

EAC-2012-0559



Good practice



HANDBOOK





EUROPEAN PARTNERSHIPS ON SPORT

Calls for proposals 2012 – “Trans-frontier joint grassroots sport competitions in neighbouring regions and Member States” EAC – 2012 – 0559,
project “Let’s pull together”

Project partners:

1. Latvian Tug of war federation
2. Hungarian Tug of war sport association
3. Lithuanian Tug of war federation
4. KIME Training & Promotion centre
5. MTU Tallinn – Rugby club
6. Private partners

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Thank you sport club “Saldus” Tug of war team to participate in the photo session -
specialy coach Raivo Tuka and judge Artis Asbergs

Responsible for the content the Latvian Tug of war federation, year 2014

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WELCOME, TUG OF WAR ENTHUSIASTS!

Tug of war is a sport that makes people to work in a team to reach a result. This is a sport where people get to know each other, learn to use each person's individual abilities and improve weaker links. Therefore the project „Let's pull together!“ is precious because it teaches people to work together and lead a healthy lifestyle.

In addition, applying Tug of war sport as a mean, project promoted informal and cross-cultural education for youth, where sport was used to facilitate understanding in various spheres – history, culture, geography and social life. The positive outcome of the project is the fact that a new international network among Latvia, Lithuania, Estonia, Poland and Hungary was created, and by using informal educational methods favoured professional development of the participants, as well as trained contest organisers and new referees. The concluding event of the project – The great tug pulling – will gather a great number of citizens from both sides of the river Daugava, enabling to feel unity and healthy spirit of contest.

To the Latvian Federation of Tug of war I wish to continue work actively and accomplish many other projects that popularise healthy lifestyle and team spirit among youth.

*Wishing success,
Chairman of Riga City Council
Nils Ušakovs*



INFORMAL EDUCATION OF PROFESSIONAL DEVELOPMENT

Latvian education law stipulates that formal education is a system that includes primary, secondary and tertiary levels of education, the programs are certified by a state educational or professional qualification, as well as educational and professional qualification. Informal education but are outside the formal education is organized and demand an appropriate educational activity. In parallel to these educational divisions are used in a number of other signs that characterize education or institutions where education is obtained. Among the following expressions have the life-long learning, which provides an individual a capacity for lifelong increasing or changing their qualification or obtaining relevant to their interests education, alternative education, education interests, which are included in the education that meets the needs of individual interests and needs, special education, continuing education public education, mass education, etc. Latvian Law on Education has established the following definition - "Informal education - organized outside formal education, with interests and demand educational activity."

M. Kravale his doctoral thesis, in my opinion, formulated more precisely: "Informal learning function is to provide education for those who are unable to get a formal way and enable every individual to acquire new knowledge, skills and attitudes necessary social and technological change process". Informal education is a planned process. It is not mandatory, each participant would participate. From one's own motivation resulting opportunities for new experiences, draw conclusions, to participate, to gain knowledge or skills. In-formal education is based on several principles, of which the most important is learning by doing, learning to be with others and learning to learn. Informal education provides learners' knowledge and skills in order to increase their competitiveness in the labor market. Competitiveness in the labor market not only provides knowledge and skills in the industry, but also social competence. In addition, the higher level in the specialist is just as important for social competence and less importance of professional competence, particularly in the driver level. Ability to use non-verbal communication means, and empathy, the ability to get into it in the second human being to take into account the other person's feelings are the characteristics that determine personal communication capability, its sociability. This capability shall support the development of tolerance in the society, which in turn leads to the capacity of innovation and thus economic growth. Informal education are able to develop, for example, because of the international project "Let's Pull Together!" Participants got an insight of the countries from which the participants come. Getting acquainted with the various national cultural and historical value, geography and traditions they expanded their knowledge. All this contributed to the skills into a new social group, respecting each other and treating tolerant towards people with very different backgrounds. This means that in addition to new knowledge and skills in informal education project participants also studied social competence, which makes the formal education of international projects as particularly important and valuable.

*Latvian Academy of Sport Education
Prof. Uldis Grāvītis*



Partners Participate



Hungarian Tug of war Sport Association



Lithuanian Tug of war federation



KIME Training & Promotion Centre, Poland



MTU Tallinn Rugby club, Estonia



Latvian Tug of war federation

Private partners



*Secretary general of
Latvia Tug of war
federation
Project manager,*

Lilita Mūkina

EAC PROJECT “LET’S PULL TOGETHER!”

We thank the entire team of international experts and all voluntary participants Who participated in the project. In the projects “Let’s pull together!” had a wide range of international experts with very different experiences and knowledge, which enabled all the time to expand and improve the program. There is a quantifiable sense, if you feel that we are one unit.

Thus the project organizers as its general objective set out an aim to promote sport of Tug - of - War as a vehicle for professional and personal growth, social inclusion and transcultural understanding between youth of different background. Project will provide an opportunity for its target audience to gain management, organizational and referee skills through the use of informal education and make them promoters of tolerance and social inclusion. We aim to do this by using Tug of war competitions which is an accessible sport since it doesn’t require expensive equipment of excessive training. Project will build a sustainable network of Tug – of-War organizations and federations which using good practice examples and transferred knowledge will educate and train new youth volunteers, organizers and referees giving them practical knowledge. Working alongside organizers of different nationalities will give the volunteers an opportunity to grow both personally and professionally becoming more adaptable and improving their employability.

The project objectives:

- Promote Tug of War sport as a vehicle for professional and personal growth for youth
- Foster cross cultural understanding, tolerance and respect between youth of different backgrounds
- Exchange good practice examples between Tug of War organizations

Main project activities:

- Create an informal education framework and a system through which youth can learn to become volunteers, organizers and judges of Tug of War competitions
- Build a transnational network of Tug of war organizations
- Organize seminars in each of the participating countries in which good practice examples will be collected and education framework and a volunteer system created and youth volunteers are trained
- Train youth volunteers, organizers and referees of Tug of War competitions
- Organize Tug of war competitions in each of the participating countries organized by the trained volunteers with the help of international organizing group consisting of members from each participating country in which at least people take part
- Organize “Big Tug of War competition in Latvia which is organized with the help of trained volunteers with the help of international organizing group
- Create a good practice handbook for organizing Tug of War competitions, using sport as a vehicle for informal education, professional and personal growth, social and intercultural inclusion for youth to be used by NGOs, educational and other institutions
- Organize an international conference to network, discuss good practice examples, ensure project visibility and approve a summary of recommendations for policy makers
- Dissemination of project results by sending the good practice handbook NGOs and educational institutions in each of the partner countries, by

sending the summary of recommendations for policy makers to Ministries of Sport in all of the European Union and by building a dedicated webpage

The project phases:

Preparation phase February of 2013 – March of 2013 - preparation meeting March 8 th-10th 2013 Kaunas, Lithuania.

Implementation phase April of 2013 – May 2014 - seminars – competitions in the partner organizations:

May 17th-19th 2013; Latvia, Ventspils

May 31st – June 2 nd 2013; Lithuania, Palanga

August 17th -19 th 2013; Hungary, Szekesfehervar

September 27th -29th 2013; Estonia, Tallinn

October 11th -13 th 2013; Poland, Warsaw

Preparation meeting for 2014, December 13th -15 th 2013, Poland, Warsaw

International conference, Big Tug of war events May 2nd – 4th 2014, Latvia, Riga

Evaluation phase June 2014

The project implementation team:

1. **Lilita Mukina** – project manager, Latvia
2. **Aivars Brakmanis** – project technical administrator, Latvia
3. **Dzintars Polna** – project methodical administrator, Latvia
4. **Dace Radzina** – project accountant, Latvia
5. **Ainars Zablovskis** - project methodical administrator, Latvia
6. **Guna Stahovska** - project assistant, Latvia
7. **Inguna Pastare** – project web administrator, Latvia
8. **Dariusz Bajkowski** – project coordinator, Poland
9. **Ireneusz Kryswaty** - project coordinator's assistant, Poland
10. **Giedrius Grybauskas** - project coordinator, Lithuania
11. **Eugenijus Deksnys** - project coordinator's assistant, Lithuania
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14. **Peter Pipo** - project coordinator, Hungary
15. **Diana Shalimova** - project coordinator's assistant, Hungary
16. **Lajos Varos** - project coordinator's assistant, Hungary
17. **John Slade** - project coordinator, Estonia
18. **Oksana Beregova** - project coordinator's assistant, Estonia

Project Partners MAP





*President
of Tug of War Latvian
federation, TWIF judge*

Dzintars Polna

HISTORY OF TUG OF WAR

What's in a name means that the name is not important as long as everybody understands what you mean. Participants of the Tug of war sport don't worry about the name, as they know very well what it means. However when you send a letter to an embassy to inquire whether there is any tug-of-war in that country and the reply is that they have *no tug-boats from the war*; apparently not everybody has understood what you meant [6,3].

