. All sessions of the TWIF Congress are private.

### **ARTICLE 4 - Agenda**

The Agenda for Annual Congress shall include the following items:

- (1) An Address by the President
- (2) The appointment of Scrutineers
- (3) Confirmation of the Minutes of the previous Congress
- (4) Matters Arising
- (5) Report covering the period since the previous Congress
- (6) Submission and vote on the Balance Sheet and Accounts
- (7) Affiliation of New Members
- (8) Proposals and questions submitted by Members and all other matters which the Executive Committee wishes to propose
- (9) If required, the election or re-election of the Members of the Executive
- (10) Reports from Commissions appointed by Congress
- (11) Approval of budget for the next year
- (12) Any other business for the good of TWIF

### **ARTICLE 5 - Standing Orders for Congress of TWIF**

- (1) The date, time and place of Congress must be notified to Members, by letter from the Secretary, posted at least four months in advance.
- (2) All proposals and questions submitted to Congress by the Member Associations must be sent by letter to reach the Secretary General of TWIF not later than the 1<sup>st</sup> of January of the year of the Congress.
- (3) The Agenda specifying the nature of the business to be discussed by Annual Congress, a copy of the Accounts and Report of the Financial Inspection Com-

# RULES TUG OF WAR INTERNATIONAL FEDERATION

mittee will be sent to the Associations two months before the date of the Congress.

- (4) The place, date and time and the Agenda for an Extra-ordinary Congress must be notified at least three weeks before it takes place.
- (5) Only those items included in the Agenda will be discussed by Congress.
- (6) The President of TWIF shall take the chair at Congress.
- (7) The President shall ensure the strict application of the present Standing Orders. He shall open and adjourn the Sessions and Debates, unless the Congress should decide otherwise, give permission to speak and conduct the proceedings. The President will open and close the Congress with an Address to Members of TWIF.
- (8) The President shall maintain order at Congress and may propose to Congress penalties to be inflicted on those Members who interfere with the proper procedure of the discussions, or are guilty of misconduct towards their colleagues. The penalties shall be:
  - a) A call to order;
  - b) Censure;
  - c) Exclusion from the Meeting
- (9) In the case of an appeal, Congress shall decide immediately and without debate.
- (10) The Secretary will be responsible for the Minutes.
- (11) At the beginning of Congress, Scrutineers will be appointed to count votes for and against, whenever a vote is taken.
- (12) Official Interpreters will be allowed as necessary.
- (13) The Secretary shall be responsible for recording the debates.
- (14) Each discussion shall be opened by statement:
  - a) By the President, or by the Executive to act for him, if the item in question has been placed on the Agenda by the Executive.
  - b) By the representative of the Member responsible for the inclusion of that item on the Agenda.The general discussion will then open.
- (15) The right to speak shall be granted in the order in which it is requested. No speaker shall start speaking before he has permission to do so. A speaker cannot obtain permission to speak a second time if a Member who has not yet spoken requests permission. The President will decide the number of speeches allowed to delegates and their duration.
- (16) If a Motion for Adjournment is proposed, discussion on the main question shall be suspended until a vote has been taken on the Motion.
- (17) All amendments to proposals shown on the Agenda shall be drawn up in writing and passed to the President before being put to the debate.
- (18) If proposal is made to close the discussion, it must immediately be put to the vote without debate.
- (19) If motion (as at 18) is approved, permission to speak shall however be granted only to those Members who have requested the right to speak before the vote was taken. As a general rule, the President shall close the discussion unless Congress shall decide otherwise by a simple majority of those voting.
- (20) Decisions of Congress will come into force after publication, which has to be executed within sixty days.

# **RULES TUG OF WAR INTERNATIONAL FEDERATION**

## **ARTICLE 6 - Voting and Elections**

### **Voting -**

Members in good standing are entitled to ONE vote only. The vote shall be by a show of hands (voting cards). No-one shall be compelled to vote. Before each vote the President shall read aloud the text of the proposal and explain to Congress the method of voting. In case of an appeal, Congress shall decide it immediately. Proposals must be put to the vote in the order in which they are submitted. If there are more than two main proposals they shall be put to the vote in succession and no Member of Congress may vote for more than one of the proposals. Amendments to amendments shall be put to the vote before the amendments, and amendments before the main proposal. Proposals which are not contested shall be considered as adopted. The President shall verify the results of the voting and announce them to Congress.

No-one may obtain permission to speak during voting and until the result has been announced by the President.

### **Voting by Proxy -**

The Proxy Form has to be sent to the Executive by letter prior to the date of Congress. It has to indicate clearly how the proxy has to vote on the different subjects on the Agenda. It has to be verified by the Secretary.

### **Voting by Letter -**

The Executive having decided on voting by letter, mails a bulletin with the subjects to be voted on to the Members in good standing indicating the date by which the vote has to be returned. Voting taken by letter must be approved by a simple majority. They have to be repeated at the next Annual or Extra-ordinary Congress. If not approved, they are considered null from then on.

### **Elections -**

All Elections shall be carried out by secret ballot, by means of the ballot papers. The distribution and count of the ballot papers shall be done by the Secretary, assisted by the Scrutineers.

The number of ballot papers issued shall be announced by the President before the count.

If the number of ballot papers returned is equal to or less than that of the ballot papers issued, the vote shall be valid. If the number exceeds that of the ballot papers issued, the vote shall be declared null and void and another vote shall be taken. Blank or cancelled papers may not be included in the count.

Voting by simple majority is sufficient, for the election of Members. The President shall announce the result of each vote to Congress. The ballot papers returned shall be retained until the last count has been verified and then destroyed immediately afterwards. Committees (with the exception of the Executive) and Commissions are considered elected until revoked by Congress.

## **ARTICLE 7 - The Executive**

During their term of office, Members of the Executive will not be eligible to act as delegates for their own Associations. The Executive may, for its belongings, always vote by letter sent to the Headquarters. The Executive may bind TWIF by joint signatures by two of its Members.

# **RULES TUG OF WAR INTERNATIONAL FEDERATION**

## **ARTICLE 8 - Duties of the President**

- (a) The President may attend World Championships, Regional and European Championships and other major events for Tug of War, and his expenses shall be paid by TWIF when finance permits.
- (b) The President, or any person acting in his place, may represent TWIF at a meeting of the International Olympic Committee and the General Association of the International Sports Federations, and report on such meetings at the next Congress.
- (c) The President or any other person appointed by him shall take a principal part in the opening and closing ceremonies at the World and other Championships and he may present the Awards to the winning competitors.

## **ARTICLE 9 - Finance**

- (1) All financial transactions shall require the signature of the Treasurer and one other member of the Executive.
- (2) The Treasurer will maintain an amount equal to £ 3000,- or such sum as agreed by Congress in a working Current Account. Funds in excess of this amount will be transferred to a Hard Currency Account.

## **ARTICLE 10 - Budget**

The Treasurer has to submit to Congress a Budget for the coming year which, if approved, has to be executed with a tolerance of 25%. To exceed the tolerance up to 100% the Treasurer has to be backed by a unanimous vote of the Executive.

## **ARTICLE 11 - Television and Broadcasting**

- (a) The rights of television and broadcasting, video taping or filming the World Championships, Regional or European Championships and other major International Contests under the control of TWIF are the property of TWIF.
- (b) All fees involved will be decided and negotiated by the President in consultation with Members of the Executive Committee and representatives of the host country.



# RULES FOR INTERNATIONAL COMPETITION

## *RULES FOR INTERNATIONAL COMPETITION*

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### DEFINITIONS AND SPECIFICATIONS

#### 1 TUG OF WAR SPORT

Tug of War is a sport practised by teams who are bona-fide members of the National Tug of War Associations affiliated to TWIF. The participants must be amateurs, as approved by TWIF, and they will adhere to the Rules and Directions as laid down by the Tug of War International Federation.

#### 2 CATEGORIES

In International Tug of War competitions the following categories are recognized.

Outdoor	and	Indoor
Men	and	Women
Senior	,	Under 23 and Junior
Mixed 4x4		(4 Male and 4 Female)

TWIF organises each year a World Championships for Junior categories women and men

#### 3 WEIGHT CLASSES

In all International competitions the following team weights will apply:

Ultra Featherweight	not exceeding	480 Kilos
Featherweight	not exceeding	520 Kilos
Lightweight	not exceeding	560 Kilos
Light Middleweight	not exceeding	600 Kilos
Middleweight	not exceeding	640 Kilos
Cruiserweight	not exceeding	680 Kilos
Heavyweight	not exceeding	720 Kilos
Catchweight	no weight limitations	
Mixed (4 x 4)	not exceeding	600 Kilos

#### 4 WEIGHING AND STAMPING

A team failing to weigh within the required weight limit shall be given one further attempt to Weigh In. The weighing and stamping shall be completed at least one hour before the published time for the start of the competition. However, for the Closed Championships the weighing will take place on Thursday prior to the Closed Championships.

#### 5 AGE LIMITS

##### 5.1 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 18 years.

##### 5.2 Under 23

A puller is eligible to participate in the under 23 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.

# **RULES FOR INTERNATIONAL COMPETITION**

## **5.3 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.

## **6 Teams and Substitutions.**

### **6.1 Number of pullers in a team**

Teams shall consist of eight pulling members at the start of the competition. The contest will have deemed to have commenced when both teams are in a position to pull under the direct supervision of the judge.

### **6.2 Members national team**

Members of a national team must be citizens of the country the team is representing. Proof of citizenship is only accepted by passport or, in case the competition is in the country of the team, a national identity card. Members of the team includes pullers, coach and team attendant.

### **6.3 Conditions for using a substitute**

The substitute may replace any one puller for the duration of the competition. After the substitution has taken place, no other such changes may occur.

Substitution may be used for tactical reasons or due to injury.

Substitution may only take place after the team has weighed-in, and has finished the first end of the first match it pulls in.

The replaced puller shall not participate in any subsequent matches of that weight-class.

The substitute must be a registered puller of the specific Club or Country for which he/she acts as a substitute.

### **6.4 Substitution procedures.**

Both, the puller to be replaced and the substitute, must report in full pulling outfit, (shirts, shorts, stockings and footwear) to the Chief Judge, who may designate an official to deal with the substitutes.

A small (bathroom type) scale must be available at the pulling area, (in a suitable place, on solid surface), to determine the weight difference between the two pullers.

The substitute puller must be of equal weight or less than the puller he/she replaces. The total weight of the team cannot be increased by the weight of the substitute, even if the team originally weighed less than the maximum weight for that weight class.

Directly after the change, the Chief Judge or designated official shall cancel the stamp or marking of the replaced puller, and indicate a similar marking on the substitute, with an indelible marker. The Chief Judge or the designated official shall note the substitution on the appropriate weight certificate, by adding and deleting the accreditation numbers of the pullers involved with the changes.

### **6.5 Minimum number of pullers.**

A second substitution will not be permitted. Should a second injury occur, the team is allowed to continue with seven pullers. A team is not allowed to continue a competition with less than seven pullers.

## **7 COACH / TRAINER**

Each team may have a team coach to direct their pulling.

# RULES FOR INTERNATIONAL COMPETITION

One trainer for each team is also allowed. The trainer's function is to take care of his team before and after pulls. He is not allowed to speak to his team whilst they are pulling and must take up position as directed by the judge in charge of the match.

## 8 SPORT EQUIPMENT

### 8.1 Sport dress

#### 8.1.1 Sport dress puller

Teams will wear proper sports clothing consisting of shorts, sports shirt or jerseys and knee-stockings or socks. The sport dress of the pullers in the teams shall be uniform.

#### 8.1.2 Sport dress coach and team attendant

Coach and team attendant of a team will wear either the same proper sports dress as the team or will wear proper tracksuit which shall conform to the colour(s) of the sport dress of the teams

#### 8.1.3 Headgear

Pullers, coach and team attendant are allowed to wear the following headgear; cap, visor or bandanna. The headgear shall conform to the colour(s) of the sport dress. The headgear shall be uniform for all pullers in the team wearing headgear as well as the coach and the team attendant.

*Exemption; Headgear such as turbans or other such headgear may be allowed according to religion or culture. This would be decided on a case by case basis*

#### 8.1.4 Protective clothing

Clothing to protect the skin may be worn under the sport clothing subject to judge's approval. Protective belts are only permitted if worn over the sport clothing. The protective clothing worn by the anchor shall not exceed a maximum thickness of 5 centimetres; it must always be worn under the sport clothing and placed between the rope and the body. No hooks, grooves or other constructions intended to lock the rope are allowed on any of the protective clothing. Recommended Anchor vest (see page 43)

### 8.2 Resin

Resin is allowed to facilitate the grip on the rope and the use is restricted to the hands only. In in-door competition resin may only be used when authorisation is obtained to utilise resin in the sports hall; if permitted to use resin in the sports hall it shall be applied under the directions of the judges only.

### 8.3 Dress at weigh-in

Men-teams may weigh-in in proper sized non-transparent shorts only.

Women-teams may weigh-in in proper sized non-transparent shorts and shirts only.

Boots need not be carried or worn on the scale during weigh-in.

### 8.4 Shoes

#### 8.4.1 Out-door shoes

The sole, heel and side of the heel must be perfectly flush. No metal toe caps or toe plates are permitted. Spikes and protruding nails from the soles or heels of the boot are not permitted. The fastening of the shoe shall not consist of any protruding clips which might cause injuries. A metal heel plate with the maximum thickness of 6, 5 mm that is flush on the side and bottom of the heel is permitted. The size of the heel

# RULES FOR INTERNATIONAL COMPETITION

should not constitute more than one third of the entire sole area, nor less than one quarter. The depth of the heel as measured from the sole should not be less than 6, 5 mm and not more than 25 mm. (Including the plate.) (See page 36)

## **8.4.2** *In-door shoes*

The shoes to be used for indoor tug of war should be as originally produced by any sport shoe manufacturer. The sole may be adapted but, should not be wider or longer than the upper part of the shoe. The sole should be made of rubber or such material as to give optimum grip but not cause damage to the pulling surface or floor. The maximum length and width of the sole must not exceed the 'bare foot' measurement of the puller by more than 20%.

Championship controlling Officials shall arbitrate in matters of dispute.

## **9 ROPE SPECIFICATIONS**

### **9.1** **Rope dimensions**

The rope must not be less than 10 centimetres (100 mm) or more than 12.5 centimetres (125 mm) in circumference, and must be free from knots or other holdings for the hands. The ends of the rope shall have a whipping finish. The minimum length of the rope must not be less than 33.5 meters.

