

## INTERNATIONAL TUG OF WAR SPORT NEWS

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### DEVELOPMENT OF TUG OF WAR IN SINGAPORE

TERRY TAN

The history and development of tug of war in Singapore goes back as early as the 1950s to 1960s. It was due largely to the influence of the British army in Singapore during the colonial days. After gaining independence in 1965, tug of war continued to be played mainly in the army and police force. From there, it started to be introduced to schools as one of the team events during sports day.

It was during the 1980s and 1990s whereby tug of war was formally absorbed under the umbrella Singapore Athletic Association (SAA). During that period, tug of war in Singapore was at its infancy stage in its development and participation at the Southeast and Asian level.

With its continuous development, it was in 2012 whereby tug of war was formally institutionalised in the constitution as one of the sports endorsed by the Singapore Sports Council then. And the National Sports Association (NSA) for tug of war continues to be SAA.

twif

IS A MEMBER OF



Singapore Seminaar

#### MISSION STATEMENT

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

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

In 2013, the tug of war scene in Singapore took a major shift when officials attended the congress in Madison, USA. The congress had opened up perspective of SAA regarding tug of war development at the international level. Major restructuring was being carried out to ensure that the development in Singapore was on track and moving in the right direction.

A few months after the congress saw Singapore participating in its first World Indoor Championship in Ireland in 2014. That was a major milestone in the history of tug of war in Singapore. Subsequently in 2016 and 2018, Singapore continued participate in

World Indoor Championship in the Netherlands and China respectively. Competing at World championship level gives our athletes the opportunity to be exposed to top level competition and athletes from all over the world. Indirectly, this had also helped to improve Team Singapore's performance over time.



Singapore 2014



Singapore 2016



Singapore Junior pulling.

Another significant development in the local scene occurred in 2017 when Mr Daniel McCarthy (TWIF EXCO) was invited to advise SAA on the development of tug of war in Singapore. Daniel shared his expert advice in the areas of technical, judging and coaching aspects. Since then, all competition in Singapore is organised with eference to TWIF rules and requirements.

In 2016, SAA had nominated two local judges - Mr Muhammad Irsham Bin Samat and Mr Terry Tan to officiate in World Outdoor Championship in Malmö, Sweden as Level I judges. Subsequently both of them have officiated in European Outdoor Championship in Southport, England and World Indoor Championship in Xuzhou, China. This is another major step towards developing Singapore judges as TWIF judges on a long term plan. Eventually, this long term would enhance the overall judging competencies of Singapore's local judges.

Besides the above, the development of tug of war has started in schools since 2013. This is in line with the association's vision to promote tug of war as a team sport for the junior. Currently, the association is putting up a comprehensive framework for the better development of tug of war for the junior especially in schools. This is to ensure the development of tug of war is a continuous and sustainable process whereby there will be new blood to take over.

Despite all the above, the association is working very hard to educate and change the public's perception that tug of war is a good team sport and the team is as strong as the weakest in the team. Thus, the team needs every athlete to be strong and not just one or two to be strong. The association hopes to see tug of war would continue to grow and develop professionally in Singapore in years to come.



LADIES TUG OF WAR  
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# Ladies Tug of War in Singapore

BY  
TERRY TAN

A month prior to the World Indoor Championship 2018, these ladies from Singapore were total strangers to each other. Nevertheless, they slowly got to know each other “while on the rope” during their training. This same nine girls represented both the Club as well as the national team in the Championship.

Then came 8th March 2018. The ladies were in early at the stamping area for the Club Competition. The expressions on their faces were a mixture of excitement as well as anxiety. Who could blame them. They were pulling against some of the best teams in the world. Soon, they were called by the marshal for their first pull. They were literally taken aback by their opponents’ strength. No matter what they did, they were easily pulled by their opponent. This scenario repeated for all of their matches. By their 4th match, they were dragging their feet whenever the marshal called them for their subsequent pulls. By the end of the Club Competition, all of them had their heads hung in disappointment. One even teared as she was embarrassed with her own performance.



However, they did not give up easily. Determined to improve, these ladies got together in the evening, for some post-competition discussions till the wee hours of the morning. The sacrificing of sleep definitely proved worthy. During the International Competition, they did exceptionally better. What they felt then was a total opposite from the first day of competition. Even though they lost, they gave all their opponents a run for their money. Forget the injuries and blisters. All of them pulled till the end. They were thoroughly satisfied, knowing that they were no longer considered easy push-overs anymore.