Rope pulling

In many languages the name for "Tug of War" consist of two parts; translated in English these words are: *rope* and *pull*. These two words clearly explain the essence of the sport, "pulling on a rope".

A peaceful sport called war

Why then in the English name the reference to "war" whereas the sport is unquestionably a peaceful non-contact team competition? The explanation lies in the fact that the English phrase "Tug of war" is very old; its history going back to the origin of the diversity of languages in Europe.

Roots in old Germanic languages

Though not many English speaking people are aware of it, the English language, like so many other European languages, stems from old Germanic languages. Digging deeper into the linguistic past, it is found that the name originates from the archaic words, *toga* and *werra* coming from old Scandinavian, Germanic and Frisian languages.

TUG originates from the Old Norse word "*toga*" which means to draw, drag or to pull. The verbs draw, drag, pull and tug are synonyms of each other however they express distinct levels of effort; **tug** - is to pull with strenuous, persistent effort.

WAR originates from the Old German word "*werra*" which means strife. The word strife comes from the Old Frisian "*estri*" and is equal to the words; *streit*, *wettkampf* (German), *wedstrijd* (Dutch) and *strid* (Swedish), all meaning contest or competition.

Perfect description of the sport

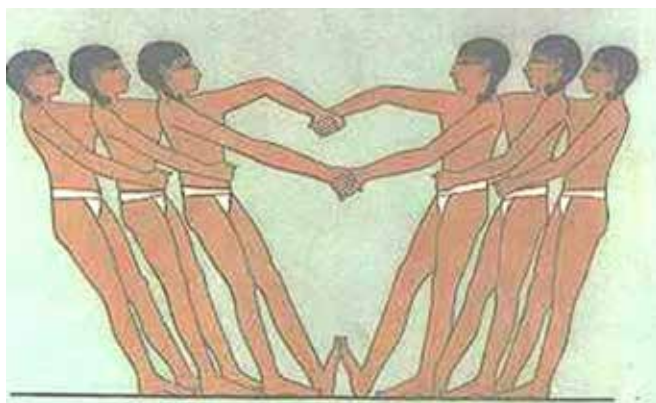
From this little trip through the linguistic past of the tug-of-war it is not difficult to find that the meaning of the name is; a contest of pulling with great force and persistent effort. After so many centuries, this description is still a very clear definition of the Tug of war sport [6,3].

The ancient origin of Tug of war

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 (it symbolized the battle between the good and the evil, praying to the gods of rain, that brought yield, etc.), which are found all over the world e.g.; Egypt, Burma, India, Borneo, Japan, Korea, Hawaii and South America [1,5].



*Temple in Angkor Wat Cambodia
"The Churning of Ocean of Milk",
bas – relief on the wall*



This picture shows artwork from a 4000 year old tomb at Saqqara, Egypt. It depicts two teams of three men believed to be engaged in a ropeless version of Tug of war [5]

In the ancient times Tug of war took place in different ways. In Afghanistan, a wooden pole was used instead of a rope, Korean team leaders stood facing each other but behind them the team members created a human-chain. Back then it was not considered only a team sport, because tug-of-war competitions also took place between two men. Up to this day Canadian Eskimos compete in tug-of-war type of sport called “arsaaraq”. It is a tug-of-war discipline, where the participants are sitting on the ground in front of each other using a short rope. The victor is the one that can pull the other off the sitting position [1].

Tug of war as a sports discipline

Later Tug of war developed into a fully functional sports discipline. In Greece approximately in year 500 B.C., in the ancient Olympics Tug of war was either a sports discipline or a physical strength practice for participants of other disciplines. In Western Europe in year 1000 Tug of war competitions (called “*kraftige spiele*” or power games back then), the history of which can be found in legends about historical battle victors in Scandinavia and Germany. Tug of war competitions also took place in the courts of the emperor of China, as well as in Mongolia and Turkey. In 15th century Tug of war competitions were popular in French Garden Tournaments and later on in tournaments that took place in Great Britain [1,6].

The modern version of Tug of war

May have descended from sailors on British naval ships, and later those on trading ships traveling to and from India with perishables such as tea. The men on early naval ships maneuvered the ships by pulling on ropes that adjusted the ship's sails. The sailors on the fast trading ship, the *Cutty Sark*, were observed in 1889, while docked in Sydney Harbor, Australia, by a young army officer who on a troop ship on his way to India. He watched the sailors pulling a form of Tug of war on deck while there ship was becalmed. The boson explained that it was a way of keeping the crews fit, and from the rivalry and great pleasure that the men got from it, he decided to put his men to it, to keep them fit on the long sea journey from England to India. In India the army put it on the grass, and it quickly became a source of great rivalry between regiments.

It became the favorite sport of the other ranks, who brought it back to England. On leaving the army they took it with them into the police forces and the Fire brigades, and into the factories. Soon it spread across the whole country, displacing anything that had been before. The name Tug of war may come from those crews that hauled on the ropes to power the Man-O-War Ships. Tug of war became an organized sport at the end of the 19th century when clubs were formed [2].

The Olympics of new era

In Paris, France, the idea to revive ancient Olympics into Games of new era came from Piere de Cubertain. In 1892 Cubertain voiced idea to revive Olympic. On April 1896 the King of Greece opened the Olympic Games of the new era in Athens. The programme of first Olympic encompassed 43 disciplines, like in ancient Games. The programme included a sport using rope, rope climbing, but rope pulling – Tug of war was not yet in Games in Athens. The Paris Olympic of 1900 were first Games where Tug of war featured the programme [8].

Tug of war Sport in the Olympic Games (years 1900 – 1920) [1]

In 1900 the Olympic Games took place in Paris, France.



The Olympic golden medals were earned by Danish–Swedish united team and the Olympic silver went to French team.

In 1904 the Olympic Games took place in Saint Louis, USA.



The Olympic gold, silver and bronze medals were distributed among the sportsmen from the Milwaukee Athletic club in USA.

In 1908 the Olympic Games took place in London, Great Britain.



The Olympic gold, silver and bronze medals were won by the sportsmen from Great Britain.

In 1912 the Olympic Games took place in Stockholm, Sweden.



The Olympic gold in Tug of war discipline was earned by the team of Sweden, the silver went to Great Britain.

In 1920 the Olympic Games took place in Antwerp, Belgium. Five national teams.



The Olympic gold went to the team of Great Britain, silver was earned by the Netherlands but bronze went to the team of Belgium.

End of the Olympic episode of Tug of war

As from the 1920 the International Olympic Committee decided to reduce the team sport count in the Olympic Games, the Tug of war discipline was also excluded from the sports program.

Forming of national Tug of war federations

The decision on exclusion of the Tug of war sports discipline from the Olympic program temporarily endangered the development of the discipline as a sport on an international level, however the Tug-of-war tournaments kept taking place all over the world, because this sports discipline was included in various festivals and sports activities.

As the Tug of war discipline was no longer a part of the Olympic program, this sport is no longer a priority for the national sports organisations. For that reason there was a necessary to form separate and independent national tug-of war sports organisations.

As the first and one of the oldest in **1933 the Swedish Tug of war federation – Svenska Dragkamförbundet** was formed. The initiative to form the **Svenska Dragkampförbundet** was taken on 13th June 1933 in Stockholm and was the association was formed on 27th September. Its first task was to decide on uniform regulations for competitions. At that time the pullers in Sweden remained standing in their, previous made, holes during the pull. Result was determined according to a points system. In those days the teams were mostly from clubs of companies and factories in Sweden. In 1958 Swedish Tug of war Association affiliated to the **Swedish Confederation of Sports**, which assisted the association in their further growth and development.

Later the other European countries followed: **1958 – Tug of war Great Britain Federation**, but a year later, **in 1959 – Tug of war Netherlands Federation** [1].

Foundation of Tug of war international federation (TWIF)

Because of the increasing number of national federations (associations), the requirement for international competitions rose as well. The initiative for creating TWIF was taken by **Georg Hutton from Great Britain**. With the successful cooperation with the representatives of the Sweden federation, the idea became real and **in 1960 Tug of war International Federation was formed** [1].

Test matches in 1961

At the occasion of an athletic competition between Sweden and England on White City Mr. Hutton arranged that Tug of war was included in the program. All matches were held under the English rules which were unfamiliar to the Swedish pullers.

Tage Andersson arranged a return match in Sweden. It was agreed that all matches should be pulled under the Swedish and the English rules, in order which to choose for the International Competition [6].

Meetings

The second meeting of the International Organization, which was agreed to be called the Tug of war International Federation (aronym T.W.I.F.), was held in Stockholm during this visit. As Secretary Hillyard was not present, minutes of this meeting were taken by Rudolf Ullmark. It was agreed to adopt the English Rules for all International Competition, the main reason being the movement over the ground provided more of a spectacle for spectators than the Swedish rules, where there was no movement and the rope was passed through the hands. The meeting drafted a short Constitution for the Tug of war International Federation and appointed Dr. Ullmark as Chairman [6].