### **9.2** **Rope marking**

The tapes or markings shall be affixed so that they are easily adjustable by the judge in the event of the rope stretching or shrinking.

#### **9.2.1** *Rope marking out-door*

Five tapes or rope markings shall be affixed as follows:

- (a) one (1) tape or marking at the centre of the rope
- (b) two (2) tapes or markings each four (4) meters on either side of the centre marking.
- (c) two (2) tapes or markings each five (5) meters on either side of the centre marking.
- (d) markings listed in (a),(b) and (c) shall be in three different colours.

#### **9.2.2** *Rope marking in-door*

Three tapes or rope markings shall be affixed as follows:

- (a) one (1) tape or marking at the centre of the rope
- (b) two (2) tapes or markings each two and a half (2.5) meters on either side of the centre marking
- (c) markings listed in (a) and (b) shall be in two different colours

## **10 PULLING AREA AND MARKINGS**

### **10.1** **Out-door pulling area and marking**

The pulling area shall be flat, level grass covered surface. One centre line shall be marked on the ground.

### **10.2** **In-door pulling area and marking**

The pulling surface shall be made of a material that will give sufficient friction to normal indoor sports shoes and is approved by TWIF.

The recommended length of the pulling surface will be 36 meters. The recommended width of the pulling surface will be 100 - 120 centimetres

# RULES FOR INTERNATIONAL COMPETITION

One centre line and two side lines four (4) meters on either side of the centre line shall be marked on the pulling surface/floor.

## PULLING TECHNIQUES RULES

### 11 ROPE GRIP

No competitor shall grip the rope within the length bounded by the outer tapes or markings. At the commencement of each pull the first pulling member shall grip the rope as close as possible to the outer tape or marking.

No knots or loops shall be made in the rope, nor shall it be locked across any part of the body of any member of the team. Crossing the rope over itself constitutes a loop. At the start of a pull, the rope shall be taut with the centre rope marking over the centre line marking on the ground.

### 12 PULLING POSITION

With the exception of the Anchor, every pulling member shall hold the rope with both bare hands by the ordinary grip, i.e. the palms of both hands facing up, and the rope shall pass between the body and the upper part of the arm. For hold of Anchor see Rule 13.

Any other hold, which prevents the free movement of the rope, is a Lock and is an infringement of the Rules. The feet must be extended forward of the knees and team members should be in a pulling position at all times.

### 13 ANCHOR 'S POSITION

The end puller shall be called the Anchor. The rope shall pass alongside the body, diagonally across the back and over the opposite shoulder from rear to front. The remaining rope shall pass under the armpit in a backward and outward direction and the slack shall run free. The Anchor shall then grip the standing part of the rope by the ordinary grip; i.e. the palms of both hands facing up, with both arms extended forward. The Anchor is allowed to keep the rope below the level of the protective belt and on safety grounds this will not constitute a Lock.

## INFRINGEMENTS OF THE RULES

### 14 INFRINGEMENTS DURING COMPETITION

#### 14.1 Infringements General

- |                     |   |
|---------------------|---|
| 1 Sitting           | deliberately sitting on the ground, or failure to return immediately to the pulling position after slipping |
| 2 Leaning           | touching the ground with any part of the body other than the feet   |
| 3 Locking           | any hold which prevents the free movement of the rope   |
| 4 Grip              | any grip other than the ordinary grip as described in Rule 11, 12 and 13                                    |
| 5 Propping          | holding the rope in a position where it does not pass between the body and the upper part of the arm        |
| 6 Position          | sitting on a foot or a limb or the feet not extended forward of the knee                                    |
| 7 Climbing the rope | passing the rope through the hands  |
| 8 Rowing            | repeatedly sitting on the ground whilst the feet are moved backwards  |

# RULES FOR INTERNATIONAL COMPETITION

- |                   |   |
|-------------------|---|
| 9 Anchor Position | any other than the position described in Rule 13  |
| 10 Trainer        | trainer speaking to his team whilst they are pulling  |
| 11 Inactivity     | Teams failing to actively engage in a competitive effort during a pull, leading to a prolonged stalemate, which could bring the sport into disrepute, constitute a "No pull", which can be called at any time. The pull will be restarted on either new or less broken ground in the immediate proximity of the original pulling lane. If a pull with periods of inactivity lasts longer than ten minutes, the Chief Judge will draw the attention of the Centre Judge to call a "No pull". |

## 14.2 Infringements during out-door competitions

- |              |   |
|--------------|---|
| 12 Footholds | making indents in the ground in any way before the command "Take the Strain" is given |
|--------------|---|

## 14.3 Infringements during in-door competitions

- |                  |  |
|------------------|--|
| 13 Side-stepping | stepping outside the pulling surface of an in-door competition |
|------------------|--|

## 15 DISQUALIFICATION

Teams will receive two (2) cautions for infringements of the Rules in any one(1) pull, before being disqualified. For all infringements of the Rules, a team may be deemed guilty if only one person offends.

## 16 BREACH OF THE RULES

Failure to comply with any of the Rules for International Competition may obviate teams from competing.

## COMPETITION MATCHES AND SCORES

### 17 MATCHES, PULLS AND REST PERIOD

A points competition consists of  $(n \times (n-1) \div 2)$  matches, in which n is the number of teams in the competition. Each match consists of two (2) pulls.

A reasonable rest will be granted between pulls.

A maximum of six (6) minutes may be claimed between matches, beginning when a team leaves the arena and ending when a team is in the marshalling area ready to re-enter the arena.

### 18 TOSS

Before pulling commences the choice of ends will be decided by the toss of a coin. After the first pull, the teams will change ends. If a third pull is necessary, the choice of ends will again be decided by the toss of a coin.

### 19 WINNING A PULL

#### 19.1 Winning a pull general

A pull is won by a team either by moving the rope the required distance as indicated by the markings or through the disqualification of the other team by the judge.

#### 19.2 Winning pull out-door

A pull is won when one of the side markers on the rope is pulled beyond the centre line marking on the ground.

# **RULES FOR INTERNATIONAL COMPETITION**

## **19.3 Winning pull in-door**

A pull is won when the middle marker on the rope is pulled beyond the side marking on the floor.

## **20 SCORE**

### **20.1 Point's Competition**

A team winning a match by two (2) pulls to nil will score three (3) points, the losing team will score no (0) points. Teams winning one pull each; each team will score one (1) point.

### **20.2 Pull-off's, Semi Finals and Finals**

Matches will be won by two (2) pulls out of three (3). A team winning a match by two (2) pulls to nil (0) will score three (3) points, the losing team scoring no (0) points. A team winning a match by two (2) pulls to one (1) will score two (2) points, the losing team scoring one (1) point

## **21 NO PULL**

A "No Pull" will be declared in the event of;  
both teams being guilty of infringements; after twice being cautioned

- (a) both teams being guilty of inactivity
- (b) both teams leaving go of the rope before the finish of a pull
- (c) a pull being interrupted without infringement by either of the teams

When a "No pull" is declared in the case a), b) or c), no rest period will be granted and the pull shall be retaken immediately and without any aid or service. When a "No pull" is declared in the case of d) a reasonable rest period will be granted.

## **JUDGING**

## **22 OFFICIALS AND JUDGES**

Officials shall be appointed by the Tug of War International Federation to have control of all international competitions.

The final selection of judges for international competition shall be the responsibility of the Technical Commission.

## **23 POWERS OF REFEREE, CONTROLLER AND CHIEF JUDGE**

In case Clubs and/or Individuals at an event are liable of action of bringing the tug of war sport into disrepute, the Referee, Controller and the Chief Judge, in coordination with each other, are empowered to expel the club and/or individuals from further participation during the event. The Referee shall prepare a report to the TWIF ExCo, which in accordance with Article 12 of the Constitution might take further disciplinary action against the club and/or individuals

## **24 POWERS AND RESPONSIBILITIES OF THE JUDGE**

The appointed judge for a match shall have sole control.

He shall be responsible for ensuring:

- (1) that the Rules of "TWIF" are adhered to
- (2) that the rope is laid out ready for competition before the teams arrive in the pulling area
- (3) that, as far as possible, the pre-determined timetable is adhered to.

# RULES FOR INTERNATIONAL COMPETITION

He has the power to;

- (4) grant rest periods as shown in Rule 17
- (5) declare a "No pull"
- (6) disqualify a team or teams after caution.
- (7) disqualify a team without caution which he deems to be guilty of ungentlemanly conduct, by word or act, which is likely to bring the sport into disrepute.

In the event of the judge in charge giving a caution, which he will indicate by the common signal code, naming the team and adding "first caution" or "last caution". Any such instructions given by the judge in charge must be clear and brief using the appropriate signals.

The judge's decision shall be final at all times.

## 25 RESPONSIBILITIES OF SIDE JUDGES

Side judges shall at all times act under the directions of the judge in charge. During the actual pulling the side judge shall take up a position alongside the competing teams and to the opposite side of the judge in charge. The side judge shall observe the competing teams and indicate the infringements of the teams to the judge in charge, using the common signal code. The side judge will inform the offenders of the cautions given by the judge in charge.

## 26 WEIGHMASTER

In international competitions, stewards may be appointed by TWIF who shall be responsible to the Weigh master (judge in charge of the weigh-in) for correctly weighing and stamping all competitors.

## SIGNALS AND COMMANDS

### 27 THE START PROCEDURE

When the judge has received a signal from the two coaches that all is ready, he shall give the teams the following verbal and visual commands:

Pick up the rope	The rope shall then be gripped as defined in paragraphs 11, 12 and 13, the feet being flat on the ground
Take the Strain	Sufficient strain being put on the rope to ensure that it is taut. In outdoor competitions each puller may establish one foothold with the heel or side of the boot with the extended foot
Steady	The judge shall then signal the rope to the centre position. When the rope is steady with the centre mark over the centre line on the ground
Pull	After a reasonable pause

### 28 FINISH OF A PULL

The finish of a pull shall be signalled by the judge blowing a whistle and pointing in the direction of the team winning the pull or in the case of a "No pull" crossing his arms and pointing to the centre mark.

### 29 LIST OF COMMANDS IN TUG OF WAR COMPETITION

COMMAND	SIGNAL
1 Team are you ready	Indicating the team with the arm
2 Pick up the rope	arms extended in front of the body



# RULES FOR INTERNATIONAL COMPETITION

3 Take the strain	arms extended upwards with hand palms inward
4 Rope to centre	Indicating the side which has to move to centre
5 Steady	arms extended upwards with palms outwards
6 Pull	Flinging arms down to the sides
7 Indicate winner	Blowing whistle and pointing to the winning team
8 Change ends	Blowing whistle and crossing the arms over the head
9 No Pull	Blowing whistle and crossing the arms in front of the body
10 Caution	Raising the arm on the side of the infringing team and indicating by one or two fingers the first or second caution

## 30 LIST OF COMMON INFRINGEMENTS IN COMPETITION

INFRINGEMENTS	SIGNAL
1 SITTING	moving flat hand horizontally
2 LEANING	open hand horizontal indicating to the ground
3 LOCKING	elbow touching the lifted upper leg
4 GRIP	two fists in front of each other
5 PROPPING	lifting movement with hands along the body
6 POSITION	kicking movement and stretching of the lower leg
7 CLIMBING THE ROPE	climbing movements with the fists
8 ROWING	rowing motion with arm and upper body
9 ANCHOR'S GRIP	with the hand touching the back
10 TRAINER	with the finger touching the lips
11 FOOTHOLDS	kicking with heels in the ground
12 SIDE-STEPPING	side stepping with one foot

## COMPETITION STRUCTURE

### 31 General

The TWIF International Championships competition consists of a qualifying round, semi-finals and finals.

- The qualifying round will be a point's competition. For the points competition only one draw shall be made. The draw shall be made in the presence of the appointed delegates to the Tug of War International Federation.
- The qualifying competition will result in four teams entering the semi-finals. The losers of the semi-final matches enter into the pull-off for the bronze medal and the winners of the semi-final matches enter into the final for the silver and the gold medals.

### 32 Minimum number of teams

A minimum number of 4 teams per weight class is required for participation in World or Continental Championships. If there are not four teams taking part in a particular weight class, it will not be considered a World or Regional Championships

### 33 Competition with one group

When less than 12 teams have entered in a weight class, all teams will compete in one qualifying point's competition.

- The top four teams of the qualifying point's competition will enter into the semi-finals.

## **RULES FOR INTERNATIONAL COMPETITION**

- The opponent of teams number 3 and 4 from the qualifying round will be decided by a toss of a coin.
- The winner of the toss will compete against number 2 of the qualifying point's competition. The loser of the toss will compete against the team placed as number 1 of the qualifying competition.

### **34 Competition with more than one group**

When 12 or more teams have entered in a weight class, the qualifying point's competition will be divided into two groups.

The placing into the groups will be based on the ranking in the previous applicable competitions (regional or world championships)

The teams ranking first and second place after the qualifying point's competition will enter into the semi-finals. The teams ranking first in their group will compete against the teams ranking second from the other group. In case, after the qualifying competition, the first two teams in a particular group are equal on points, teams will be ranked in accordance with rule 35.

### **35 Determination of ranking in qualifying competition**

In the event that, after the qualifying competition, teams are in contention to enter into the semi-finals the following rules will apply to determine which team(s) will qualify for the semi-finals. These rules will also apply to rank teams with equal points in qualifying competition

#### **(1) Result of matches**

The team(s) with the best results in the matches between the teams concerned during the qualifying rounds will be first to qualify for participation in the semi-finals.

#### **(2) Matches won**

In the case that the results between the teams do not break the tie the team with the most matches won will go to the semi-finals.

#### **(3) Cautions**

In case the first 2 options do not break the tie, the team(s) with the least cautions in the qualifying rounds will be first to qualify for participation in the semi-finals. (The number of cautions of a team in a match is the total number of cautions accumulated in the pulls of that match. A team being disqualified in the qualifying rounds will be considered to have accumulated 3 cautions during that pull. In the event of a No-Pull, the cautions given prior to declaring a No-Pull will be accumulated to the total number of cautions of the team in that match. In the case of a No-Pull being declared due to infringements as indicated in rule 21.– a. both teams will accumulate 3 cautions.)

#### **(4) Team weight**

In case the first 3 options do not break the tie, the lightest team(s) will be first to qualify for participation in the semi-final. For this criterion the certified weight on the weighing sheet will be used.

#### **(5) Toss or draw**

In case all of the above criteria have not broken the tie, the qualification for participation in the semi-finals will be decided by a coin toss or a draw.