This competition was indeed an eye opener for them. The experience gained pulling at this World’s stage was priceless. The adrenaline rush during the pulls, one of them exclaimed, was out of this world.

**All of them are looking forward to the next World Championship. And of course, South Africa was the topic for the ladies all the way home to Singapore. “Howzit\*, South Africa!”**

## \* HOWZIT

is a common word used in South Africa - a greeting to mean hello or/and ‘how is it going?’

# WADA LAUNCHES NEW ANTI-DOPING eLEARNING PLATFORM

In January 2018, the World Anti-Doping Agency announced the release of a new eLearning platform, ADeL (Anti-Doping eLearning), which will serve as a central hub for all of WADA's eLearning courses and resources.

ADeL is being released with the following five courses focused on key target groups:

1. The Athlete Learning Program about Health and Anti-Doping ;
2. Coach True;
3. Sport Physicians Tool Kit ;
4. ADO (Anti Doping Officer) Kickstart (for administrators and new ADO employees) ;
5. Parents' Guide.



The user benefits of ADeL are many, including having one account and one sign-in for all anti-doping eLearning resources. The platform is tailored for each user, ensuring a bespoke experience designed for each person's specific needs. In addition, ADeL can be accessed on different formats and devices, including phones and tablets. Users will also be able to demonstrate competence with each course by acquiring a certificate following a test.

The benefits of ADeL for ADOs include a user-management function that will allow NADOs and International Federations to monitor and manage users under their jurisdiction. An enhanced language translation package has also been developed as part of ADeL to allow stakeholders to view content in their own language. Initially, the resource will be available in five languages with seven more coming in due course.

Deputy Director General of WADA and Director of Education Rob Koehler said: "This is a big step forward for anti-doping education. The ADeL platform will enhance the user experience for athletes, coaches and other target groups who wish to improve their knowledge about anti-doping rules while also allowing them to engage with the concept of anti-doping and clean sport."

"It is also a game-changer for many ADOs who have not had the resources previously to develop their own eLearning tools, particularly through the availability of the translation package. ADeL is not designed to replace face-to-face education. It will, however, allow ADOs to educate a much broader base of their target groups immediately, and allow them to monitor the impact of their programs."

More information can be found on the website: [www.wada-ama.org](http://www.wada-ama.org)

The ADeL logo consists of the letters "ADeL" in a bold, white, sans-serif font, set against a dark green rectangular background.

**WADA's mission is to lead a collaborative worldwide movement for doping-free sport.**

# The Russian Championship in St. Peterburg

From March 31 to April 1 2018, in one of the most beautiful and historical Russian cities, St. Petersburg, Russian Tug of War indoor championship took place.

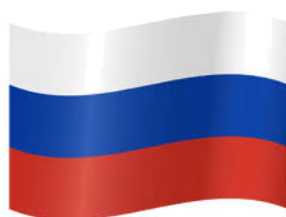
BY  
JANETE PAVLOVA &  
AIVARS BRAKMANIS  
*Latvia TWIF Judges*

The day before the match TWIF Judges Janet Pavlova and Aivars Brakmanis led a seminar on the rules for Tug of War for 32 participants. It was very useful, as Jeanette, with good knowledge of the Russian language, could help understand the interpretation of the rules for Tug of War and find the correct terms in Russian. Participants had a lot of questions and they were motivated to learn new information about Tug of War sports. Latvian experts were able to give full answers to the treadmill sport.

The competition took place in the City's historic renovated old track and field arena. 250 sportsman from 11 regions of Russia participated in the Russian Championship in the following weight categories: women - 560 - 6 teams + men 720 (up to 1000 kg) 6 teams and

MIX 600 kg - 8 teams. The TWIF movie was shown on the screen during the competition and also during the matches. The event was attended by St. Petersburg Sports Management. President of the Russian Federation Rope Towing Alexander Kuznetsov has done a great job in developing the Tug of War sport in Russia and its return to the international arena.

Tug of war sport has received state support since 2017 and is recognized by the Federation of the Ministry of Sports. It receives local support and has long been a very popular form of Folk Sports. Russian teams planning to take part in the International tournament in Ventspils, Latvia, which will take place on June 2, 2018.