Logo of TWIF

Tournaments of the Tug of war International Federation (TWIF)

The first international tournament that was organized by the newly created Tug of war International Federation was Baltic games that took place in Malmo, Sweden in 1964. Four countries participated: Great Britain, Sweden, The Netherlands and Denmark.

After the Baltic games TWIF organized the first European Championship in Crystal Palace, London, in 1965. The tournament was organized for the 720 kg category for men.

As of 1986 the tournament for women in the groups of 520 kg and 560 kg is also organized. The international youth class up to 560 kg takes place since 1988. The World indoor championships take place since 1991.

From then on TWIF organized the World Championships on grass fields and indoors every two even years, however every two uneven years the regional (European) championships are organized. They usually take place for four days. First two days are dedicated to open championships for TWIF clubs, but the second two days are dedicated to national teams. Youngsters (15-18 years of age) and juniors (U23; 18-22 years of age) participate in the World Championships.

TWIF Roles and weight classes changes and sport improves all the time (Men 700kg only in the World Championship outdoor; 600kg mixed 4+4 Male & Female) [1,6].

International World Games (IWGA)



TWIF is one of the founding members of the International World Games Association (IWGA), that was formed with the initiative of General Association of International Sports Federations (GAISF) with the purpose of creating a common platform for the sports federations that were not included in the Olympic sports program. Tug of war was first included in the world games program in Santa Clara, USA, in 1981.

In order for the national teams to take part in the world games, TWIF invites six best Tug of war teams in the particular three weight classes, taking into the account the results of recent world championships [1, 6].

International youth Tug of War tournament GENSB

The GENSB tournament is founded in 1998 by Germany, England, Netherlands, Switzerland and Belgium. The spirit behind the tournament is to bring young athletes, between 12 and 19, from different countries together to compete at an international level. At the same time international friendships are formed and Tug of war gets introduced to the youth. Every year, another country gets the opportunity to organise the GENSB tournament on the last Saturday of August. A variety of countries from all over the world comes to this tournament to pull against other passionate boys and girls. Therefore official Tug of war rules are used [7].

The recognition of Tug of war sport

The mayor even in the history of Tug of war can be considered year 2002 when the International Olympic Committee (IOC) repeatedly recognized the Tug of war International Federation (TWIF) [1, 6]....



Certificate of recognition of TWIF by the International Olympic Committee 2002 [6]

TWIF World Map (members) 62 countries [6]



America: Brazil, Canada, Colombia, Dominican Rep., United States.

European countries: Belgium, Czech Republic, Estonia, France, Germany, Greece, Hungary, Ireland, Israel, Italy, Latvia, Lithuania, Malta, The Netherlands, Poland, Romania, Russia, Serbia, Spain, Sweden, Switzerland, Turkey, Ukraine, United Kingdom.

Africa countries: Cameroon, Congo, Ghana, Kenya, Mauritius, Morocco, Namibia, Nigeria, Sierra Leone, South Africa, Zambia, Zimbabwe.

Asia countries: Brunei, Cambodia, People's Rep. Of China, Chinese Taipei, Hong Kong China, India, Japan, Korea, Laos, Macau, Mongolia, Myanmar, Nepal, Pakistan, Philippines, Singapore, Sri Lanka, Thailand, Vietnam.

Oceania countries: Australia.

Development of Tug of war sport in Latvia

On April 23, 1994 in Uppsala, Sweden we were accepted in the Tug of war International Federation. In the very same year the Ventspils team "Velkonis" participated in the world championship in Uppsala. The team over its years of existence has participated in all World and European championships.

In Latvia Tug of war tournaments, in accordance to the international normatives take place since 1991, but during the winter indoors (once a year) since 1995.

Teams from Latvia take part in international tournaments, European Youth tournament GENSB.

The 1998 World Championship marked a great success for the Ventspils team "Velkonis", when the team in the world championship among clubs earned gold medals [4].



1998 world champions among clubs, the club "Velkonis"

2002 was also a successful year, when in the World championship in Pretoria, South Africa the youth team from Saldus earned gold medals in the youth class both in the competitions among clubs and countries. Ventspils „Velkonis”, on the other hand gained two golden medals in the categories of 680 kg and 720 kg among clubs [4].



World champions - Saldus Tug of war youth team

In 2005 in the European finals „Velkonis” versus „Ozoli”. After a hard fought battle, „Velkonis” took the first place after 2:1 score.



European second place winners in the open club championship – team „Ozoli”

Latvian Tug of war teams since 1994 have participated in European and World championships and gained:

Adult and youth team:

- 7 – golden medals
- 4 – silver medals
- 2 – bronze medal

GENSB European youth tournament in the tug-of-war discipline since 2000:

- 1 – silver medal
- 4 – bronze medals

Lithuania TWF – since 2002, that joined TWIF in 2003. Teams from Lithuania took part in 23

international events and twice reached the finals of the competition in the women's category.

Poland TWF – since 2007 - federation have not international competition experience – non active member of TWIF.

Hungarian TWF – since 2011 federation have not international competition experience – non active member of TWIF.

Estonia TWF – since 2010 - federation have not international competition experience – non active member of TWIF.

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*President of Latvian
Tug of war federation,
TWIF judge*

Dzintars Polna

THE FORMATION AND TRAINING OF THE TEAM IN TUG OF WAR OUT-DOORS AND IN-DOORS



The basic elements of training for Tug of war [2,4].

The essence of Tug of war sport

The essence of Tug of war is that it is a team sport, where individuality contributes to nothing, but a synchronized and harmonic team work with teammates is the only thing that can bring success.

In Tug of war there are a lot of very good teams, but no individual stars. Tug of war is for those, who want to develop their minds and muscles accompanied by true team spirit and sportsman-like principles.

The interest of every team is to put great effort and hard physical work into team building.

Team must be highly disciplined and everybody in the team has to work together. These factors are the essence of forming and maintaining a strong tug-of-war team.

When building a team, one must remember that training is very hard and can be very monotonous.

People, who are forming a Tug of war team, have to be physically strong, active and with a right attitude, because it is a hard work waiting ahead for them. People, who are grumpy and can get upset by coaches remarks, better have to leave the team so they would not affect their teammates.

If there are difficulties while assembling the team for a specific weight class, you must remember that acuity, strength and stamina are more important than the weight of the team.

Beginning of the Tug of war training

Clothing has a minor importance at this stage. It should be informal, serviceable and comfortable, but as soon as team is near to its first competition, pullers should wear proper competition clothing (shirt with long sleeves, shorts, gaiters, vests - for the anchor, boots, shoes for indoors), so it could be a proper competition clothing.

While training, old boots can be used, that no longer fit the standards of competition. Competition boots has to fit the requirements – smooth outsole, heel and heel shoe. It is advisable not to use new boots in the competition; they need to be drawn in first. Athletes are required to wear vests underneath shirts and shorts to begin training in Tug of war; otherwise they can get bruises (especially beginners).

Tug of war practices cannot be rushed. It can do great harm both physically and mentally if the team over trains.

Stamina must be trained by gradually increasing the workload. Many teams form after many years of teamwork. Training process should be divided into **two periods**.

First period. Training program should be planned very carefully. Team should train together at least **two times a week**.

In this period (4-6 weeks) work should be concentrated on circle-type and physical training, strengthening the whole body, emphasizing stomach and thigh muscle development and also training the grip (squeezing a gum ball in hands) as well as developing individual skills with the rope – one has to learn to take proper basic positions.



Muscle groups involved in the Tug of War [2]

In the first period you should concentrate on **general fitness**:

- aerobic exercise (running, biking, walking, swimming, etc.);
- anaerobic exercise (short sprints or weight lifting, running medium distances, etc.);
- beginning with simple exercises and gradually raising the workload and intensity;
- introduce the team to weight lifter (derrick, gantry) and start to use it for training at the end of the first period.

For control purposes – It is important to measure weight of the team once a week.

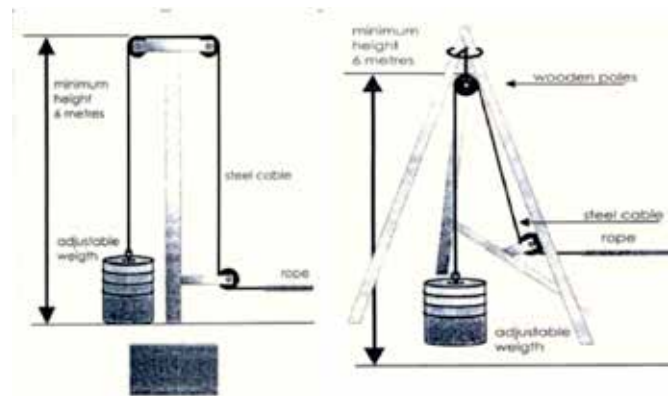
Derrick (gantry)



Team training on the derrick (gantry) and the block [4]



Team training on the derrick (gantry) and the block [4]



These two diagrams shows the methods of rigging a derrick (gantry) for carrying out training work [1].