# RULES FOR INTERNATIONAL COMPETITION

## 36 Supervision pull-off and draw

All pull-off's and drawing of lots shall be done under direct supervision of the appointed officials of the competition, these officials shall arbitrate in matters of dispute.

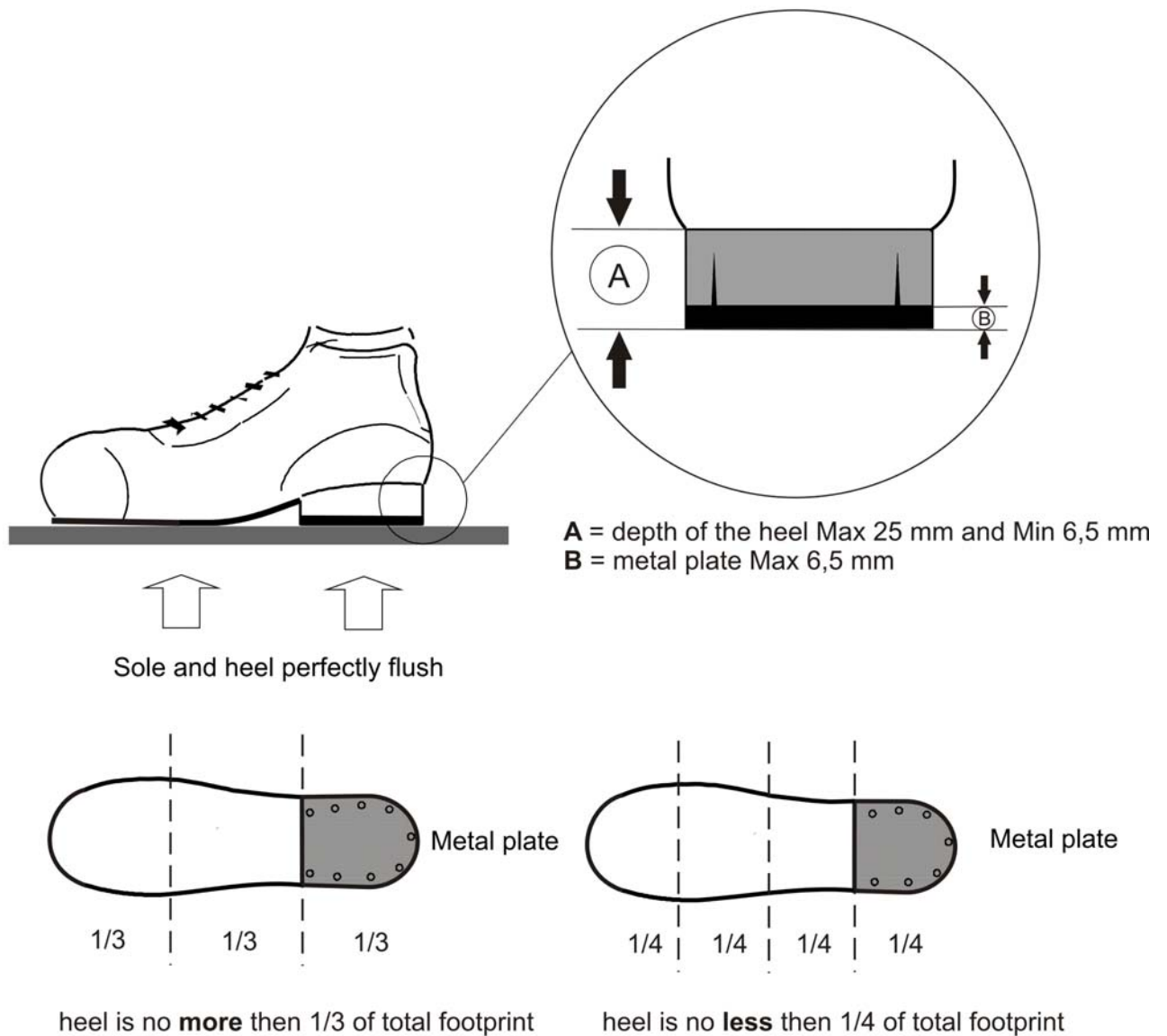
Amendments to Rules for International Competition  
Amended by the Annual Congress at

Drogheda	Rep of Ireland	on	11	April	1992
London,	England	on	24	April	1993
Rochester	USA	on	18	April	1998
Mogelsberg	Switzerland	on	6	May	2000
Pretoria	South Africa	on	28	April	2001
Assen	Netherlands	on	27	April	2002
Rochester	USA	on	3	May	2003
Cento	Italy	on	21	April	2004
Capetown	South Africa	on	7	May	2005
Minehead	England	on	6	May	2006

# RULES FOR INTERNATIONAL COMPETITION

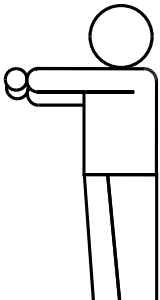
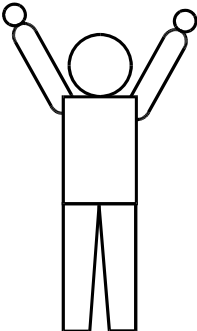
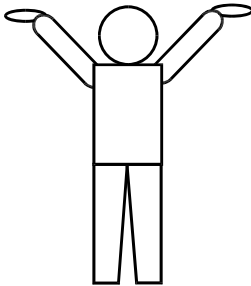
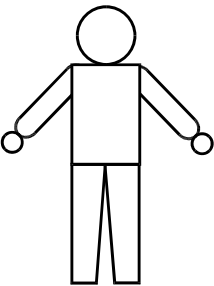
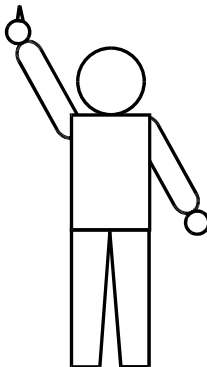
Ref: 8.4.1 Out-door shoes

## Attachment 1 Out-door shoes



# RULES FOR INTERNATIONAL COMPETITION

## Attachment 2 Signals Commands

		
TEAM ARE YOU READY	PICK UP THE ROPE	TAKE THE STRAIN
		
ROPE TO CENTRE	STEADY	PULL
		
INDICATING WINNER	CHANGE ENDS	NO PULL
		
FIRST CAUTION	SECOND CAUTION	

# RULES FOR INTERNATIONAL COMPETITION

## Attachment 3 Signals infringements

		
SITTING	LEANING	LOCKING
		
GRIP	PROPPING	POSITION
		
CLIMBING	ROWING	ANCHORMAN
		
TRAINER	FOOTHOLDS	SIDESTEP

## RULES FOR INTERNATIONAL COMPETITION

Ref: 8.1.4 Anchor vest



**RULES FOR INTERNATIONAL COMPETITION**



## ***RULES FOR ADVERTISEMENTS NATIONAL TEAMS***

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### **1 Conditions for advertisement**

A national team may wear advertisements on the competition dress during TWIF Championships under the conditions as mentioned in these rules. A team consists of 8 pullers, its coach and its trainer.

- The use of company and product names is allowed as well as brand names and product groups as long as they do not offend good taste.
- Advertising must not be of a political, religious or ideological nature.
- Product advertising for alcohol, tobacco and drugs is not allowed.
- The use of fluorescent paints is not permitted. This rule applies not only to advertising but also to the material from which the competition dress is made.
- The competition dress has to comply with the rules of the TWIF.
- Advertising on other articles belonging to the competition dress (e.g. shoes, socks, etc.) is not permitted.

### **2 Dimensions of advertisement areas (See Attachment 4 Pictorial example advertisement)**

The maximum dimensions of- and total areas for advertisements on competition dress of a puller is either;

- a letter height of 10 cm when used in the advertisers name or;
- an area of 300 cm<sup>2</sup>, when used as one advertisement area or;
- a total area of 150 cm<sup>2</sup>, when used on maximum three advertisement areas of which two may be of the same advertiser.

The maximum dimensions of- and total areas for advertisements on competition dress of a coach is;

- a total area of 75 cm<sup>2</sup>, on the dress of a coach, who is wearing an identification number with an advertisement area of maximum 75 cm<sup>2</sup> ( See pictorial examples)

### **3 Identification numbers**

The organiser of the Championship is allowed to use the identification numbers at TWIF events for advertisements. These numbers have to be worn by the coach of the team. The advertisement on the numbers is only permitted for one company or brand name and may not exceed the height of 5 cm and a maximum area of 75 cm<sup>2</sup>. The numbers may not be cut, folded or altered.

### **4 Non liability**

The TWIF is neither responsible nor liable for any disputes which should arise from advertising contracts between a TWIF member federation and the advertising companies or sponsors.

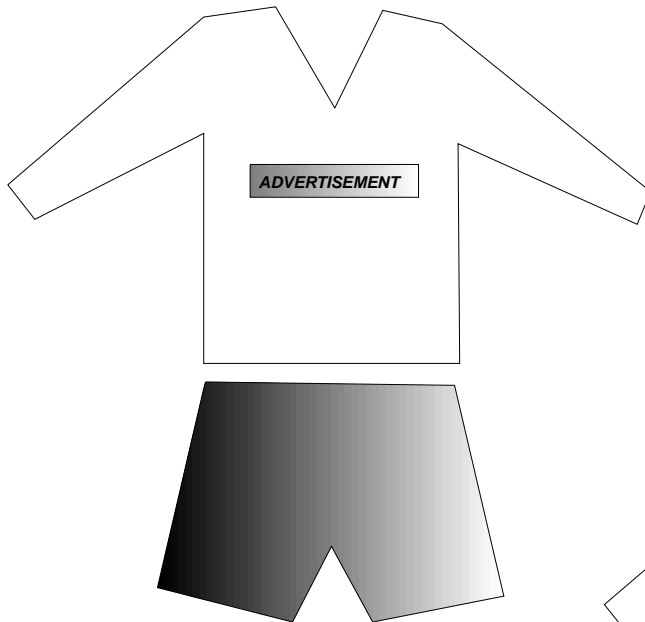
### **5 Penalty on non-compliance**

Non-compliance with these regulations will be dealt with by the TWIF Executive Committee and can be penalised with a fine or a ban on advertising

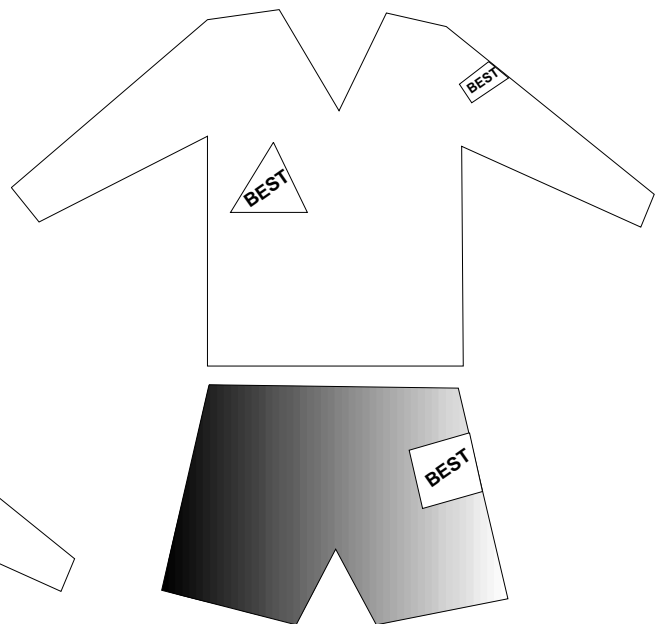
# RULES FOR ADVERTISEMENT NATIONAL TEAMS

## Attachment 4 Pictorial example advertisement

### EXAMPLE OF ADVERTISEMENT AREAS ON SHIRTS AND SHORTS



LETTER HEIGHT 10 CM



MAX THREE AREAS TOTAL 150 CM<sup>2</sup>



ONE AREA MAX 300 CM<sup>2</sup>

## ***TWIF ANTI-DOPING RULES***

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### **INTRODUCTION**

#### **PREFACE**

At the TWIF Congress held on 3 May 2003 in Rochester, USA, TWIF accepted the World Anti-Doping Code (the "*Code*"). These Anti-Doping Rules are adopted and implemented in conformance with TWIF's responsibilities under the *Code*, and are in furtherance of TWIF's continuing efforts to eradicate doping in the sport of tug of war. Anti-Doping Rules, like *Competition* rules, are sport rules governing the conditions under which sport is played. *Athletes* accept these rules as a condition of participation. Anti-Doping Rules are not intended to be subject to or limited by the requirements and legal standards applicable to criminal proceedings or employment matters. The policies and minimum standards set forth in the *Code* and implemented in these Anti-Doping Rules represent the consensus of a broad spectrum of stakeholders with an interest in fair sport and should be respected by all courts and adjudicating bodies.

### **FUNDAMENTAL RATIONALE FOR THE CODE AND TWIF'S ANTI-DOPING RULES**

Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport"; it is the essence of Olympism; it is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is characterized by the following values:

- Ethics, fair play and honesty
- Health
- Excellence in performance
- Character and education
- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and other participants
- Courage
- Community and solidarity

Doping is fundamentally contrary to the spirit of sport.

# TWIF ANTI-DOPING RULES

## SCOPE

These Anti-Doping Rules shall apply to TWIF, each *National Tug of War Association* of TWIF, and each *Participant* in the activities of TWIF or any of its *National Tug of War Associations* by virtue of the *Participant's* membership, accreditation, or participation in TWIF, its *National Tug of War Associations*, or their activities or *Events*.

To be eligible for participation in TWIF events, a competitor must have a TWIF license issued by his or her National Tug of War Association. The TWIF license will only be issued to competitors who have personally signed the Appendix 2, in the actual form approved by the TWIF Executive. All forms from under-age applicants must be counter-signed by their legal guardians

The National Tug of War Association must guarantee that all athletes registered for a TWIF License accept the Rules of the TWIF, including these TWIF Anti-Doping Rules compiled in accordance with the World Anti-Doping Code

It is the responsibility of each *National Tug of War Association* to ensure that all national-level *Testing* on the *National Tug of War Association's Athletes* complies with these Anti-Doping Rules. In some cases, the *National Tug of War Association* itself will be conducting the *Doping Control* described in these Anti-Doping Rules. In other countries, many of the *Doping Control* responsibilities of the *National Tug of War Association* have been delegated or assigned by statute to a *National Anti-Doping Organization*. In those countries, references in these Anti-Doping Rules to the *National Tug of War Association* shall apply, as applicable, to the *National Tug of War Association's National Anti-Doping Organization*.