# DUNLOP Tug of War Matting

## INDOOR MATTING – AVOIDING THE SLIP UP'S

As with any sport, using the best equipment is vitally important in helping to achieve the best performance and none more so when it comes to indoor matting.

There are a great many suppliers that claim that their rubber matting is ideal for use as indoor tug of war mat. Sadly, as so many of our members have learnt to their cost (and often embarrassment), actually being able to source rubber mat that has the necessary grip, strength and durability demanded by our sport can quite be a minefield.

For many years now, the TWIF has approved Dunlomat, which is made in Holland by the Dunlop Conveyor Belting company. So, as a help to our members, we asked Dunlop's Les Williams to provide some insight and guidance into the potentially slippery world of rubber matting.



**AN ACCIDENTAL SUCCESS** Here at Dunlop we are very proud of our long association with the TWIF and the worldwide success of our Dunlomat tug of war competition matting. In actual fact, Dunlomat was originally designed for heavy livestock such as cattle and horses. This was in response to the farming industry's demands for non-slip rubber matting that was extremely hard-wearing and could withstand the weight of heavy animals and resist the damage that could be caused by their sharp hooves. It was only in relatively more recent years that Dunlomat has also proved to be perfectly suited for use as indoor tug of war matting.

When I was kindly invited to write this feature for the TWIF magazine it was agreed that the first priority should be to try and clear up some of the confusion that surrounds potential sources of supply of Dunlop tug of war matting.

BY  
LES WILLIAMS  
(Dunlop)

**GENUINE DUNLOP?** Dunlop and its instantly recognisable 'Flying D' is one of the most famous brands in the world. However, when the original Dunlop company was broken up many years ago it led to a confusing number of entirely separate companies being legally able to use the Dunlop name. Sadly, in some cases, the Dunlop brand has also been used illegally by some unscrupulous suppliers. For the record, Dunlomat is only manufactured in the Netherlands by Dunlop Conveyor Belting. Many traders claim that they can supply genuine 'Made in Holland' Dunlomat but the truth is that the number of authorised dealers is very few indeed.

The best way to ensure that you are buying genuine Dunlop tug of war matting is to contact us directly via [sales@dunlopbc.com](mailto:sales@dunlopbc.com) or by using the contact details as shown on TWIF website. If there is an authorised dealer in your area then we will, of course, let you know. We have special rates for all TWIF members so if you are offered a 'cut price' version of Dunlomat then you can be pretty sure that it isn't the real thing!



**SO WHAT IS THE DIFFERENCE?** The difference between one rubber mat and another lies primarily in the quality of the rubber being used and the way

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# DUNLOP TUG OF WAR MATTING

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that the rubber is cured (vulcanised) onto the nylon carcass. The ingredients used to make the rubber (it is almost entirely synthetic) need to be top quality while the speed of the vulcanizing process needs to be just right. In their efforts to minimise costs, manufacturers resort to using lower grade ingredients including reject tyre rubber and recycled rubber as well as accelerating the vulcanisation process. The end product may look very similar but in reality its physical properties are very different indeed.

In the case of Dunlomat, the overall strength is created by using an extremely strong yet flexible carcass of polyester nylon. This reinforces the wear resistant 'Rufftop' rubber cover that provides the high level of grip that is so essential. The smoother surface on the underside of the mat makes gluing easy.

Fixing instructions can be found on TWIF website. Dunlomat is available in two thicknesses - 10 mm and 6 mm in widths up to 2000 mm. TWIF stipulate the 10 mm version for competition purposes in a width of 1000 mm and 36 meters long. Competition mats are usually supplied in two rolls of 18 meters each. If necessary, each competition mat can be cut into 2-meter lengths to make transportation and construction easier.

**REACH FOR SAFETY** Rubber technology is a surprisingly complex subject. As I touched on earlier, most of the 'rubber' used for commercial and industrial purposes is in fact synthetic. The primary reason is that a highly scientific combination of chemicals and additives is needed in order to create the physical properties that allow the rubber to serve a specific purpose required. A wide variety of additives are used for important positive purposes such as anti-degradants and anti-ozonants, which form part of the rubber compound we use to make Dunlomat. This makes a huge difference to the working life of the mats because without these additives the rubber will harden (lose grip) and start to crack and degrade prematurely. However, many chemical additives can be potentially dangerous, particularly artificial substitutes.