Second period. Priority is the training with rope and basic positions with the rope in which every team member feels the most comfortable.

Repetitive training with weights is a very important part of training. It is the best way to achieve great team work and to improve technique.

After 4-6 weeks of training it is possible **to form a team – 8 members in a weight category**, who can start training with rope.

The team still has to work with weights, but now more focus should be put on working with an opponent.

If it is necessary – team can be separated into smaller teams, so they can work with each other.

Usually the shortest member of the team takes the first place, but the biggest and heaviest member is the “anchor”. The team is more stable if all the members are on the same side of the rope. The best

position is considered if the rope is placed on the right side of a team member.

From this point, the aim of the coach is to increase strength and stamina characteristics of the team as well as develop the technique.

Team can develop strength by training with heavier weight lifter (gantry).

Team member's stamina can be developed by circular training and running, that both are essential parts of a training period.

Tug of war technique outdoors

Technique used in the sport is determined by its rules. Tug of war rules are considerably simple, however ideal result in Tug of war is not easy to achieve.

Position of the rope (in the pulling position) is stated by rules.

Elements of the rules related to the rope position are:

- Only team member's feet can touch the ground, not another body parts.
- A member holds rope with naked hands with simple grip – palms facing up.
- Rope is held between the body and the upper part of the arm, except for the "anchor".
- Feet must be extended forward of the knees.

Basic position of tug-of-war is based on these four elements.

Important aspect of Tug of war position

There is one more important aspect, which affects the proper position of Tug of war – biomechanics. Laws of Physics on force and vectors (mechanics) can also be related to the human body in sports, disregarding the fact, that, above all, the human being is a living thing.

Without outer forces that affect pulling – tension in the rope (T) and gravity (G) (body weight) – the team member also generates his or her own energy – muscle power [1, 2, 3].

Tug of war technique

When team members have gained good physical shape, they can move to more specific Tug of War exercises.

In this period clothing is not relevant. It needs to be simple, practical and comfortable, though if competitions are coming up, members should use suitable gear and start to get used to it.

A proper grip should be presented to the team, and also referees initial commands must be recognized.

First command is **"Pick up the rope"**. The member takes the rope, where it is the closest to his feet. Rope has to be putted under the right armpit, right hand bended, left arm straightened out, rope gripped with both arms, palms facing up. Feet must be firmly on the ground. Usually members take the rope at the right side of their body and members are situated at straight arm's distance of each other. This distance can change depending on the professional sense of members and their experience. Although – standing too close can disturb the member in front of you, but standing too far lets the strength dissipate through all rope. It must be noted that there are members, who take rope on their left side.

The next command is **"Take the strain"**. At this moment every member must take the rope firmly with both hands and straighten out his or her left leg (usually), it is allowed to strengthen the heel with one hit on the ground, to achieve a stable position while standing on the right leg, which has to be bent a little.

At this moment member, without exception, must look at the referee, and the last command before pulling is **"Pull"**. At this moment all team must lean back at approximately 45 degrees, putting their right leg on the ground, left leg is straightened out, feet are placed approximately 30 – 45 cm from each other and forward feet approximately 15 – 25 cm from the other feet. Member stands in astride posture; upper body must be above the rope, but not leaning on it. All strengths must be gathered. Hands must be holding the rope close to each other, leading hand straightened out, and other one straightened as much as possible. Head leaned back, in line with body, which helps to build pressure on the rope.

Tug of war indoor sport



Indoor Tug of War [4].

Indoor Tug of war is a discipline, where weight is very important; therefore in a fair play, weight category is very important. The key of success is teamwork, putting in all the effort. There is no need to say that the strongest team will win the pull, but you have to remember that greater strength means greater fatigue, that can give advantage to opponent to take over the moment at the end of the pulling. For that reason, to win the pull you have to learn to use strength with high efficiency by mastering the perfect pulling technique.

Pulling techniques can be divided into the following categories:

- Technique for optimal weight use,
- Technique for optimal strength use,
- Technique for individual team member's type and position,
- Team work and team technique.

To achieve maximum strength, every member

of the team must use team's overall physical strength – strength of the grip, arms, back, stomach and the leg muscles. It can be done while saving enough of energy and using all of the power altogether [1].

Warm Up/Warm Down

All participants should take part in warm up exercises, which include a short jog/run, as well as stretching exercises for the legs, back, arms, shoulders. Once participants have warmed up, they will be ready to pull and as the competition has finished, participants should warm down, again with a jog and some stretches [3].



Warm up

References

1. Trainig manual, (1998), p. 37, Published by the Tug of war International Federation.
2. www.tugofwar-twif.org/
3. <http://www.tugofwar.co.uk/>
4. www.lvvf.lv



*President of Latvian
Tug of war federation,
TWIF judge*

Dzintars Polna

TUG OF WAR BASIC TRAINING PROGRAM FOR BEGINNERS

I. The program's aim

To enable participants to develop programs for the socially active and comprehensively developed person who created awareness of physical activity and the importance of a healthy lifestyle throughout their lives.

II. Objectives of the program

2.1 . To promote the program participants and the strengthening of health preservation

2.2 . To learn the basics of sports Tug of war, with a diverse movement exercises .

2.3. Develop endurance, strength, speed, flexibility characteristics, coordination, agility, sense of rhythm, initiative, intellectual and collaborative skills, the ability to navigate in space and time, together achieving the aims of the creativity and diverse movements help.

2.4. To provide conditions for the acquired knowledge, skills and abilities to set up a Tug of war program participants:

- demonstrate the ability to use independent sports;
- promoting health and sports events far in life;
- sporting events and refereeing work of the secretariat;
- understand the elementary level anatomy and the physiological processes taking place;
- acquire the knowledge necessary for sporting code of ethics and fair play Tug of war sport;

- acquire knowledge and skills related to personal hygiene, safety and competition rules.

III. Thematic plan

3. The theoretical background

3.1. Tug of war sport in the world and in your country.

3.2. Human physiology: bone system; muscle; muscle group involved in the pulling process; exercise influence on the athlete's body: an increase in muscle mass;

joint mobility,

3.3. Hygiene, medical surveillance and self-control: training and competition place characterization; discussion on injuries and their prevention; first aid; dress of the pullers, footwear; the use of magnesium and resin hand grip; weight control; nutrition

3.4. Tug of war competition rules. Safety and behavior during training and competition. Judging. Team composition (substitute, coach, trainer); weighing protocol and procedure; Tug of war area outdoors (hard and soft soil) and indoors; rope and marks on them (see fig.1); rope grip (see fig.2); pulling position (biomechanics); the anchor's position; the start procedure (see attachm. 1); finish of a pull; judge of Tug of war; commands and signals (see attach.1); infringements and signals (see attach.2); completing the competition protocol (the times, cautions, score).

IV. Practical lessons

4.1. General physical fitness training exercise

- 4.1.1. Warm up/warm down;
- 4.1.2. Strength development exercises;
- 4.1.3. Endurance development exercises;
- 4.1.4. Flexibility development exercises;
- 4.1.5. Skill development exercises;
- 4.1.6. Speed development exercises;
- 4.1.7. Various movements of the development of skills;
- 4.1.8. A variety of sports games.

4.2. Technical training

4.2.1. The pulling basic position (posture) of a puller in the team: before pulling (spacing between

pullers); taking the rope (start position); leg and foot position; hand and arm position; body and head position.

4.2.2. Team movement during a pulling: backwards (with small steps) - the attack team; forward (with small steps) - the team being unable to resist; stop the attack (temporizing position) - team defense.

4.2.3. Special Fitness with rope

The exercises in team: coordinated leg movements, for the attack, defending, holding (static lines) formation, weight of the derrick.

4.3. Integrated training

Training - competition 4 to 4, 6 to 6, 8 to 8.

4.4. Physical fitness tests:

Push-ups, sit-ups, pull-ups, 1500 m race.

V. Events

Different levels of Tug of war competition.

VI. Training - training classes forms of work

The curriculum is planned on the basis of previously acquired knowledge, skills and abilities.

1. Theoretical lessons.
2. Play, relays, sports games, power games with a rope.
3. General physical fitness development activities.
4. Of illustration, a picture of the projection method.
5. Integrated training.
6. Training Tug of war competitions.

VII. Expected results:

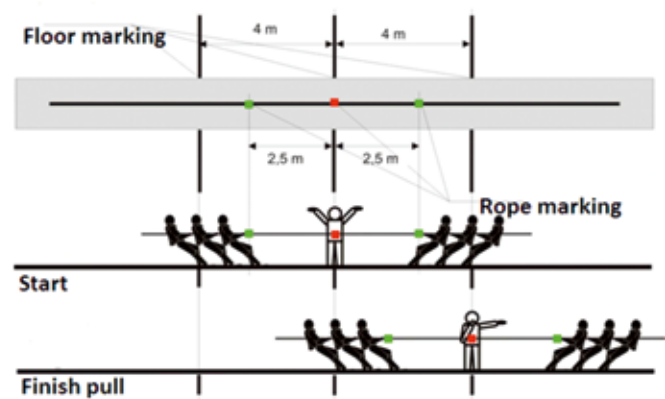
1. Improve and strengthen the health of participation.
2. The knowledge and skills necessary for life in the movement of sound capability, a healthy lifestyle and exercise effects on the body.
3. Acquisition Tug of war equipment and tactics of the rules, adjudication.
4. Best pullers participating in different levels of Tug of war competitions.