These Anti-Doping Rules shall apply to all *Doping Controls* over which TWIF and its *National Tug of War Associations* have jurisdiction.

# TWIF ANTI-DOPING RULES

## ARTICLE 1 DEFINITION OF DOPING

Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in Article 2.1 through Article 2.8 of these Anti-Doping Rules.

## ARTICLE 2 ANTI-DOPING RULE VIOLATIONS

The following constitute anti-doping rule violations:

### 2.1 The presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's bodily Specimen

2.1.1 It is each Athlete's personal duty to ensure that no Prohibited Substance enters his or her body. Athletes are responsible for any Prohibited Substance or its Metabolites or Markers found to be present in their bodily Specimens. Accordingly, it is not necessary that intent, fault, negligence or knowing Use on the Athlete's part be demonstrated in order to establish an anti-doping violation under Article 2.1.

2.1.2 Excepting those substances for which a quantitative reporting threshold is specifically identified in the Prohibited List, the detected presence of any quantity of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample shall constitute an anti-doping rule violation.

2.1.3 As an exception to the general rule of Article 2.1, the Prohibited List may establish special criteria for the evaluation of Prohibited Substances that can also be produced endogenously.

### 2.2 Use or Attempted Use of a Prohibited Substance or a Prohibited Method

2.2.1 The success or failure of the Use of a Prohibited Substance or Prohibited Method is not material. It is sufficient that the Prohibited Substance or Prohibited Method was Used or Attempted to be Used for an anti-doping rule violation to be committed.

2.3 Refusing, or failing without compelling justification, to submit to Sample collection after notification as authorized in these Anti-Doping Rules or otherwise evading Sample collection.

2.4 Violation of the requirements regarding Athlete availability for Out-of-Competition Testing including failure to provide required whereabouts information set forth in Article 5.5 (*Athlete* whereabouts requirements) and missed tests which are declared based on reasonable rules.

### 2.5 Tampering, or Attempting to tamper, with any part of Doping Control.

### 2.6 Possession of Prohibited Substances and Methods

2.6.1 Possession by an Athlete at any time or place of a substance that is prohibited in Out-of-Competition Testing or a Prohibited Method unless the Athlete establishes that the Possession is pursuant to a therapeutic use exemption granted in accordance with Article 4.4 (Therapeutic Use) or other acceptable justification.

## TWIF ANTI-DOPING RULES

**2.6.2** Possession of a Prohibited Substance that is prohibited in Out-of-Competition Testing or a Prohibited Method by Athlete Support Personnel in connection with an Athlete, Event or training, unless the Athlete Support Personnel establishes that the Possession is pursuant to a therapeutic use exemption granted to an Athlete in accordance with Article 4.4 (Therapeutic Use) or other acceptable justification.

### **2.7 Trafficking in any Prohibited Substance or Prohibited Method.**

**2.8** Administration or Attempted administration of a Prohibited Substance or Prohibited Method to any Athlete, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any Attempted violation.

## **ARTICLE 3 PROOF OF DOPING**

### **3.1 Burdens and Standards of Proof**

TWIF and its *National Tug of War Associations* shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether TWIF or its *National Tug of War Association* has established an anti-doping rule violation to the comfortable satisfaction of the hearing body bearing in mind the seriousness of the allegation which is made. This standard of proof in all cases is greater than a mere balance of probability but less than proof beyond a reasonable doubt. Where these Rules place the burden of proof upon the *Athlete* or other *Person* alleged to have committed an anti-doping rule violation to rebut a presumption or establish specified facts or circumstances, the standard of proof shall be by a balance of probability.

### **3.2 Methods of Establishing Facts and Presumptions**

**3.3** Facts related to anti-doping rule violations may be established by any reliable means, including admissions. The following rules of proof shall be applicable in doping cases:

**3.3.1** WADA-accredited laboratories are presumed to have conducted Sample analysis and custodial procedures in accordance with the International Standard for laboratory analysis. The Athlete may rebut this presumption by establishing that a departure from the International Standard occurred.

**3.3.2** If the Athlete rebuts the preceding presumption by showing that a departure from the International Standard occurred, then TWIF or its National Tug of War Association shall have the burden to establish that such departure did not cause the Adverse Analytical Finding.

**3.3.3** Departures from the International Standard for Testing which did not cause an Adverse Analytical Finding or other anti-doping rule violation shall not invalidate such results. If the Athlete establishes that departures from the International Standard occurred during Testing then TWIF or its National Tug of War Association shall have the burden to establish that such departures did not cause the Adverse Analytical Finding or the factual basis for the anti-doping rule violation.

# TWIF ANTI-DOPING RULES

## ARTICLE 4 THE PROHIBITED LIST

### 4.1 Incorporation of the *Prohibited List*

These Anti-Doping Rules incorporate the *Prohibited List* which is published and revised by WADA as described in Article 4.1 of the *Code*. TWIF will make the current *Prohibited List* available to each *National Tug of War Association*, and each *National Tug of War Association* shall ensure that the current *Prohibited List* is available to its members and constituents.<sup>1</sup>

### 4.2 Prohibited Substances and Prohibited Methods Identified on the Prohibited List

Unless provided otherwise in the *Prohibited List* and/or a revision, the *Prohibited List* and revisions shall go into effect under these Anti-Doping Rules three months after publication of the *Prohibited List* by WADA without requiring any further action by TWIF. As described in Article 4.2 of the *Code*, TWIF may request that WADA expand the *Prohibited List* for the sport of tug of war. TWIF may also request that WADA include additional substances or methods, which have the potential for abuse in the sport of tug of war, in the monitoring program described in Article 4.5 of the *Code*. As provided in the *Code*, WADA shall make the final decision on such requests by TWIF.

### 4.3 Criteria for Including Substances and Methods on the *Prohibited List*

As provided in Article 4.4.3 of the *Code*, WADA's determination of the *Prohibited Substances* and *Prohibited Methods* that will be included on the *Prohibited List* shall be final and shall not be subject to challenge by an *Athlete* or other *Person*.

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(1) The *Prohibited List* in force is available on WADA's website at [www.wada-ama.org](http://www.wada-ama.org).

## 4.4 Therapeutic Use

**4.4.1** Athletes with a documented medical condition requiring the use of a Prohibited Substance or a Prohibited Method must first obtain a Therapeutic Use Exemption ("TUE").

**4.4.2** Athletes included by TWIF in its Registered Testing Pool and other Athletes prior to their participation in any International Event must obtain a TUE from TWIF (regardless of whether the Athlete previously has received a TUE at the national level). TUE's granted by TWIF shall be reported to the Athlete's National Tug of War Association and to WADA. Other Athletes subject to Testing must obtain a TUE from their National Anti-Doping Organization or other body designated by their National Tug of War Association. National Tug of War Associations shall promptly report any such TUE's to TWIF and WADA.

**4.4.3** The IF Executive shall appoint a panel of physicians to consider requests for TUE's (the "TUE Panel"). Upon TWIF's receipt of a TUE request, the Chair of the TUE Panel shall appoint three members of the TUE Panel (which may include the Chair) to consider such request. The TUE Panel member(s) so designated shall promptly evaluate such request in accordance with the International Standard for Therapeutic Use Exemptions and render a decision on such request, which shall be the final decision of TWIF.

**4.4.3.1** *International-Level Athletes* who are included in the IF's *Registered Testing Pool*, should apply to TWIF for the TUE at the same time the *Athlete* first provides whereabouts information to the TWIF and, except in emergency situations, no later than 21 days before the *Athlete's* participation at an *International Event*.

**4.4.3.2** *Athletes* participating in *International Events* who are not included in the TWIF *Registered Testing Pool* must, except in emergency situations, request a TUE from TWIF no later than 21 days before the *Athlete's* participation at an *International Event*.

**4.4.4** WADA, at the request of an Athlete or on its own initiation, may review the granting or denial of any TUE to an International Level Athlete or a national level Athlete that is included in a Registered Testing Pool. If WADA determines that the granting or denial of a TUE did not comply with the International Standard for Therapeutic Use Exemptions in force at the time then WADA may reverse that decision. Decisions on TUE's are subject to further appeal as provided in Article 13.



## ARTICLE 5 TESTING

### 5.1 Authority to Test

All Athletes affiliated with a National Tug of War Association shall be subject to In-Competition Testing by TWIF, the Athlete's National Tug of War Association, and any other Anti-Doping Organization responsible for Testing at a Competition or Event in which they participate. All Athletes affiliated with a National Tug of War Association shall also be subject to Out-of-Competition Testing at any time or place, with or without advance notice, by TWIF, WADA, the Athlete's National Tug of War Association, the National Anti-Doping Organization of any country where the Athlete is present, the IOC during the Olympic Games, and the IPC during Paralympic Games.

### 5.2 Responsibility for TWIF Testing

The TWIF shall be responsible for overseeing all *Testing* conducted by TWIF. *Testing* may be conducted by members of the TWIF or by other qualified persons so authorized by TWIF.

### 5.3 Testing Standards

*Testing* conducted by TWIF and its *National Tug of War Associations* shall be in substantial conformity with the *International Standard for Testing* in force at the time of *Testing*.

**5.3.1** Blood (or other non-urine) Samples may be used either to detect Prohibited Substances or Prohibited Methods or for screening procedure purposes only. If the blood is collected for screening only, it will have no other consequences for the Athlete other than to identify him/her for a urine test under these anti-doping rules. In these circumstances, the TWIF may decide at its own discretion which blood parameters are to be measured in the screening Sample and what levels of those parameters will be used to indicate that an Athlete should be selected for a urine test.

### 5.4 Coordination of Testing

TWIF and *National Tug of War Associations* shall promptly report completed tests through the WADA clearinghouse to avoid unnecessary duplication in *Testing*.

### 5.5 Athlete Whereabouts Requirements

**5.5.1** TWIF shall identify a Registered Testing Pool of those Athletes who are required to provide up-to-date whereabouts information to TWIF. TWIF may revise its Registered Testing Pool from time to time as appropriate<sup>3</sup>. Each Athlete in the Registered Testing Pool shall file semi-annual reports with TWIF on forms provided by TWIF which specify on a daily basis the locations and times where the Athlete will be residing, training and competing. Athletes shall update this information as necessary so that it is current at all times. The ultimate responsibility for providing whereabouts information rests with each Athlete, however, it shall be the responsibility of each National Tug of War Association to use its

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(3) The purpose of the TWIF Registered Testing Pool is to identify top-level International Athletes who the TWIF requires to provide whereabouts information to facilitate Out-of-Competition Testing by TWIF and WADA.

## TWIF ANTI-DOPING RULES

best efforts to assist TWIF in obtaining whereabouts information as requested by TWIF.

**5.5.2** Any Athlete in the TWIF Registered Testing Pool who is unavailable for Testing on three attempts during any period of 18 consecutive months shall be considered to have committed an anti-doping rule violation pursuant to Article 2.4. For each attempt, the Doping Control Officer shall visit all locations during the times specified by the Athlete for that date and shall stay two hours at each location. Notification shall be sent to the Athlete between each attempt which is to be counted as an unavailable test.

**5.5.3** Any Athlete in the TWIF Registered Testing Pool who fails to timely submit a required semi-annual whereabouts report after receipt of two formal written warnings from TWIF or a National Tug of War Association to do so in the preceding 18 months shall be considered to have committed an anti-doping rule violation pursuant to Article 2.4.

**5.5.4** Each National Tug of War Association shall also assist their National Anti-Doping Organization in establishing a national level Registered Testing Pool of top level national Athletes who are not already included in TWIF's Registered Testing Pool. The National Tug of War Association/National Anti-Doping Organization may establish its own whereabouts reporting requirements and criteria for Article 2.4 violations applicable to those Athletes.

**5.5.5** Whereabouts information provided pursuant to Articles 5.5.1 and 5.5.4 shall be shared with WADA and other Anti-Doping Organizations having jurisdiction to test an Athlete on the strict condition that it be used only for Doping Control purposes.

### **5.6 Retirement and Return to Competition**

**5.6.1** An Athlete who has been identified by TWIF for inclusion in TWIF's Registered Testing Pool shall continue to be subject to these Anti-Doping Rules, including the obligation to be available for No Advance Notice Out-of-Competition Testing, unless and until the Athlete gives written notice to TWIF that he or she has retired or until he or she no longer satisfies the criteria for inclusion in the TWIF's Registered Testing Pool and has been so informed by TWIF.

**5.6.2** An Athlete who has given notice of retirement to TWIF may not resume competing unless he or she notifies TWIF at least six months before he or she expects to return to competition and is available for unannounced Out-of-Competition Testing, at any time during the period before actual return to competition.

**5.6.3** National Tug of War Associations/National Anti-Doping Organizations may establish similar requirements for retirement and returning to competition for Athletes in the national Registered Testing Pool.

### **5.7 Selection of *Athletes* to be tested**

**5.7.1** At International Events, the TWIF Executive Committee, in consultation with the TWIF Medical Committee, shall determine the number of finishing placement tests, random tests and target tests to be performed.

## TWIF ANTI-DOPING RULES

**5.7.2** At National Events, each National Tug of War Association shall determine the number of Athletes selected for Testing in each Competition and the procedures for selecting the Athletes for Testing.

**5.7.3** In addition to the selection procedures set forth in Articles 5.7.1 and 5.7.2 above, the at International Events, and the National Tug of War Association at National Events, may also select Athletes or teams for Target Testing so long as such Target Testing is not used for any purpose other than legitimate Doping Control purposes.

**5.7.4** Athletes shall be selected for Out-of-Competition Testing by the TWIF and by National Tug of War Associations through a process that substantially complies with the International Standard for Testing in force at the time of selection.

**5.8** National Tug of War Associations and the organizing committees for National Tug of War Association Events shall provide access to Independent Observers at Events as directed by TWIF.

### ARTICLE 6 ANALYSIS OF SAMPLES

*Doping Control Samples* collected under these Anti-Doping Rules shall be analyzed in accordance with the following principles:

#### **6.1 Use of Approved Laboratories**

TWIF shall send Doping Control Samples for analysis only to WADA-accredited laboratories or as otherwise approved by WADA. The choice of the WADA-accredited laboratory (or other method approved by WADA) used for the Sample analysis shall be determined exclusively by TWIF.

#### **6.2 Substances Subject to Detection**

*Doping Control Samples* shall be analyzed to detect *Prohibited Substances* and *Prohibited Methods* identified on the *Prohibited List* and other substances as may be directed by WADA pursuant to the Monitoring Program described in Article 4.5 of the Code.