Most rubber matting is imported into the market from the Far East. This even applies to matting and sheeting from many European-based 'manufacturers' and dealers. Potentially hazardous chemicals such as short-chlorinated paraffin's are used to accelerate the vulcanisation process, thereby reducing production costs and creating an apparent price saving. The use of such chemicals can usually be identified by the unpleasant smell of the finished product. Good quality rubber that is safe to handle usually has very little smell whereas low quality often has a highly pungent aroma. In other words, you can literally smell the difference!

For this reason, REACH (Registration, Evaluation and Authorisation of Chemical substances) regulation EC 1907/2006 was introduced in June 2007. These regulations control the use of hazardous chemicals used in the manufacture of the rubber including those with category 3 carcinogenic classification. All European manufacturers are legally obliged to comply with the regulations relating to chemicals, preparations (mixtures) and substances used to create finished products. Perhaps not unsurprisingly, many European manufacturers have chosen to ignore this legal requirement, either completely or at least partially, because of the impact on production costs.

Manufacturers located outside of EU member states are not subject to the regulations and are therefore free to use unregulated raw materials even though they may be prohibited or at least have strict usage limitations within the European community. Here at Dunlop we are very proud of the fact that all of our products are manufactured in compliance with the REACH regulations.

## WE ARE HERE TO HELP

If you would like to order some Dunlop tug of war matting or simply would like to find out more about it then please do not hesitate to contact us on 0031 512 585 555 or email us at [sales@dunlop cb.com](mailto:sales@dunlop cb.com).

Full details can also be found on our website: [www.dunlop cb.com](http://www.dunlop cb.com)



# OPEN CLUBS COMPETITION INDOOR XUZHOU 2018

## OPEN CLUBS COMPETITION RESULTS



WEIGHT	GOLD	SILVER	BRONZE
500W	Gaztedi (BAS)	Badaiotz (BAS)	Ibarra Soka Tira Tal (BAS)
540W	Gaztedi (BAS)	Monnickendam (NED)	Ganyubingang (CHN)
560M	St. Pats (IRL)	Gaztedi (BAS)	Mountain View (IRL)
500WU23	Tai Shih-Da Jing Me (TPE)	Berriozar (BAS)	ZJ Jingyuan (CHN)
600M	St. Pats (IRL)	Tinto (SCO)	Ibarra Soka Tira Tal (BAS)
600MX	Laigangbahedui (CHN)	Tinto (SCO)	Ibarra Soka Tira Tal (BAS)
600MU23	University of Taipei (TPE)	Berriozar (BAS)	Taiwan sports TOW (TPE)
640M	St. Pats (IRL)	Angangshiye (CHN)	Monnickendam (NED)
680M	St. Pats (IRL)	Deinum/Britsum (NED)	Ozoli/Velkonis (LAV)

### MEDAL TABLE COUNTY- OPEN CLUB

### WORLD INDOOR CHAMPIONSHIPS MEDAL TABLE

No	Country	Gold	Silver	Bronze	No	Country	Gold	Silver	Bronze
1	Ireland	4		1	1	Chinese Taipei	4	1	1
2	Basque Country	2	4	3	2	China	2	1	
3	Chinese Taipei	2		1	3	Scotland	2		
4	China	1	1	2	4	Netherlands	1	3	
5	Netherlands		2	1	5	Ireland	1		2
6	Scotland		2		6	Basque Country		3	4
7	Latvia			1	7	Thailand			2

## WORLD INDOOR CHAMPIONSHIPS RESULTS

WEIGHT	GOLD	SILVER	BRONZE
500W	China	Chinese Taipei	Basque Country
540W	Chinese Taipei	China	Basque Country
560M	Ireland/Chinese Taipei	-	Basque Country
600M	Netherlands	Basque Country	Chinese Taipei
600MX	China	Netherlands	Basque Country
500WU23	Chinese Taipei	Basque Country	Thailand
600MU23	Chinese Taipei	Basque Country	Thailand
640M	Scotland	Netherlands	Ireland
680M	Scotland	Netherlands	Ireland