VIII. Training programs for the implementation of the necessary resources:

Gymnastic step, health walls, gymnastics mats, sports balls, rope, whistle, different weights of dumbbells, the bar for pull-ups, first-aid kit, and other means.

Fig. 1

Winning pull in-door



Winning pull outdoor

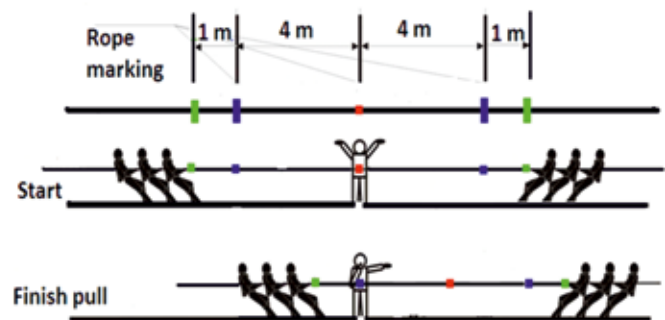


Fig. 2

Indoor rope and floor marking.



Attachment 1

SIGNALS AND COMANDS OF THE JUDGE



The start procedure



1. Team are you ready?



If team are ready, anchorman pick up his arm



2. Pick up the rope!



Arms extended in front of the body.



Right rope grip



Anchorman right position



Wrong rope grip



Wrong anchor rope grip

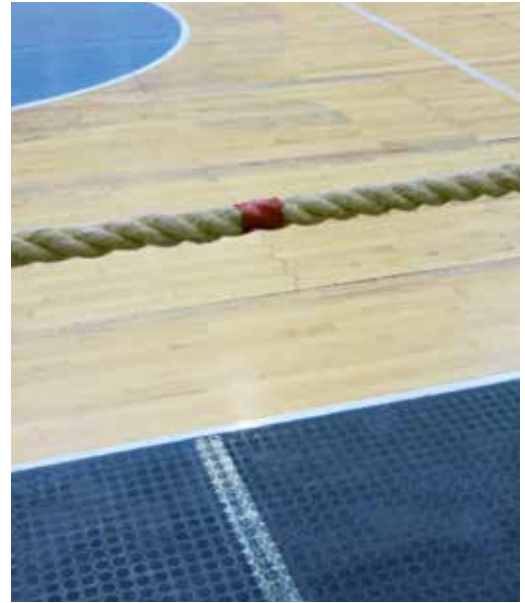




3. Take the strain! Arms extended upwards with hand palms inward.



4. Rope to centre! Indicating the side which has to move to the centre.



5. Steady!
Arms extended upwards with palms outward.



6. Pull!
After reasonable pause, flinging arms down to the sides.



7. Indicating the winner.
Blowing whistle and pointing to the winning team.



8. Change ends.
Blowing whistle and crossing the arms over the head.



9. Pull!
After reasonable pause, flinging arms down to the sides.



Raising the arm on the side of the infringing team and indicating by one or two fingers the first or second caution.

Attachment 2

INFRINGEMENTS DURING COMPETITION



Sitting. Moving flat hand horizontally.



Propping. Lifting movement with hands along the body.



Leaning. Open hand horizontal indicating to the ground.



Position. Kicking movement and stretching lower leg.



Locking. Elbow touching the lifted upper leg.



Climbing the rope. Climbing movements with the fists.



Grip. Two fists in front of each other.



Rowing. Rowing motion with arm and upper body.



Anchor's grip. With the hand touching the back.



Trainer.
With the finger
touching the
lips. (Trainer
speak with
team)

Footholds.
Kicking with
heels in the
ground
(infringements
during out-door
competitions).



Side-stepping. Side stepping with one foot.



End of match.

References

1. Trainig manual,(1998), p37, Published by the Tug of war International Federation.
2. www.tugofwar-twif.org/
3. <http://www.tugofwar.co.uk/>
4. www.lvfv.lv

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Dzintars Polna

*TWIF recorder,
the International group
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Eugenijus Deksnys

*TWIF judge,
the International group
expert from Latvia TWF,*

Aivars Brakmanis

THE TUG OF WAR COMPETITION ORGANIZATION

International Tug of war competition

Under the international Tug of War rules (TWIF) [4].

National level (local) Tug of War competition

Organizers must be prepared conditions for outdoor or indoor competitions [5].

Involved personal: organizers, judges, recorders, coaches, trainers, pullers, medics, spectators.

Necessary facilities:

Competition field for **outdoor** Tug of war the area needs to be flat (natural field with grass); marks (40 m X -5 m/ minimum for each rope); one centre line shall be marked on the ground;

The **indoor** hall for indoor Tug of war the length of the pulling surface will be 36 metres and the width is between 100 and 120 centimetres. One (1) centre line and two side lines (4) four meters either side of the centre shall be marked on the pulling surface/floor; if room is limited, then you could pull diagonally across the hall.

Changing rooms (tents) and showers, toilets;
Place for recording and sufficient tables and chairs, tent - outdoor shall be provided for the secretariat - recorders and timekeepers;

Place where teams rest;

Marshaling area;

Warming up area (for pulling);

Information board;

Medical assistance;

Weigh- in room or suitable place)

Judges (weight master, recorder, timekeeper)

Equipment – tables, chairs, individual scales (control), stamp, weigh - in sheets (personal and team).

Weight – in procedure



The stamp and weigh-in sheet



Weigh-in procedure.

*Stamping Procedure*

Teams sheet - calculate weight (annex Nr.2)
Draw the sheets for competition (annex Nr.3).

Rope marking

Equipment: measuring- tape for competition area and ropes mensuration.

Procedure – rope marking out-door shall be in tree different colours, in-door shall be in two different colours.

*Rope measuring and marking*

Judges equipment

Whistle, coin (draw), pen, measuring tapes 3 color for rope (red + green + yellow) knife or scissors.

Recorder's equipment

Pens, pencils, ruler, clips, stick, plastic files, all weather clip board, scissors, ruler, stopwatch, local

competition regulations (annex Nr.4), (TWIF rules manual), draw sheets, weight in sheets.

Awards ceremony

Trophy, medals, diplomas.

“Sport for all” competition in Tug of war.

Sports teams are often formed in all the places. To the team should have an equal race regulations to determine whether the number of participants, women's, men's number, as if the team the children involved in together with adults.

*Pulling in the sand*

Extraordinary “Big Tug of War” competition

*The “Big Tug of War” on the bridge over the river Daugava, 2012. 4th May.*

Latvia TWF have three years (2012, 2013, 2014.) of experience in organizing “Big Tug of war” on the asphalt in Riga for significantly the number of participants.

Organizing unusual Tug of war competitions

We recommend the following (see annex Nr. 5):

Age of participants - Regardless of gender in Big Tug of War may participate in the population aged 16 and over.

Clothing - Tracksuit or daily (preferably with long arms), as well as elbow and knee protection (padding).

Shoes - Sports or casual (shoes, boots - preferably rubber sole with a low heel).

Rope marking

If participates in a large number of trucks strength of the rope should be checked. Organizing matches with the larger amount of the pullers on rope, then require a longer rope and necessary calculate how many people can stand on.

Ropes center marked with red tape, two (2) tapes or marking each four (4) meters on either side of the centre marking, two (2) tapes or markings each five (5) metres on either side of the centre marking then the rope is be marked every 50 centimeters on both sides of the five (5) meters marking.

Participants gripped the rope on both sides of each other at arm's distance.

It is strictly prohibited

Wear shoes with a sole roughness, which can endanger other pullers. The wrist should not rub any lubrication agent (resin, magnesium, etc.), which causes friction and prevents your hands free to slide and move along the rope.

Safety

If during a pulling a participant can not continue pulling (not feeling well or for other reasons), then he can leave. If possible the Tug of war instructors ensure safety during a pulling.

Grip – hold the rope in front, the palms both hands facing up. It is prohibited to enlase the rope around your hand and then hold the rope!

Each puller is responsible for their own health by signing the registration list of participants.

Winning a pull - Pull out the opposing team 4m.

Tug of war in schools

Tug of War is a sport where every member of the team is equal. To succeed a team has to work together, encouraging true cooperation and team discipline. Mixed teams are allowed which makes the sport ideal for school sports days.