#### **6.3 Research on Samples**

No Sample may be used for any purpose other than the detection of substances (or classes of substances) or methods on the *Prohibited List*, or as otherwise identified by WADA pursuant to its Monitoring Program, without the *Athlete's* written consent.

#### **6.4 Standards for Sample Analysis and Reporting**

Laboratories shall analyze *Doping Control Samples* and report results in conformity with the *International Standard for Laboratory Analysis*.

### ARTICLE 7 RESULTS MANAGEMENT

#### **7.1 Results Management for Tests Initiated by TWIF**

Results management for *Tests* initiated by TWIF (including *Tests* performed by WADA pursuant to agreement with TWIF) shall proceed as set forth below:

**7.1.1** The results from all analyses must be sent to TWIF in encoded form, in a report signed by an authorized representative of the laboratory. All communica-

tion must be conducted in such a way that the results of the analyses are confidential.

**7.1.2** Upon receipt of an *A Sample Adverse Analytical Finding*, the TWIF Anti-Doping Administrator shall conduct a review to determine whether: (a) an applicable therapeutic use exemption has been granted, or (b) there is any apparent departure from the *International Standards for Testing or Laboratory Analysis* that undermines the validity of the *Adverse Analytical Finding*.

**7.1.3** If the initial review under Article 7.1.2 does not reveal an applicable therapeutic use exemption or departure from the International Standard for Testing or the International Standard for laboratory analysis in force at the time of Testing or analysis that undermines the validity of the Adverse Analytical Finding, TWIF shall promptly notify the Athlete of: (a) the Adverse Analytical Finding; (b) the anti-doping rule violated, or, in a case under Articles 7.1.8 or 7.1.9, a description of the additional investigation that will be conducted as to whether there is an anti-doping rule violation; (c) the Athlete's right to promptly request the analysis of the B Sample or, failing such request, that the B Sample analysis may be deemed waived; (d) the right of the Athlete and/or the Athlete's representative to attend the B Sample opening and analysis if such analysis is requested; and (e) the Athlete's right to request copies of the A and B Sample laboratory documentation package which includes information as required by the International Standard for Laboratory Analysis.

**7.1.4** Arrangements shall be made for Testing the B Sample within three weeks of the notification described in Article 7.1.3. An Athlete may accept the A Sample analytical results by waiving the requirement for B Sample analysis. TWIF may nonetheless elect to proceed with the B Sample analysis.

**7.1.5** The *Athlete* and/or his representative shall be allowed to be present at the analysis of the B Sample. Also a representative of the *Athlete's National Tug of War Association* as well as a representative of TWIF shall be allowed to be present.

**7.1.6** If the B Sample proves negative, the entire test shall be considered negative and the *Athlete*, his *National Tug of War Association*, and TWIF shall be so informed.

**7.1.7** If a *Prohibited Substance* or the *Use of a Prohibited Method* is identified, the findings shall be reported to the *Athlete*, his *National Tug of War Association*, TWIF, and to WADA.

**7.1.8** The TWIF Anti-Doping Administrator shall conduct any follow-up investigation as may be required by the *Prohibited List*. Upon completion of such follow-up investigation, TWIF shall promptly notify the *Athlete* regarding the results of the follow-up investigation and whether or not TWIF asserts that an anti-doping rule was violated.

**7.1.9** For apparent anti-doping rule violations that do not involve *Adverse Analytical Findings*, TWIF shall conduct any necessary follow-up investigation and shall then promptly notify the *Athlete* of the anti-doping rule which appears to have been violated, and the basis of the violation.

## 7.2 Results Management for Tests Initiated During Other International Events

Results management and the conduct of hearings from a test by the International Olympic Committee, the International Paralympic Committee, the World Games or a Major Event Organization, shall be managed, as far as sanctions beyond Disqualification from the Event or the results of the Event, by TWIF.

## 7.3 Results Management for Tests initiated by *National Tug of War Associations*

Results management conducted by *National Tug of War Associations* shall be consistent with the general principles for effective and fair results management which underlie the detailed provisions set forth in Article 7.1. Results of all *Doping Controls* shall be reported to TWIF within 14 days of the conclusion of the *National Tug of War Association's* results management process. Any apparent anti-doping rule violation by an *Athlete* who is a member of that *National Tug of War Association* shall be promptly referred to an appropriate hearing panel established pursuant to the rules of the *National Tug of War Association* or national law. Apparent anti-doping rule violations by *Athletes* who are members of another *National Tug of War Association* shall be referred to the *Athlete's National Tug of War Association* for hearing.

## ARTICLE 8 RIGHT TO A FAIR HEARING

8.1 When it appears, following the results management process described in Article 7, that these Anti-Doping Rules have been violated, the *Athlete* or other *Person* involved shall be brought before a disciplinary panel of the *Athlete* or other *Person's* National Tug of War Association for a hearing to adjudicate whether a violation of these Anti-Doping Rules occurred and if so what *Consequences* should be imposed. Such hearing process shall respect the following principles:

- a timely hearing;
- fair and impartial hearing body;
- the right to be represented by counsel at the *Person's* own expense;
- the right to be fairly and timely informed of the asserted anti-doping rule violation;
- the right to respond to the asserted anti-doping rule violation and resulting *Consequences*;
- the right of each party to present evidence, including the right to call and question witnesses (subject to the hearing body's discretion to accept testimony by telephone or written submission);
- the *Person's* right to an interpreter at the hearing, with the Doping Panel to determine the identity, and responsibility for the cost of the interpreter; and
- a timely, written, reasoned decision.

8.2 Hearings pursuant to this Article shall be completed expeditiously and in all cases within three months of the completion of the Results Management process described in Article 7. Hearings held in connection with Events may be conducted by an expedited process. If the completion of the hearing is delayed beyond three months, TWIF may elect, if the *Athlete* is an International Level *Athlete*, to bring the case directly to a single arbitrator from the Court of Arbitration for Sport. The case before the Court of Arbitration for Sport shall be handled in accordance with the Court of Arbitration for Sport appeal procedure without reference to any time limit for appeal. If the completion of the hearing is delayed beyond three months, and the *Athlete* is not an International Level *Athlete*, TWIF may elect to bring the

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case directly to the national level appellate body referenced in Article 13.2.2. In either case, the hearing shall proceed at the responsibility of and the expense of the National Tug of War Association. In either case the appeal from such decision shall be to the Court of Arbitration for Sport.

- 8.3 National Tug of War Associations shall keep TWIF fully apprised as to the status of pending cases and the results of all hearings.
- 8.4 TWIF shall have the right to attend hearings as an observer.
- 8.5 The Athlete or other Person may forego a hearing by acknowledging the violation of these Anti-Doping Rules and accepting Consequences consistent with Articles 9 and 10 as proposed by the National Tug of War Association.
- 8.6 Decisions by National Tug of War Associations, whether as the result of a hearing or the Athlete or other Person's acceptance of Consequences, may be appealed as provided in Article 13.
- 8.7 Hearing decisions by the National Tug of War Association shall not be subject to further administrative review at the national level except as provided in Article 13 or as required by applicable national law.

### ARTICLE 9 AUTOMATIC *DISQUALIFICATION* OF INDIVIDUAL RESULTS

A violation of these Anti-Doping Rules in connection with an In-Competition test automatically leads to Disqualification of the individual result obtained in that Competition with all resulting consequences, including forfeiture of any medals, points and prizes.

### ARTICLE 10 SANCTIONS ON INDIVIDUALS

#### 10.1 *Disqualification of Results in Event during which an Anti-Doping Rule Violation Occurs*

An *Anti-Doping Rule* violation occurring during or in connection with an *Event* may lead to *Disqualification* of all of the *Athlete's* individual results obtained in that *Event* with all consequences, including forfeiture of all medals, points and prizes, except as provided in Article 10.1.1.

**10.1.1** If the Athlete establishes that he or she bears No Fault or Negligence for the violation, the Athlete's individual results in the other Competition shall not be Disqualified unless the Athlete's results in Competition other than the Competition in which the anti-doping rule violation occurred were likely to have been affected by the Athlete's anti-doping rule violation.

#### 10.2 Imposition of Ineligibility for Prohibited Substances and Prohibited Methods

Except for the specified substances identified in Article 10.3, the period of *Ineligibility* imposed for a violation of Article 2.1 (presence of *Prohibited Substance* or its *Metabolites* or *Markers*), Article 2.2 (*Use or Attempted Use of Prohibited Substance* or *Prohibited Method*) and Article 2.6 (*Possession of Prohibited Substances and Methods*) shall be:

First violation: Two (2) years' *Ineligibility*.

Second violation: Lifetime *Ineligibility*.

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However, the *Athlete* or other *Person* shall have the opportunity in each case, before a period of *Ineligibility* is imposed, to establish the basis for eliminating or reducing this sanction as provided in Article 10.5.

### 10.3 Specified Substances

The *Prohibited List* may identify specified substances which are particularly susceptible to unintentional anti-doping rules violations because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents. Where an *Athlete* can establish that the *Use* of such a specified substance was not intended to enhance sport performance, the period of *Ineligibility* found in Article 10.2 shall be replaced with the following:

First violation: At a minimum, a warning and reprimand and no period of *Ineligibility* from future Events, and at a maximum, one (1) year's *Ineligibility*.

Second violation: Two (2) years' *Ineligibility*.

Third violation: Lifetime *Ineligibility*.

However, the *Athlete* or other *Person* shall have the opportunity in each case, before a period of *Ineligibility* is imposed, to establish the basis for eliminating or reducing (in the case of a second or third violation) this sanction as provided in Article 10.5.

### 10.4 Ineligibility for Other Anti-Doping Rule Violations

The period of *Ineligibility* for other violations of these Anti-Doping Rules shall be:

**10.4.1** For violations of Article 2.3 (refusing or failing to submit to Sample collection) or Article 2.5 (Tampering with Doping Control), the *Ineligibility* periods set forth in Article 10.2 shall apply.

**10.4.2** For violations of Article 2.7 (Trafficking) or Article 2.8 (administration of Prohibited Substance or Prohibited Method), the period of *Ineligibility* imposed shall be a minimum of four (4) years up to lifetime *Ineligibility*. An anti-doping rule violation involving a Minor shall be considered a particularly serious violation, and, if committed by Athlete Support Personnel for violations other than specified substances referenced in Article 10.3, shall result in lifetime *Ineligibility* for such Athlete Support Personnel. In addition, violations of such Articles which also violate non-sporting laws and regulations, may be reported to the competent administrative, professional or judicial authorities.

**10.4.3** For violations of Article 2.4 (Whereabouts Violations or Missed Tests), the period of *Ineligibility* shall be:

First violation: Three (3) months to one (1) year *Ineligibility*.

Second and subsequent violations: Two (2) years' *Ineligibility*.

### 10.5 Elimination or Reduction of Period of Ineligibility Based on Exceptional Circumstances

**10.5.1** If the *Athlete* establishes in an individual case involving an anti-doping rule violation under Article 2.1 (presence of Prohibited Substance or its Metabolites or Markers) or Use of a Prohibited Substance or Prohibited Method under Article 2.2 that he or she bears No Fault or Negligence for the violation, the otherwise applicable period of *Ineligibility* shall be eliminated. When a Prohibited Substance or its Markers or Metabolites is detected in an *Athlete's*

Specimen in violation of Article 2.1 (presence of Prohibited Substance), the Athlete must also establish how the Prohibited Substance entered his or her system in order to have the period of Ineligibility eliminated. In the event this Article is applied and the period of Ineligibility otherwise applicable is eliminated, the anti-doping rule violation shall not be considered a violation for the limited purpose of determining the period of Ineligibility for multiple violations under Article 10.2, 10.3 and 10.6.

**10.5.2** This Article 10.5.2 applies only to anti-doping rule violations involving Article 2.1 (presence of Prohibited Substance or its Metabolites or Markers), Use of a Prohibited Substance or Prohibited Method under Article 2.2, failing to submit to Sample collection under Article 2.3, or administration of a Prohibited Substance or Prohibited Method under Article 2.8. If an Athlete establishes in an individual case involving such violations that he or she bears No Significant Fault or Negligence, then the period of Ineligibility may be reduced, but the reduced period of Ineligibility may not be less than one-half of the minimum period of Ineligibility otherwise applicable. If the otherwise applicable period of Ineligibility is a lifetime, the reduced period under this section may be no less than 8 years. When a Prohibited Substance or its Markers or Metabolites is detected in an Athlete's Specimen in violation of Article 2.1 (presence of Prohibited Substance), the Athlete must also establish how the Prohibited Substance entered his or her system in order to have the period of Ineligibility reduced.

**10.5.3** The TWIF Executive may also reduce the period of Ineligibility in an individual case where the Athlete has provided substantial assistance to TWIF which results in TWIF discovering or establishing an anti-doping rule violation by another Person involving Possession under Article 2.6.2 (Possession by Athlete Support Personnel), Article 2.7 (Trafficking), or Article 2.8 (administration to an Athlete). The reduced period of Ineligibility may not, however, be less than one-half of the minimum period of Ineligibility otherwise applicable. If the otherwise applicable period of Ineligibility is a lifetime, the reduced period under this Article may be no less than 8 years.

### **10.6 Rules for Certain Potential Multiple Violations**

**10.6.1** For purposes of imposing sanctions under Article 10.2, 10.3 and 10.4, a second anti-doping rule violation may be considered for purposes of imposing sanctions only if the TWIF (or its National Tug of War Association) can establish that the Athlete or other Person committed the second anti-doping rule violation after the Athlete or other Person received notice, or after TWIF (or its National Tug of War Association) made a reasonable attempt to give notice, of the first anti-doping rule violation; if the TWIF (or its National Tug of War Association) cannot establish this, the violations shall be considered as one single first violation, and the sanction imposed shall be based on the violation that carries the more severe sanction.

**10.6.2** Where an Athlete, based on the same Doping Control, is found to have committed an anti-doping rule violation involving both a specified substance under Article 10.3 and another Prohibited Substance or Prohibited Method, the Athlete shall be considered to have committed a single anti-doping rule violation, but the sanction imposed shall be based on the Prohibited Substance or Prohibited Method that carries the most severe sanction.