Pulling distances. For standard Tug of war competitions, the objective is to pull the opposing team 4 metres from a fixed centre point. Whilst this distance is appropriate for most age groups, such distances could be reduced to cater for younger age groups. Suggested distances are as follows and could be varied should the instructor see fit:

- Under 8 (year 1-3) – 2 metres
- 8-9 (year 4) – distance – 2 metres
- 9-10 (year 5) – distance – 3 metres
- 10-11 (year 6) – distance – 3 metres
- 11-12 (year 7) – distance – 3 metres
- 12-13 (year 8) – distance – 3 metres
- 13-15 (year 9-10) – distance – 4 metres
- 16-18 (year 11-13) – distance – 4 metres

Boys and girls may compete together on the same team but it is better that they do so only at the younger age groups. Teams can also be divided by age/year group, so that pupils of the same age compete against each other [2].

General security regulations of Tug of war

1. The area (outdoor) should be clear of any litter, debris, loose stones, etc and free from any other obstruction.

2. The sports hall (indoor) the floor should be clear of any obstructions,

and in addition, any water/spillages should be wiped away and dried before Tug of war takes place to prevent slippages.

3. Especially with older adults, be careful with this activity, especially if they are unfit or if overexertion is contraindicated (e.g., heart problems).

4. Participants should prepare appropriately e.g., watches and hand jewellery off.



5. Divide into groups and make sure the groups appear to be of similar weight or similar number („Sport for all”).

6. Brief group on normal tug-of-war safety rules, basically:

- no wrapping or tying rope around anyone or anything - **only hold rope with hands**
- watch out for rope burn on hands - **let go if rope is moving through hands**
- watch out for rope burn on body- **let go if you lose footing**

7. Teams are not allowed to suddenly let go of the rope and deliberately cause the opposing team to fall over.

8. First Aid will be available on site for all minor injuries.

9. The competition area must have suitable fences/ barriers to prevent spectators getting too close to the action. Ensure that spectators have adequate room and are not forced into small areas [1,2,3,4.].

References

1. <http://www.wilderdom.com/games/descriptions/MultiWayTugOfWar.html#diagram>
2. <http://www.tugofwar.co.uk/>
3. <http://www.gensb.eu/>
4. <http://www.tugofwar-twif.org/>
5. <http://www.lvvf.lv/>

THE PARTNERS EXPERIENCE DURING THE PROJECT

LATVIAN TUG OF WAR FEDERATION EXPERIENCE DURING THE PROJECT



Latvian Tug of war Federation

Dzintars POLNA

Project's "Let's pull together" seminar held **May 17-19th, 2013, Ventspils.**

Place - Semnar held in Ventspils, Olympic Center „Ventspils”, Sporta iela 7/1

Facilities - Seminar room, indoor track and field arena, Tug of war pulling area. Multimedia seminar room with a projector and sound system, indoor track, outdoor truck – Stadium warming up area, „derek” for one puller and for team, rotating exercise machine;.

Equipment - ropes, flags, tape, tape measure, posters, leaflets, badges, banners, diplomas, audio system, microphone etc., tents, field kitchen, trophies, writing board, T-shirts, gifts for the participants and winners.

Latvia TW Federation have experience - 20 year involved in the International Tug of war federation, we have four TWIF grade judges.

Seminar languages: latvian, english, russian

Seminars programm

May 17th, 2013

12.00	Lunch
12.30	Introduction, international group tasks during the seminar, team building
15:30 to 16:00	Registration of participants.
16:00 to 16:15	Introduction. Opening of the workshop and dating.
16:15 to 16:30	Tug of war sport in the World and Latvia
16:30 to 17:00	Tug indoor team building, training and preparation
17:00 to 17:20	TOW competitions premises-characterization and organization, team activity.
17:20 to 17:45	Tug of war contest rules, judging competitions (indoors and outdoor).
17:45 to 18:00	Break.
18:15-19:15	Practice premises -by all workshop participants (Involvement in activities. group creating)
19:15-19:45	Discussion and questions (Involvement)
20:00	Dinner.
21.00	Meeting – first day evaluation and tasks for 2nd day

May 18th, 2013

08:00 to 09:00	Breakfast. Preparation - international group Involment in 2nd day „worming up” game (use your language), participation in seminar
10:00-10:45	Rope pulling outdoor of team building, training and preparation.
10:45-11:15	Tug of war competition outdoor organization.
11:15-11:45	Recording and its activities.



- 11:45-12:00 Break.
(Involvement in activities – group's creating)
- 12:15-13:15 Practice outdoor (stadium) by all workshop participants.
- 14:00-15:00 Lunch.
- 15:00-15:30 Tug of war Sports General Administration characterization (become judges, learn next day competition roles).
- 15:30-16:30 Discussion and questions. The division of responsibilities next day.
- 18:00-19:00 Dinner. Steering committee meeting – international group meeting

19.05. 2013.

- 07:00-08:00 Breakfast
- 09:00-11:00 Preparation for competition
- 11:00-13:00 Tug of war contest organization, management, adjudication - a practice session workshop participants.
- 13:15-14:00 Workshop evaluation and closure. Certificates, Diplomas, awards. International group evaluation (contract).
- 14:00-15:00 Lunch.

Seminars content and presentations

Lectures - multimedia presentation:

- The history: Tug of war sport in the world, Latvia
- Tug of war indoor team building,
- Training and preparation,
- Tug of war competitions - character and organization, team activity,
- Motor abilities & strength building - training methods,
- Tug of war sport rules, judging indoor and outdoor competitions,
- Tug of war sport general administration,
- Film about Tug of war rules.

Practical classes – indoor and outdoor (by all workshop participants)

- Stamping.
- Rope pulling.
- Recording and time keeping.
- Coaching: watching, correcting, instructing, encouraging, conducting, directing.
- Judging: basic rules position judge, start procedure, infringement, finish pull and match.
- Team building, technique: basic position, walking, setting the pullers, position - anchor man rules, synchronization - teamwork.
- Warming up with different exercises.

Seminar participants „different backgrounds”

Volunteers participated in the seminar	Total	Average age	Nationalities	From Locations in Latvia	Occupations
Man 21 Woman 9	30	32,5	Lithuanians, Latvians, Russians, Polish, Hungarians Estonians	Jelgava Saldus Sigulda Jēkabpils Malta Lūznava Viesīte Riga	Sport teachers, Sport Academy professor, University lecturer, Police, Fireman, Security, Military, Students, Municipality representatives, Bookkeeper, Sport club leader, Businessman
			6	8	12

Volunteers professional growth

Total amount of participants in the seminar	I. Trained Weight in	II. Trained in Stamping	III. Trained Marshals (find teams and stand on line)	IV. Future trained and wished to become judges	V. Future trained wished to be time keepers, Recorders	VI. Trained to organize and judge Tug of war Competition Total during seminars	VII. Future trained Wished to be Coaches	VIII. Future trained Wished to be Organizers	IX. Future trained Wished to be pullers
30	2	2	2	2	2	10	7	5	8



Seminar / Competition

19.05.2013	Weight in room	Weight in room	Tug of war area	Volunteers duties
Ventspils Olympic Center Tug of war area	Weight in	Stamping	Preparation for competition	Judges Recorders Marshals Timekeepers Organizers
Teams 11/ 99 participants	Awarding ceremony each participant received a diploma and 4 best teams – cups	Competition roles- open for each Competitors	Participate: Mixed teams – adults, youth, different genders	

Volunteers experience



I am Leonids Čupriks, Latvian Academy of Sports Education professor. I was invited to participate in the project Latvian Tug of war federation General Secretary Lilita Mukina.

The Latvian Tug of war Federation in the framework of the project “Let’s pull together” fi-

nanced by the Sports Department of the European Commission has received a grant. From May 17 till May 19, 2013 a seminar for training volunteers was held in Ventspils Olympic Center for volunteers to be knowledgeable in tug of war sport and could be competition judges, secretaries or organizers. On the last day of the seminar the participants proved their knowledge and skills by organizing competitions for Ventspils city senior classes schoolchildren. The seminar held by the Latvian Tug of war Federation (run by the President of the Federation Dzin-tars Polna, General Secretary Lilita Mukina, the Head Coach of the National team Ainars Zablovskis and the Judge of the International category Aivars Brakmanis) was a significant development for vol-unteers from Lithuania, Poland, Hungary, Estonia and Latvia.

Application of a rope in life is various. Tug of war has old sports traditions. Starting from 1900 till 1920 this kind of sport was included in the program of the Olympic Games, and at present the representatives of this sport are struggling for the restoration of the Olympic status. The first Latvian Championship in Tug of war outdoors was held in Talsi in 1991, but indoors in Lielupe in 1995. Since then Latvia masters of this sport take a stable place among the world top athletes.

All participants of the seminar, who took part in theoretical and practical classes, had a sense of togetherness and helpfulness in achieving the common goals. This volunteer training seminar gave an insight in Tug of war sport: in the history, judges work and training process.

The training process in Tug of war sport is a complicated pedagogical process, where the rules of pedagogy, psychology and biology come true at different levels. It is necessary for these rules to be applied in practice by both coaches and athletes, they state the systematic direction of Tug of war sports training process. The training principles or rules of Tug of war together with coaches and athletes provide the methodological principle. Due many connections existing between them, there is a definite system, and there is a necessity to acquire and apply it as a whole. The principles include all aspects and training tasks, as well as state the content, means, methods and the organization of Tug of war sports trainings. The principles are obligatory for coaches, as they should use the complicated models in education and practical training, and because they reflect the common practical experience in Tug of war sport.



Mr. Leonid Čupriks support compete schoolchildren

The specialists of the Latvian Tug of war Federation introduced the traditions of Tug of war sport to the seminar participants with the aim to develop new traditions. In order to implement education principles, competitions in Tug of war were held by the participants during the seminar, as well as co-operation was started between the Latvian Tug of war Federation and academic staff and students of Latvia universities. Tug of war sport was included into the program of Latvia University Championship for the first time in 2014. The Latvian Academy of Sport Education and the Latvian Tug of war

Federation took the initiative. This is only a beginning for the development of this kind of sport in the Latvian University Sport Federation and for its fruitful growth. Now there is the time when we can start learning from each other, and for our work to develop in a new quality. The representatives of the Latvian Tug of war Federation with an active program to popularize Tug of war sport caused a great interest between the participants of the seminar to widespread the program in regions of Latvia.

Each participant country in the project has their own plans to realize events after the project. Latvia is planning to strengthen co-operation with the Latvian Academy of Sport Education, which is the main educational and research institution of sport teachers, sport managers and coaches.

International group expert **Aivars Brakmanis**

My name is Aivars, from Latvia. In Tug of war sport, I am already for 20 years. I am a TWIF (Tug of war International Federation) judge. In this European project, I am one of the authors. I am an expert, lecturer and organizer. This is the first time, when I am involved in the project. I had experience in Latvia – Sweden cooperation project, when Latvia Tug of war start.

This was time when I learn lot of things. Non-formal education served as basis during the whole project. We organized short projects in five different countries involved in the project with the aim to acquire and improve knowledge and skills in Tug of war sports. Participants of different ages, gender, education and nationalities took part in seminars. After theoretical and practical activities of each seminar, the international groups' participants of seminars evaluated the procedure themselves. We wrote the proposals for improving the organization of next seminars, made the themes more precise etc.

In the project, I was trying to improve my knowledge and skills. Only at the end of the project, I have realized how clearer, better and more effective to make the future for competition organizers and the training of participants.



I can conclude that all the workshops organized in each country were different and not comparable. Lithuania and Estonia competitions were held on the seaside sand. In Latvia and Hungary the competitions were held on the lawn of the stadium and we had possibilities to use special Tug of War "dereks", but in Poland the race was held in a landfill meadow. Key elements of the training took place on a wide variety of surfaces -rubberized athletics track, asphalt, wood flooring and parquet. Recommendation - without specialized Tug of war boots it is best to start learning a towrope on the athletics track, wooden floors, and asphalt or rather soft ground. Conclusion - The newest member is the greater activity and emotion. The exception was in Hungary and Poland, were the contestants, regardless of the age of contestants, struggled and rejoiced the victory, as if they had participated in the Olympics. I was not able to observe other national differences, but I also enjoyed the following things - tasting a variety of national dishes, especially in Poland and Hungary.

The official language of the project was English, but often in discussions among participants from different countries, the Russian language was used. If a Pole could not find the right word used in English, then he said that in Polish, Latvians, and Lithuanians who understand Russian and Polish were put separately. The conversation between Latvians and Lithuanians could go on even without translation. I observed the same in case when APPLICATI, the so-called body language, and gestures were used. During the project, I've won a lot of friends in all

countries and even more like-minded. I advanced skills to speak in front of the audience, team work, to evaluate the performance of the other participants in the project. I myself developed skills in the use of IT technology, preparing and giving multimedia lectures, ordering tickets and taking care of travel. I learned myself training and communicating with young people of different nationalities.

I consider that we have improved our skills in intercultural education, widened our outlook. We have more understanding about common features and differences among people of different nationalities. I learned a lot having training and communi-

cating with young people of different nationalities. I received a lot of interesting information about their lives, their social life, interests, and entertainment. I have to know what they think about different things in Latvia, what they know about us and our lives in Latvia. I was pleased to see that many of participants are interested in Tug of war sport. I've improved my English and Russian language skills. In the future, I will certainly continue to contact all national Tug of war sport enthusiasts helping them to establish sports clubs and federations, to prepare the organizers and the different categories of judges. I am willing to participate in similar projects in the future.



Special exercises on exercise mashine



Work on "ladders"



Tug of war club „Velkonis” pullers demonstrate the teamwork



Work on "ladders"



Seminar participants at the rotary simulator



Seminar participants train weight in and stamping procedure



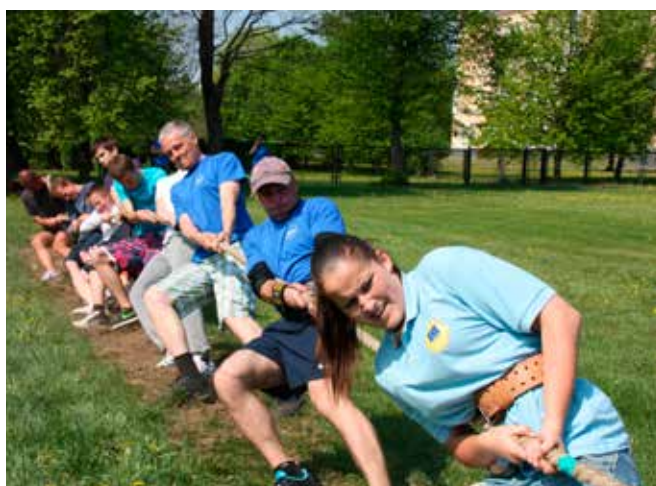
Seminar participants after practical indoor and outdoor exercises in Olympic Centre "Ventspils".



Team with first puller Raitis Silbergs from Saldus, World Junior champion 2002- now volunteer



Recorders in practical exercises



International expert Agne Žadeikytė demonstrates the proper pulling technique



Workshop participants with their certificates

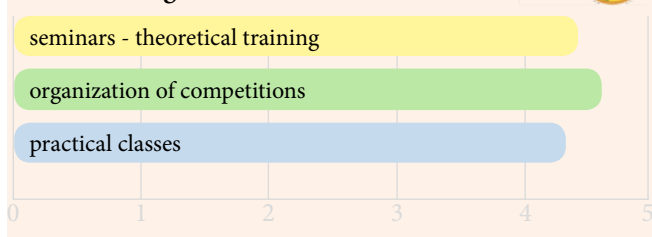


After succesfull seminar

Seminars content evaluation

	Latvia Ventspils 17.-19.05.2013	Evaluation scale 1-5
1.	Did you acquired the knowledge and skills in the seminar that you intended?	yes
2.	How do you evaluate the outline and the quality of teaching?	4,18
3.	Present in effective form of exciting, engaging teaching methods:	4,0
4.	Tug of war sport in the world and Latvia; indoor team building, training and preparation Tug of war competitions premises-characterization and organization of team activities. Tug of war indoor team building, training and preparation Practice areas; Tug of war contest rules, judging competitions (indoors and outdoors).	4,18
5.	Rope pulling outdoor team building, trainingand preparation; Tug of war competition out-the nature and organization; recording place of the race and action; Practical workout (the stadium). By all workshop participants; Tug of war port administration	4,64
6.	Tug of war competition LTWF championship - „Sport for all” organization, management, adjudication -a practice session the workshop participants	4,08
7.	Methodological and handouts qualityand content of the utility.	4,82
8.	Theoretical and practical relationship-or for the(1-5 point scale)	4,29
9.	International team's participation at the seminar?	4,1
10.	Do you learn something new about the sport Tug of war? (1-5 point scale)	4,29
11.	An organized social life- night accommodation, meals? (1-5 point scale)	5
12.	Seminar facilities	4,82
13.	The practical lesson	5

Rating seminar participants "Let's Pull Together"



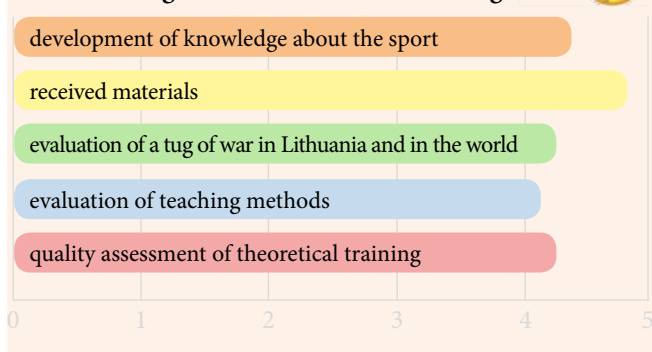
Rating seminar participants "Let's Pull Together"

Rating seminar participants "Let's Pull Together"

100%
of participants
have met
expectations.