**10.6.3** Where an Athlete is found to have committed two separate anti-doping rule violations, one involving a specified substance governed by the sanctions set forth in Article 10.3 (specified substances) and the other involving a Prohibited Substance or Prohibited Method governed by the sanctions set forth in Article 10.2 or a violation governed by the sanctions in Article 10.4.1, the period of Ineligibility imposed for the second offence shall be at a minimum two years' Ineligibility and at a maximum three years' Ineligibility. Any Athlete found to have committed a third anti-doping rule violation involving any combination of specified substances under Article 10.3 and any other anti-doping rule violation under Article 10.2 or 10.4.1 shall receive a sanction of lifetime Ineligibility.

### **10.7 Disqualification of Results in Competitions Subsequent to Sample Collection**

In addition to the automatic *Disqualification* of the results in the *Competition* which produced the positive *Sample* under Article 9 (Automatic *Disqualification* of Individual Results), all other competitive results obtained from the date a positive *Sample* was collected (whether *In-Competition* or *Out-of-Competition*), or other doping violation occurred, through the commencement of any *Provisional Suspension* or *Ineligibility* period, shall, unless fairness requires otherwise, be *Disqualified* with all of the resulting consequences including forfeiture of any medals, points and prizes.

### **10.8 Commencement of Ineligibility Period**

The period of *Ineligibility* shall start on the date of the hearing decision providing for *Ineligibility* or, if the hearing is waived, on the date *Ineligibility* is accepted or otherwise imposed. Any period of *Provisional Suspension* (whether imposed or voluntarily accepted) shall be credited against the total period of *Ineligibility* to be served. Where required by fairness, such as delays in the hearing process or other aspects of *Doping Control* not attributable to the *Athlete*, the *TWIF* or *Anti-Doping Organization* imposing the sanction may start the period of *Ineligibility* at an earlier date commencing as early as the date of *Sample* collection.

### **10.9 Status during Ineligibility**

No Person who has been declared Ineligible may, during the period of Ineligibility, participate in any capacity in an Event or activity (other than authorized anti-doping education or rehabilitation programs) authorized or organized by TWIF or any National Tug of War Association. In addition, for any anti-doping rule violation not involving specified substances described in Article 10.3, some or all sport-related financial support or other sport-related benefits received by such Person will be withheld by TWIF and its National Tug of War Associations. A Person subject to a period of Ineligibility longer than four years may, after completing four years of the period of Ineligibility, participate in local sport events in a sport other than sports subject to the jurisdictions of TWIF and its National Tug of War Associations, but only so long as the local sport event is not at a level that could otherwise qualify such Person directly or indirectly to compete in (or accumulate points toward) a national championship or International Event.

### **10.10 Reinstatement Testing**

As a condition to regaining eligibility at the end of a specified period of Ineligibility, an Athlete must, during any period of *Provisional Suspension* or *Ineligibility*, make him or

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herself available for Out-of-Competition Testing by TWIF, the applicable National Tug of War Association, and any other Anti-Doping Organization having Testing jurisdiction, and must provide current and accurate whereabouts information as provided in Article 5.5. If an Athlete subject to a period of Ineligibility retires from sport and is removed from Out-of-Competition Testing pools and later seeks reinstatement, the Athlete shall not be eligible for reinstatement until the Athlete has notified TWIF and the applicable National Tug of War Association and has been subject to Out-of-Competition Testing for a period of time equal to the longer of the period set forth in Article 5.6 or the period of Ineligibility remaining as of the date the Athlete had retired. During such remaining period of Ineligibility, a minimum of 2 tests must be conducted on the Athlete with at least three months between each test. The National Tug of War Association shall be responsible for conducting the necessary tests, but tests by any Anti-Doping Organization may be used to satisfy the requirement. The results of such tests shall be reported to TWIF. In addition, immediately prior to the end of the suspension period, an Athlete must undergo Testing by TWIF for the Prohibited Substances and Methods for Out-of-Competition Testing. Once the period of an Athlete's suspension has expired, and the Athlete has fulfilled the conditions of reinstatement, then the Athlete will become automatically re-eligible and no application by the Athlete or by the Athlete's National Tug of War Association will then be necessary.

### **ARTICLE 11 CONSEQUENCES TO TEAMS**

**11.1** Where a team member in a Team Sport has been notified of a possible Anti-Doping Rule violation under Article 7 in connection with an Event, the Team shall be subject to Target Testing for the Event. If more than one team member in a Team Sport is found to have committed an Anti-Doping Rule violation during the Event, the team may be subject to Disqualification or other disciplinary action.

### **ARTICLE 12 SANCTIONS AND COSTS ASSESSED AGAINST NATIONAL TUG OF WAR ASSOCIATIONS**

**12.1** The TWIF Executive has the authority to withhold some or all funding or other non financial support to National Tug of War Associations that are not in compliance with these Anti-Doping Rules.

**12.2** National Tug of War Associations shall be obligated to reimburse TWIF for all costs (including but not limited to laboratory fees, hearing expenses and travel) related to a violation of these Anti-Doping Rules committed by an Athlete or other Person affiliated with that National Tug of War Association.

**12.3** TWIF may elect to take additional disciplinary action against National Tug of War Associations with respect to recognition, the eligibility of its officials and athletes to participate in International Events and fines.

### **ARTICLE 13 APPEALS**

#### **13.1 Decisions Subject to Appeal**

Decisions made under these Anti-Doping Rules may be appealed as set forth below in Article 13.2 through 13.4. Such decisions shall remain in effect while under appeal unless the appellate body orders otherwise. Before an appeal is commenced, any post-decision review authorized in Article 8.7 must be exhausted.

### **13.2 Appeals from Decisions Regarding Anti-Doping Rule Violations, Consequences, and Provisional Suspensions**

A decision that an anti-doping rule violation was committed, a decision imposing Consequences for an anti-doping rule violation, a decision that no anti-doping rule violation was committed, a decision that the TWIF or its National Tug of War Association lacks jurisdiction to rule on an alleged anti-doping rule violation or its Consequences, may be appealed exclusively as provided in this Article 13.2.

**13.2.1** In cases arising from competition in an International Event or in cases involving International-Level Athletes, the decision may be appealed exclusively to the Court of Arbitration for Sport ("CAS") in accordance with the provisions applicable before such court.

**13.2.2** In cases involving Athletes that do not have a right to appeal under Article 13.2.1, each National Tug of War Association shall have in place an appeal procedure that respects the following principles: a timely hearing, a fair and impartial hearing body; the right to be represented by a counsel at the person's expense; and a timely, written, reasoned decision. TWIF's rights of appeal with respect to these cases are set forth in Article 13.2.3 below.

**13.2.3** In cases under Article 13.2.1, the following parties shall have the right to appeal to CAS: (a) the Athlete or other Person who is the subject of the decision being appealed; (b) the other party to the case in which the decision was rendered; (c) TWIF and any other Anti-Doping Organization under whose rules a sanction could have been imposed; (d) the International Olympic Committee or International Paralympic Committee, as applicable, where the decision may have an effect in relation to the Olympic Games or Paralympic Games, including decisions affecting eligibility for the Olympic Games or Paralympic Games; and (e) WADA. In cases under Article 13.2.2, the parties having the right to appeal to the national-level reviewing body shall be as provided in the National Tug of War Association's rules but, at a minimum, shall include: (a) the *Athlete* or other *Person* who is the subject of the decision being appealed; (b) the other party to the case in which the decision was rendered; (c) TWIF; and (d) WADA. For cases under Article 13.2.2, WADA and TWIF shall also have the right to appeal to CAS with respect to the decision of the national-level reviewing body.

### **13.3 Appeals from Decisions Granting or Denying a Therapeutic Use Exemption**

Decisions by WADA reversing the grant or denial of a TUE exemption may be appealed exclusively to CAS by the Athlete, TWIF, or National Anti-Doping Organization or other body designated by a National Tug of War Association which granted or denied the exemption. Decisions to deny therapeutic use exemptions, and which are not reversed by WADA, may be appealed by International-Level Athletes to CAS and by other Athletes to the national level reviewing body described in Article 13.2.2. If the national level reviewing body reverses the decision to deny a therapeutic use exemption, that decision may be appealed to CAS by WADA.

### **13.4 Appeal from Decisions Pursuant to Article 12**

Decisions by TWIF pursuant to Article 12 may be appealed exclusively to CAS by the National Tug of War Association.

### **13.5 Time for Filing Appeals**

The time to file an appeal to CAS shall be twenty-one (21) days from the date of receipt of the decision by the appealing party. The above notwithstanding, the following shall apply in connection with appeals filed by a party entitled to appeal but which was not a party to the proceedings having lead to the decision subject to appeal:

- a) Within ten (10) days from notice of the decision, such party/ies shall have the right to request from the body having issued the decision a copy of the file on which such body relied;
- b) If such a request is made within the ten-day period, then the party making such request shall have twenty-one (21) days from receipt of the file to file an appeal to CAS.

## **ARTICLE 14      *NATIONAL TUG OF WAR ASSOCIATIONS INCORPORATION OF TWIF RULES, REPORTING AND RECOGNITION***

### **14.1 Incorporation of TWIF Anti-Doping Rules**

All National Tug of War Associations shall comply with these Anti-Doping Rules. These Anti-Doping Rules shall also be incorporated either directly or by reference into each National Tug of War Associations Rules. All National Tug of War Associations shall include in their regulations the procedural rules necessary to effectively implement these Anti-Doping Rules. Each National Tug of War Association shall obtain the written acknowledgement and agreement, in the form attached as Appendix 2, of all Athletes subject to Doping Control and Athlete Support Personnel for such Athletes. Notwithstanding whether or not the required form has been signed, the Rules of each National Tug of War Association shall specifically provide that all Athletes, Athlete Support Personnel and other Persons under the jurisdiction of the National Tug of War Association shall be bound by these Anti-Doping Rules.

### **14.2 Statistical Reporting**

National Tug of War Associations shall report to TWIF at the end of every year results of all Doping Controls within their jurisdiction sorted by Athlete and identifying each date on which the Athlete was tested, the entity conducting the test, and whether the test was In-Competition or Out-of-Competition. TWIF may periodically publish Testing data received from National Tug of War Associations as well as comparable data from Testing under TWIF's jurisdiction.

### **14.3 *Doping Control* Information Clearing House**

When a National Tug of War Association has received an Adverse Analytical Finding on one of its Athletes it shall report the following information to TWIF and WADA within fourteen (14) days of the process described in Article 7.1.2 and 7.1.3: the Athlete's name, country, sport and discipline within the sport, whether the test was In-Competition or Out-of-Competition, the date of Sample collection and the analytical result reported by the laboratory. The National Tug of War Association shall also regularly update TWIF and WADA on the status and findings of any review or proceedings conducted pursuant to Article 7 (Results Management), Article 8 (Right to a Fair Hearing) or Article 13 (Appeals), and comparable information shall be provided to TWIF and WADA within 14 days of the notification described in Article 7.1.9, with respect to other violations of these Anti-Doping Rules. In any case in which the period of Ineligibility is eliminated under Article 10.5.1 (No Fault or Negligence) or reduced under Article 10.5.2 (No Significant Fault or Negligence), TWIF and WADA

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shall be provided with a written reasoned decision explaining the basis for the elimination or reduction. Neither TWIF nor WADA shall disclose this information beyond those persons within their organizations with a need to know until the National Tug of War Association has made public disclosure or has failed to make public disclosure as required in Article 14.4 below.

### **14.4 Public Disclosure**

Neither TWIF nor its *National Tug of War Association* shall publicly identify *Athletes* whose *Samples* have resulted in *Adverse Analytical Findings*, or who were alleged to have violated other Articles of these Anti-Doping Rules until it has been determined in a hearing in accordance with Article 8 that an anti-doping rule violation has occurred, or such hearing has been waived, or the assertion of an anti-doping rule violation has not been timely challenged. Once a violation of these Anti-Doping Rules has been established, it shall be publicly reported within 20 days.

### **14.5 Recognition of Decisions by TWIF and *National Tug of War Associations***

Any decision of TWIF or a National Tug of War Association regarding a violation of these Anti-Doping Rules shall be recognized by all National Tug of War Associations, which shall take all necessary action to render such results effective.

## **ARTICLE 15 RECOGNITION OF DECISIONS BY OTHER ORGANIZATIONS**

Subject to the right to appeal provided in Article 13, the *Testing*, therapeutic use exemptions and hearing results or other final adjudications of any *Signatory* to the *Code* which are consistent with the *Code* and are within the *Signatory's* authority, shall be recognized and respected by TWIF and its *National Tug of War Associations*. TWIF and its *National Tug of War Associations* may recognize the same actions of other bodies which have not accepted the *Code* if the rules of those bodies are otherwise consistent with the *Code*.

## **ARTICLE 16 STATUTE OF LIMITATIONS**

No action may be commenced under these Anti-Doping Rules against an *Athlete* or other *Person* for a violation of an anti-doping rule contained in these Anti-Doping Rules unless such action is commenced within eight years from the date the violation occurred.

## **ARTICLE 17 TWIF COMPLIANCE REPORTS TO WADA**

The TWIF will report to WADA on the TWIF's compliance with the *Code* every second year and shall explain reasons for any non-compliance.

## **ARTICLE 18 AMENDMENT AND INTERPRETATION OF ANTI-DOPING RULES**

- 18.1** These Anti-Doping Rules may be amended from time to time by the TWIF Executive.
- 18.2** Except as provided in Article 18.5, these Anti-Doping Rules shall be interpreted as an independent and autonomous text and not by reference to existing law or statutes.
- 18.3** The headings used for the various Parts and Articles of these Anti-Doping Rules are for convenience only and shall not be deemed part of the substance of these

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Anti-Doping Rules or to affect in any way the language of the provisions to which they refer.

- 18.4** The INTRODUCTION and the APPENDIX 1 DEFINITIONS shall be considered integral parts of these Anti-Doping Rules.
- 18.5** These Anti-Doping Rules have been adopted pursuant to the applicable provisions of the Code and shall be interpreted in a manner that is consistent with applicable provisions of the Code. The comments annotating various provisions of the Code may, where applicable, assist in the understanding and interpretation of these Anti-Doping Rules.
- 18.6** Notice to an Athlete or other Person who is a member of a National Tug of War Association may be accomplished by delivery of the notice to the National Tug of War Association.
- 18.7** These Anti-Doping Rules shall not apply retrospectively to matters pending before the date these Anti-Doping Rules came into effect.

## APPENDIX 1 - DEFINITIONS

*Adverse Analytical Finding.* A report from a laboratory or other approved *Testing* entity that identifies in a *Specimen* the presence of a *Prohibited Substance* or its *Metabolites* or *Markers* (including elevated quantities of endogenous substances) or evidence of the *Use* of a *Prohibited Method*.

*Anti-Doping Organization.* A *Signatory* that is responsible for adopting rules for initiating, implementing or enforcing any part of the *Doping Control* process. This includes, for example, the International Olympic Committee, the International Paralympic Committee, other *Major Event Organizations* that conduct *Testing* at their *Events*, WADA, International Federations, and *National Anti-Doping Organizations*.

*Athlete.* For purposes of *Doping Control*, any *Person* who participates in sport at the international level (as defined by each International Federation) or national level (as defined by each *National Anti-Doping Organization*) and any additional *Person* who participates in sport at a lower level if designated by the *Person's National Anti-Doping Organization*. For purposes of anti-doping information and education, any *Person* who participates in sport under the authority of any *Signatory*, government, or other sports organization accepting the *Code*.

*Athlete Support Personnel.* Any coach, trainer, manager, agent, team staff, official, medical or para-medical personnel working with or treating *Athletes* participating in or preparing for sports competition.

*Attempt.* Purposely engaging in conduct that constitutes a substantial step in a course of conduct planned to culminate in the commission of an anti-doping rule violation. Provided, however, there shall be no anti-doping rule violation based solely on an *Attempt* to commit a violation if the *Person* renounces the attempt prior to it being discovered by a third party not involved in the *Attempt*.

*Code.* The World Anti-Doping Code.

*Competition.* A single race, match, game or singular athletic contest. For example, the finals of the Olympic 100-meter dash. For stage races and other athletic contests where prizes are awarded on a daily or other interim basis the distinction between a *Competition* and an *Event* will be as provided in the rules of the applicable International Federation.

*Consequences of Anti-Doping Rules Violations.* An *Athlete's* or other *Person's* violation of an anti-doping rule may result in one or more of the following: (a) *Disqualification* means the *Athlete's* results in a particular *Competition* or *Event* are invalidated, with all resulting consequences including forfeiture of any medals, points and prizes; (b) *Ineligibility* means the *Athlete* or other *Person* is barred for a specified period of time from participating in any *Competition* or other activity or funding as provided in Article 10.9;

*Disqualification.* See *Consequences of Anti-Doping Rules Violations* above.

## TWIF ANTI-DOPING RULES APPENDIX

*Doping Control.* The process including test distribution planning, *Sample* collection and handling, laboratory analysis, results management, hearings and appeals.

*Event.* A series of individual *Competitions* conducted together under one ruling body (e.g., the Olympic Games, FINA World Championships, or Pan American Games).

*In-Competition.* For purposes of differentiating between *In-Competition* and *Out-of-Competition* Testing, unless provided otherwise in the rules of an International Federation or other relevant *Anti-Doping Organization*, an *In-Competition* test is a test where an *Athlete* is selected for testing in connection with a specific *Competition*.

*Independent Observer Program.* A team of observers, under the supervision of WADA, who observe the *Doping Control* process at certain *Events* and report on observations. If WADA is testing *In-Competition* at an *Event*, the observers shall be supervised by an independent organization.

*Ineligibility.* See *Consequences of Anti-Doping Rules Violations* above.

*International Event.* An *Event* where the International Olympic Committee, the International Paralympic Committee, an International Federation, a *Major Event Organization*, or another international sport organization is the ruling body for the *Event* or appoints the technical officials for the *Event*.

*International-Level Athlete.* *Athletes* designated by one or more International Federations as being within the *Registered Testing Pool* for an International Federation.

*International Standard.* A standard adopted by WADA in support of the *Code*. Compliance with an *International Standard* (as opposed to another alternative standard, practice or procedure) shall be sufficient to conclude that the procedures addressed by the *International Standard* were performed properly.

*Major Event Organizations.* This term refers to the continental associations of *National Olympic Committees* and other international multi-sport organizations that function as the ruling body for any continental, regional or other *International Event*.

*Marker.* A compound, group of compounds or biological parameters that indicates the *Use of a Prohibited Substance* or *Prohibited Method*.

*Metabolite.* Any substance produced by a biotransformation process.

*Minor.* A natural *Person* who has not reached the age of majority as established by the applicable laws of his or her country of residence.

*National Anti-Doping Organization.* The entity(ies) designated by each country as possessing the primary authority and responsibility to adopt and implement anti-doping rules, direct the collection of *Samples*, the management of test results, and the conduct of hearings, all at the national level. If this designation has not been made by the competent public authority(ies), the entity shall be the country's *National Olympic Committee* or its designee.



## TWIF ANTI-DOPING RULES APPENDIX

*National Event.* A sport *Event* involving international or national-level Athletes that is not an *International Event*.

*National Tug of War Association.* A national or regional entity which is a member of or is recognized by TWIF as the entity governing the TWIF's sport in that nation or region.

*National Olympic Committee.* The organization recognized by the International Olympic Committee. The term *National Olympic Committee* shall also include the National Sport Confederation in those countries where the National Sport Confederation assumes typical *National Olympic Committee* responsibilities in the anti-doping area.

*No Advance Notice.* A *Doping Control* which takes place with no advance warning to the *Athlete* and where the *Athlete* is continuously chaperoned from the moment of notification through *Sample* provision.

*No Fault or Negligence.* The *Athlete's* establishing that he or she did not know or suspect, and could not reasonably have known or suspected even with the exercise of utmost caution, that he or she had *Used* or been administered the *Prohibited Substance* or *Prohibited Method*.

*No Significant Fault or Negligence.* The *Athlete's* establishing that his or her fault or negligence, when viewed in the totality of the circumstances and taking into account the criteria for *No Fault or Negligence*, was not significant in relationship to the anti-doping rule violation.

*Out-of-Competition.* Any *Doping Control* which is not *In-Competition*.

*Participant.* Any *Athlete* or *Athlete Support Personnel*.

*Person.* A natural *Person* or an organization or other entity.

*Possession.* The actual, physical possession, or the constructive possession (which shall be found only if the person has exclusive control over the *Prohibited Substance/Method* or the premises in which a *Prohibited Substance/Method* exists); provided, however, that if the person does not have exclusive control over the *Prohibited Substance/Method* or the premises in which a *Prohibited Substance/Method* exists, constructive possession shall only be found if the person knew about the presence of the *Prohibited Substance/Method* and intended to exercise control over it. Provided, however, there shall be no anti-doping rule violation based solely on possession if, prior to receiving notification of any kind that the *Person* has committed an anti-doping rule violation, the *Person* has taken concrete action demonstrating that the *Person* no longer intends to have *Possession* and has renounced the *Person's* previous *Possession*.

*Prohibited List.* The List identifying the *Prohibited Substances* and *Prohibited Methods*.

*Prohibited Method.* Any method so described on the *Prohibited List*.

## TWIF ANTI-DOPING RULES APPENDIX

*Prohibited Substance.* Any substance so described on the *Prohibited List*.

*Publicly Disclose or Publicly Report.* To disseminate or distribute information to the general public or persons beyond those persons entitled to earlier notification in accordance with Article 14.

*Registered Testing Pool.* The pool of top level *Athletes* established separately by each International Federation and *National Anti-Doping Organization* who are subject to both *In-Competition* and *Out-of-Competition Testing* as part of that International Federation's or Organization's test distribution plan.

*Sample/Specimen.* Any biological material collected for the purposes of *Doping Control*.

*Signatories.* Those entities signing the *Code* and agreeing to comply with the *Code*, including the International Olympic Committee, International Federations, International Paralympic Committee, *National Olympic Committees*, National Paralympic Committees, *Major Event Organizations*, *National Anti-Doping Organizations*, and WADA.

*Tampering.* Altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly to alter results or prevent normal procedures from occurring.

*Target Testing.* Selection of *Athletes* for *Testing* where specific *Athletes* or groups of *Athletes* are selected on a non-random basis for *Testing* at a specified time.

*Team Sport.* A sport in which the substitution of players is permitted during a *Competition*.

*Testing.* The parts of the *Doping Control* process involving test distribution planning, *Sample* collection, *Sample* handling, and *Sample* transport to the laboratory.

*Trafficking.* To sell, give, administer, transport, send, deliver or distribute a *Prohibited Substance* or *Prohibited Method* to an *Athlete* either directly or through one or more third parties, but excluding the sale or distribution (by medical personnel or by *Persons* other than an *Athlete's Support Personnel*) of a *Prohibited Substance* for genuine and legal therapeutic purposes.

*Use.* The application, ingestion, injection or consumption by any means whatsoever of any *Prohibited Substance* or *Prohibited Method*.

*WADA.* The World Anti-Doping Agency.

# TWIF ANTI-DOPING RULES APPENDIX

## APPENDIX 2 - Acknowledgment and Agreement

I, as a member of [National Tug of War Association] and/or a participant in a [National Tug of War Association or TWIF] authorized or recognized event, hereby acknowledge and agree as follows:

1. I have received and had an opportunity to review the TWIF Anti-Doping Rules.
2. I consent and agree to comply with and be bound by all of the provisions of the TWIF Anti-Doping Rules, including but not limited to, all amendments to the Anti-Doping Rules and all International Standards incorporated in the Anti-Doping Rules.
3. I acknowledge and agree that National Tug of War Associations and TWIF have jurisdiction to impose sanctions as provided in the TWIF Anti-Doping Rules.
4. I also acknowledge and agree that any dispute arising out of a decision made pursuant to the TWIF Anti-Doping Rules, after exhaustion of the process expressly provided for in the TWIF Anti-Doping Rules, may be appealed exclusively as provided in Article 13 of the TWIF Anti-Doping Rules to an appellate body for final and binding arbitration, which in the case of International-Level Athletes is the Court of Arbitration for Sport.
5. I acknowledge and agree that the decisions of the arbitral appellate body referenced above shall be final and enforceable, and that I will not bring any claim, arbitration, lawsuit or litigation in any other court or tribunal.
6. I have read and understand this Acknowledgement and Agreement.

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Date

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Print Name (Last Name, First Name)

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Date of Birth  
(Day/Month/Year)

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Signature (or, if a minor, signature of  
legal guardian)



## ***TERMS OF REFERENCE COMMITTEES***

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### **1 THE EXECUTIVE COMMITTEE**

The members of the Committee are elected by Congress and appointed to act as the Executive.

#### **1.1 COMPOSITION**

(ref. article 11 TWIF Constitution)

The following officials shall be elected by the Members and appointed to act as the Executive:

- President
- Senior Vice President
- Vice President
- Secretary
- Treasurer

#### **1.2 TERM OF OFFICE**

(ref. article 11 TWIF Constitution)

The duration of their appointment is four years. After this period the officials can be re-elected by Congress. When, during the period mentioned in paragraph 2 of this Article, an official resigns from the Executive or is no longer available to act as an official, the Executive may appoint an official to act in the vacant office for the duration of the period until the next Annual Congress.

#### **1.3 TASK**

(ref. article 12 TWIF Constitution)

The Executive Committee is the Administrative Body of TWIF. It manages the affairs of TWIF according to the Rules. It has to report its activities to the Annual Congress, which it has to prepare also. It represents TWIF at all occasions. The Executive can appoint ad interim officials in case of resignation of officials.

The Executive proposes the assignment of a Legal Advisor and/or Arbitrators, if necessary. The assignment of the legal advisor and arbitrators shall be approved by Congress. The Executive can, when needed for a special task or liaison; co-opt up to a maximum of two (2) officials, which term of office will end on the termination of the special task or liaison.

#### **1.4 MEETING**

The Executive Committee meets at the following occasions;

- at the beginning of the year
- before Congress
- at the world and/or continental championships

## TWIF COMMITTEES AND COMMISSIONS

## ***TERMS OF REFERENCE COMMISSIONS***

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### **1 APPEAL COMMISSION**

The Commission is responsible for hearing appeals against decisions of the Executive Committee that have not been confirmed by Congress. Composition and term of reference are indicated in article 21 of the TWIF Constitution

The appointed TWIF Legal Advisor is the Chair of the Commission

### **2 TECHNICAL COMMISSION**

The Commission is an advisory body, at all times responsible to the TWIF Executive and Congress.

#### **2.1 COMPOSITION**

The Commission consists of not more than ten and not less than six members, appointed by the Executive Committee, from as wide a spectrum as appropriate.

Member Countries may forward names for consideration by the Executive Committee, prior to the Congress when the appointments will be made. The appointment shall be ratified in conformity with Article 13 of the TWIF Constitution.

The Commission can, when necessary, invite persons to attend the meeting for special advice. Such persons can only address the Commission on request and have no voting rights

#### **2.2 TERM OF OFFICE**

The term of appointment to the Commission shall be four years.

#### **2.3 TASK**

The Commission shall:

- advise on all matters related to the Rules of International competition.
- advise on any aspect of Tug of War referred to it by the TWIF Executive Committee or Congress
- advise on any matter brought to the attention of the Executive Committee by a Member Association, for which the Executive Committee wishes to have the view of the Commission
- discuss any relevant matter put before the Commission by Commission members, for onward transmission to the Executive Committee
- biannually at World Championships, stage Judges Courses for Grade 1 Judges nominated by Member Associations, where sufficient nominations ensure a viable course
- in conjunction with the above mentioned Judges Courses, stage Refresher Courses for Judges from the TWIF Panel of Judges

#### **2.4 MEETINGS**

The Commission will normally meet on the day before Congress and at World- or Continental Championships

The Agenda, including time and venue for the meeting will be dispatched three weeks prior to the meeting

## **3 PR and PROMOTION COMMISSION**

The Commission is an advisory body, at all times responsible to the TWIF Executive and Congress.

### **3.1 COMPOSITION**

The Commission consists of not more than three members, appointed by the Executive Committee.

### **3.2 TERM OF OFFICE**

The term of appointment to the Commission shall be four years.

### **3.3 TASK**

The Commission shall;

- arrange for the regular publication of the TWIF Magazine
- arrange for the editing and publishing of the TWIF website on Internet
- ensure that expenses remain within the allocated budget for press, and publicity
- advise the Executive Committee on matters of press and publicity.

### **3.4 MEETINGS**

The Commission will normally meet at Congress and/or at World- or Continental Championships.

The Agenda, including time and venue for the meeting will be dispatched three weeks prior to the meeting.



## 4 MEDICAL COMMISSION / ANTI DOPING

The Commission is an advisory body, at all times responsible to the TWIF Executive and Congress.

### 4.1 COMPOSITION

The Commission consists of three members with adequate expertise in the domain of the Commission, appointed by the Executive Committee. The appointment shall be ratified in conformity with Article 13 of the TWIF Constitution.

The Commission can, when necessary, invite persons to attend the meeting for special advice. Such persons can only address the Commission on request and have no voting rights

### 4.2 TERM OF OFFICE

The term of appointment to the Commission shall be four years.

### 4.3 TASK

The Commission shall;

- advise the Executive Committee on all matters regarding doping control
- arrange for the correct doping control procedure, in co-operation with the doping control authority of the host country
- report to the Executive Committee on the result of the doping control after the competition
- ensure that the correct procedure is performed in case(s) of positive test(s)
- advise the Executive Committee on any sport medical matter for which the Executive Committee has requested advice from the Commission

### 4.4 MEETINGS

The Commission will normally meet at Congress and/or at World- or Continental Championships

The Agenda, including time and venue for the meeting will be dispatched three weeks prior to the meeting

## 5 TUE COMMISSION

The TUE Commission is appointed in accordance with article 4.3.2 of the TWIF Anti-Doping Rules. The Commission consists of a panel of three physicians, headed by the Chair of the panel.

## TWIF COMMITTEES AND COMMISSIONS

## ***OFFICIALS INTERNATIONAL COMPETITIONS***

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*Note: The Controller, Referee and Chief Judge have, in in coordination with each other, the power to expel teams and/or individual from participating in an event in accordance with Powers of Officials as indicated page 31*

### **1 CONTROLLER**

The Controller is responsible for the overall running of events and works in close liaison with the Chief Judge and Referee. The Controller will normally be the General Secretary of TWIF

#### **1.1 TASK**

The Controller shall:

- examine, before commencing an event, the Weigh-in Forms of the teams entered for the event, presented to him by the Weigh master, in order to check that the teams have passed the scales and signed the appropriate section, committing the team to strict adherence to the TWIF Rules for Competition.
- ensure that full information is announced by public address system throughout the event, giving particular emphasis to changes in timing of the start of a particular weight class and ensure that teams entered such weight class are fully aware of such changes
- ensure that Draw Sheets are distributed to TWIF Officials (officiating Judges, Marshal's and Recorders) and team coaches in the event
- ensure that Medals and Awards are available for presentation and that teams and spectators are informed of the time of the presentation.
- select Recorders for World and Continental Championships
- brief the Recorders prior to the competitions.

### **2 REFEREE**

The Referee is responsible to deal with matters of dispute and undiscipline not related to the pulling and works in close liaison with the Controller and the Chief Judge. The Referee will not officiate as Judge at any of the competitions

#### **2.1 TASK**

The Referee shall:

- ensure that complainant(s) present any major issue of dispute in writing, stating the nature of the complaint and in the case of breach of the TWIF Rules, the relevant rule or directive
- ensure that appointed Stewards will keep unauthorized persons outside the pulling arena whilst the competition is in progress
- assist the Chief Judge in ensuring that all competition are completed with minimum delay
- confirm, in consultation with the Chief Judge, the necessity to move the rope to fresh ground, when appropriate.

### **3 CHIEF JUDGE**

The Chief Judge has authority over the entire pulling arena and works in close liaison with the Controller and the Referee.

## TWIF OFFICIALS

### 3.1 TASK

The Chief Judge shall;

- arrange the "lay-out" of all ropes for competition and ensure that the ropes are correctly marked
- brief all Judges and Marshals prior to the competition
- allocate Judges their respective ropes in competition
- deal with matters of dispute and indiscipline related to pulling and refer all other matters of dispute or indiscipline to the Referee
- arrange breaks for officiating Judges to leave the arena for a meal
- decide to move ropes to fresh grounds when appropriate
- ensure that Marshals have teams lined up at the entrance of the arena in time and ready for the competition

## 4 WEIGHMASTER

(ref. article 25 TWIF Rules)

In international competitions, stewards may be appointed by TWIF who shall be responsible to the Weigh master (judge in charge of the weigh-in) for correctly weighing and stamping all competitors.

The Weigh master is responsible for all weigh-in matters and works in close liaison with the Controller and Chief Judge

### 4.1 TASK

The Weigh master shall;

- check the accuracy of the (digital/electronic)scales
- arrange, in consultation with the host country, the setting up of the scales
- provide the stamps for marking of the competitors
- appoint Judges to assist at the weigh-in
- allocate Judges to scales as well as Judges to check the competitors boots
- arrange that the teams are marshaled to the scales
- ensure that team coaches sign the appropriate section of the Weigh-in Form, committing the team to compete in strict adherence to the TWI F Rules
- check, where appropriate, the passport of the competitor to confirm age
- inform the Chief Judge on the marks on the competitors legs and/or arms
- ensure that all Weigh-in Forms have been handed to the Controller
- take decisions, in case of dispute between competitor and Judge checking the boots
- note the name(s) of competitors whose boots have been determined to be illegal and ensure that they will be rechecked before starting the competition
- consult the Referee in case boots are still illegal after rechecking at the start of the competition
- close the scales at the appointed time
- consult with Controller and Chief Judge when there are mitigating circumstances which merit weigh-in of (a) teams(s) after the scales are closed.

## 5 CHIEF MARSHAL

The Chief Marshal shall ensure that throughout the competition, teams are timely assembled at the entry point(s) of the arena ready to march with the judges in charge to the rope

## 5.1 Task

The Chief Marshal shall:

- Attend all briefings.
- Approach organisers and appoint Marshals.
- Co-ordinate with the Controller and the Chief Judge prior to the start of the competition to arrange the order of the competition.
- Brief Marshals before the start of the competition and allocate them to their respective marshalling corners / areas
- Appoint one Marshal to be in charge of each corner / area.
- Issue bibs to Marshals and collect the bibs at the close of each day of competition.
- Liaise with the Controller and the Chief Judge throughout the competition to ensure smooth running of the programme.
- Distribute draw sheets to each corner / area.
- Ensure all teams are marshalled ready for prompt start of competition.
- Liaise with Control and Organisers to have necessary teams ready for Parade and Presentations.
- Organise teams in marshalling area for the pull-offs and finals in co-ordination with the Chief Judge.
- Inform the Controller throughout the competition – of the instructions of the Chief Judge on what ropes are to be used and where pull-offs are to take place.

## 6 JUDGES

(ref. article 22 TWIF Rules)

The final selection of judges for international competition shall be the responsibility of the Technical Commission.

### 6.1 TASK CENTRE JUDGE

(ref. article 24 TWIF Rules)

The appointed judge for a match shall have sole control.

He shall be responsible for ensuring:

- that the Rules of "TWIF" are adhered to
- that the rope is laid out ready for competition before the teams arrive in the pulling area
- that, as far as possible, the pre-determined timetable is adhered to.

He has the power to;

- grant rest periods as shown in Rule 17
- declare a "No pull"
- disqualify a team or teams after caution.
- disqualify a team without caution which he deems to be guilty of ungentlemanly conduct, by word or act, which is likely to bring the sport into disrepute.

In the event of the judge in charge giving a caution, which he will indicate by the common signal code, naming the team and adding "first caution" or "last caution". Any such instructions given by the judge in charge must be clear and brief using the appropriate signals.

The judge's decision shall be final at all times.

## 6.2 TASK SIDE JUDGE

(ref. article 25 TWIF Rules)

Side judges shall at all times act under the directions of the judge in charge. During the actual pulling the side judge shall take up a position alongside the competing teams and to the opposite side of the judge in charge. The side judge shall observe the competing teams and indicate the infringements of the teams to the judge in charge, using the common signal code. The side judge will inform the offenders of the cautions given by the judge in charge.

## 7 CHIEF TIMEKEEPER/RECORDER

The Chief Timekeeper/Recorder is directly responsible to the Controller. The Chief Timekeeper/ Recorder will be responsible for all the other timekeeper/recorders. Assisting should they experience any difficulties. Also ensure that the results are recorded correctly either by use of computer and / or legibly by hand.

### 7.1 TASK

- Attend all briefings and at the conclusion of the main briefing, be responsible for gathering the timekeeper/recorders together, and with the Controller, brief them on the requirements.
- Liaise with the Controller, on all aspects of the competition. Jointly making the decision on how many timekeeper/recorders will be required for weigh-in as well as the competition start. Check the start time of the competition, and decide with the Controller what time timekeeper/recorders should report to the Arena/Hall. Including nominating personnel for duties on the field to collect Judge's caution cards.
- Ensure that sufficient recording sheets are available for timekeeper/recorders in plenty of time before the start of each competition and each weightclass. Also ensure that copies of drawsheets have been given to all other officials.
- Should confusion arise regarding cautions, be ready to immediately confirm with the judge regarding their given cautions on any pull. Delay will only add to the confusion. This action must be taken immediately.
- Ensure that timekeeper/recorders are given 'space and time' when the criteria/call-back system had to be implemented.
- Nearing the end of the competition, ensure that sufficient, pull-off sheets, final sheets and placing sheets are available for timekeeper/recorders. Confirm which ropes these matches will appear on with the Chief Judge or Controller via headset or handset. Ensure that each timekeeper/recorder is fully aware of which match/matches and which rope/ropes will be used.
- Ensure that Control has a full list of placing, for the medal presentations.
- At the end of the competition ensure the results are thoroughly checked before going to admin for inclusion onto disk or into a result book. Also collect each timekeeper/recorder's set of result sheets and place in a folder for future reference, and give to the Controller.

## 8 TIMEKEEPER/RECORDER

The Timekeeper/Recorder keeps record during the competition of the results of the teams and has full knowledge of relevant sections of the TWIF Rules for International Competitions. The task of recording can be done by one individual or by a pair of two

timekeeper/recorders. The Recorder is responsible to the Chief Timekeeper/ Recorder and Controller.

### 8.1 TASK

The Timekeeper/Recorder shall:

- *after the weigh-in* when so requested assist the Controller with;
  - checking the weigh-in sheets
  - input names of teams in computer programme or on appropriate draw sheets when no computer programme is available
  - copying draw sheets for the competition for the Judges, Marshals, Team Coaches and Recorders.
- *during the competition* when so requested assist the Controller with;
  - preparing a list of results in readiness for the presentation of medals/awards.
  - preparing master copy of the results for the organisers for preparation for the result book.
  - report to the Controller at least fifteen to twenty minutes before the competition starts.
  - on receipt of the appropriate score sheet report to the allocated recording area.
  - once the competition starts record on the score sheet in the appropriate places
    - the times of each pull
    - the cautions accrued
    - the score at the end of the match
- during the competition keep the score table and the caution table of the TWIF score sheet up to date so at the end of the competition the results can be given to the Chief Timekeeper/Recorder or Controller as soon as possible.
- during the competition, if necessary, record the times of teams coming off their rope at the end of the match, to check the rest period and liaise with the judge and advise accordingly.
- at the end of the qualifying round check the points scored by each team and list the teams in order of placing and advise the Chief Timekeeper/Recorder or Controller on the teams to go forward to the pull-off's
- have applicable details available in case there are teams on equal points and the ranking criteria have to be applied.
- hand the score sheets to the Chief Timekeeper/Recorder or Controller at the end of each competition
- prepare the score sheets for the pull-off's and once the competition is finished pass the results to the Chief Timekeeper/Recorder or Controller.

### 9 JUDGES' DRESS CODE:

The appropriate TWIF Judges uniform comprises of coat, pullover, shirt, cap and badge

A charcoal grey dress trouser (see illustration below) must also be worn.





## ***TWIF JUDGES PANEL***

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### **1 THE PANEL**

The TWIF Panel of Judges is a list of qualified international judges. The judges officiating at international championships will be selected from this list.

### **2 QUALIFICATION TO BE INCLUDED IN THE TWIF JUDGES PANEL**

Before inclusion in the TWIF Panel of Judges, the judges will have to qualify during an official TWIF Judges course with an overall result of 85 percent in the examination.

### **3 TWIF JUDGES COURSE**

National judges will be qualified by a grading system of their national association. The grading consists of three levels, Grade 3, 2 and 1. (Grade 1 is the highest level) Each member association of TWIF can nominate national Grade 1 judges for participation in a TWIF Judges Course. A TWIF Judges Course consists of a session at which the national judges will be instructed on the required international interpretation and implementation of the TWIF Rules for Tug of War. The examination consists of a written examination, as well as a practical test during international competition.

### **4 REFRESHER COURSES**

At each TWIF Judges course a maximum of ten (10) judges from the TWIF Panel of Judges shall retake the TWIF Judges course. The judges from the TWIF Panel of Judges shall be invited by rotation, so all judges on the Panel will be given the opportunity to enhance and improve their judging proficiency. TWIF judges failing to attend the Refresher Course without acceptable justification and TWIF Judges not qualifying in the examination of the Refresher Course will be removed from the TWIF Panel of Judges. In case a TWIF judge, for justifiable reason, is unable to attend a Refresher Course he/ she will take the next available Refresher Course. The maximum period between Refresher Courses for a Judge is six years.

### **5 CRITIQUE**

During TWIF Championships, each and every TWIF Judge will be observed by a qualified person. Instantly after the observation, the judge will be informed on his/her achievement in judging, with the aim to improve the proficiency and performance of the judge. The observer shall be appointed by the TWIF Executive in consultation with the Technical Commission.

### **6 EVALUATION OF JUDGES**

Each TWIF judge will be evaluated during their judging in the championships by three appointed TWIF evaluators. The evaluators will be appointed by the TWIF Executive in consultation with the Technical Commission. The evaluation report will indicate whether the performance of the Judge is in conformity with the required standard or is below standard. The TWIF Judges will be informed on the result of the evaluation by the evaluators. In case a TWIF Judge has been evaluated three times with a proficiency result below standard, he/she will be removed from the Panel of TWIF Judges.

TWIF JUDGES PANEL

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### ***TWIF TIMEKEEPER/RECORDERS PANEL***

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#### **1 THE PANEL**

The TWIF Panel of Timekeeper/Recorders is a list of qualified international recorders

#### **2 QUALIFICATION TO BE INCLUDED IN THE TWIF TIMEKEEPER/RECORDERS PANEL**

Before the inclusion in the TWIF Panel of Timekeeper/Recorders, the timekeeper/recorders will have to qualify during an official TWIF Timekeeper/Recorders course

#### **3 TWIF TIMEKEEPER/RECORDERS COURSE**

TWIF has held a number of Timekeeper/Recorders Courses

Future courses will also focus on using computer programmes for recording competition results

#### **4 REFRESHER COURSE**

In future these courses might be organized to ensure the required proficiency of the timekeeper/recorders officiating at the event.

TWIF RECORDERS PANEL