100%
of participants
is interested in
the organization
of the even.

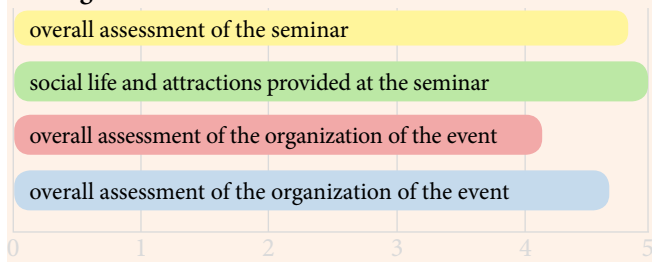
Rating seminar participants "Let's Pull Together" on theoretical training



Interculture education and international network

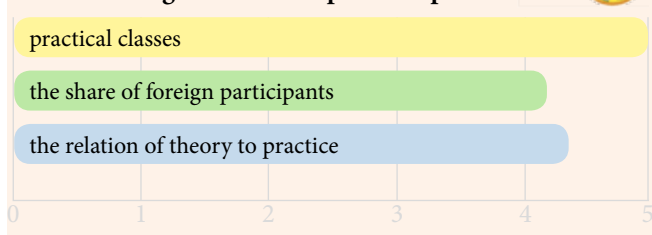
The seminar was held in Latvian port city on the Baltic coast - Ventspils, which is an important economic and cultural center of Kurzeme. Ventspils is proud not only to the fact that the city is cleaned up, but the townsfolk and guests have the opportunity to spend time together in Ventspils Adventure Park attractions that contributed to team building. In this seminar, we got to know each other and began to learn more about each other.

Rating seminar participants "Let's Pull Together" concerning the organization of the event



How to start "Catapult" – not Tug of war

Rating seminar participants "Let's Pull Together" on the practical part



„Flower Sculptures”, Ventspils Adventure Park

LITHUANIA TUG OF WAR FEDERATION EXPERIENCE DURING THE PROJECT



*Lithuania Tug of war
federation secretary general:*

Giedrius Grybauskas

Project's "Let's pull together" seminar held May 31.05-02.06, Palanga, Lithuania

Place - Seminar held in Palanga, Hotel „Palangos vėtra“, Daukanto gatvė 35

Facilities - Multimedia seminar room with a projector and sound system, indoor track, outdoor truck – stadium warming up area indoor area, Tug of war pulling area – Kretinga and Palanga beach.

Equipment – ropes, indoor, outdoor boots ropes, flags, tape, tape measure, posters, leaflets, badges, banners, diplomas, audio systems, microphone etc., tent, field kitchen, trophies, writing board, T-shirts, gifts for the participants and winners.

Lithuania TW experience - 10 years involved in the International Tug of War

Seminar languages - Main languages spoken in the seminar were English, Lithuanian and Russian. During informal meetings we learned words and phrases in Hungarian, Latvian, Estonian and Polish languages.

Seminars programm

31st of May

- 16.00 Arrival, accomodation, registration
- 17.00 Introducing, beginning of the teory of the projects
- 17:30 Beginning of collecting a Tug of war team
- 18:00 Preparation to the firs training of tug of war
- 18:30 Competition sheets, rules, regulation, schedules
- 19:30 Dinner
- 20.30 Steering group meeting

1st of June

- 9:00 Theory: individual preparation to the tug of war sport
- 9:30 Judging on the rope
- 10:00 Practical meeting on the rope
- 10:30 Team mixing and 1 training
- 13:00 Lunch
- 14:30 Preparation to the seminar participant competition
- 15:00 Competition on the beach (ropes, pocals, place ect
- 18:00 Generalization
- 19:30 Dinner
- 21.00 Intercultural event

2nd of June

- 8:00 Breakfast
- 9:00 Participants allocation to the different activities
- 9:30 Lithuania open CH. (weigh in, ref, judge ec.)
- 10:00 Lithuania open CH
- 13:00 Lunch
- 14:00 Seminar closing: Diploma, Certificate, Awards

Content of the seminar and presentations

Lectures - multimedia presentation:

- The history: Tug of War sport in the world,
- Tug of War indoor team building,
- Training and preparation,
- Tug of War competitions - character and organization, team activity,

Motor abilities & strength building - training methods,

- Tug of War sport rules, judging indoor and outdoor competitions,
- Tug of War sport general administration,
- Film about Tug of war rules.

Practical classes – indoor and outdoor (by all workshop participants):

- Stamping.

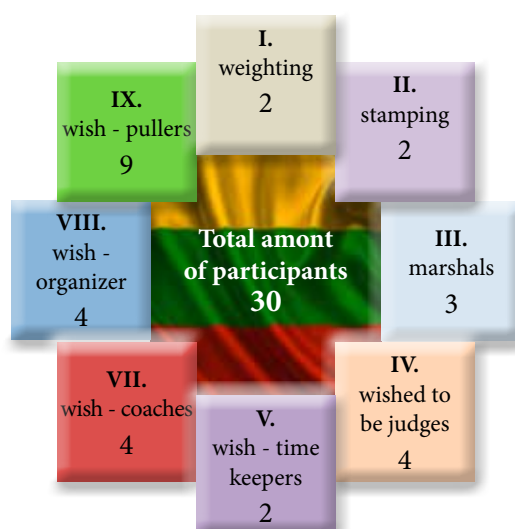
- Rope pulling.
- Recording and time keeping.
- Coaching: watching, correcting, instructing, encouraging, conducting, directing
- Judging: basic rules position judge, start procedure, enfrigement, finish pull and match
- Team building, technique: basic position, walking, setting the pullers, position - anchor man rules, synchronization – team work

Seminar participants „different backgrounds”

Volunteers participated in the seminar	Total	Average age	Nationalities	From Locations in Lithuania	Occupations
Man 16 Woman 14	30	25	Lithuanians, Latvians, Russians, Polish, Hungarians Estonians 6	Panevežys Kaunas Vilnius Alitus Mariampolis Palanga 6	Students, Military, Sport teachers, Police, Tug of war clubs leaders, Sport managers 6

Volunteers professional growth

Total amount of participants in the seminar	I. Trained Weight in	II. Trained in Stamping	III. Trained Marshals (find teams and stand on line)	IV. Future trained and wished to become judges	V. Future trained wished to be time keepers, Recorders	VI. Trained to organize and judge Tug of War Competition Total during seminars	VII. Future trained Wished to be Coaches	VIII. Future trained Wished to be Organizers	IX. Future trained Wished to be pullers
30	2	2	3	4	2	13	4	4	9



Seminar / Competition

2nd of June	Hotel Palangos Vētra	Hotel Palangos Vētra	Beach Palanga	Volunteers duties
Palanga, Baltic Sea beach, Kretinga sport arena	Weight in	Stamping	Preparation for competition	Judges Recorders Marshals Timekeepers Organizers
Participate in the competition Teams 12/ 108 participants	Awarding ceremony each participant received a diploma and 4 best teams – cups	Competition roles- open for each Competitors	Participate: Mixed teams – adults, youth, different genders	



International expert from Lithuania Darius Černiauskas present Lithuania Tug of war federation



The pullers and judges in the action



Practical training



Tug of war competition in the Palanga beach



International expert from Hungary Peter Pipo supporting volunteers



First time as the judge on the field



Seminar participants successfully graduate seminar

International experts experience during seminar



My name is Darius Černiauskas, I am 28 years old from Lithuania. I have served in the Lithuanian armed forces for 9 years. For the first time I took part in Tug of war competition in 2009, there were military games. In 2012 I started training with the club from Panevėžys „Ąžuolas“. I was asked to take part in this project by LVTF (Lithuanian Tug of war federation). In the seminar in my country I was talking about Lithuanian Tug of war federation history, teaching how to pull and taking part in competitions. In seminars in other countries I have been teaching how to pull, taking part in competitions, helping in organization. I have shown how to warm up before the competition. In the project I get to know more about the Tug of war history, about rules, about trainings. I meet interesting people from different countries, I get more knowledge about their countries, culture, people. With project participants I communicate in the English and Russian languages. I understand also some words in Latvian. It was very interesting to get to know more information about all countries. Every country is different and has many interesting things. Working at seminar is a very important and responsible task, because you are teaching and speaking about Tug of war with people, who know nothing about this sport. But also you want to know something new about that country, their people. I think that the best workshop conditions, ratio of the theory and practice was in Poland. In future I will take part in Tug of war

competitions and popularize this kind of sport (in future I want to make a new Tug of war team in Vilnius city, now there are no teams). In future I agree to participate in the similar project again.

The International group expert
Eugenijus Deksnys



My name is Eugene Deksnys, I am from Lithuania. I have been an organizer in Lithuania Tug of war federation since 2002. I have been TWIF Panel judge since 2008. In this European project “Let’s pull together” I started to participate from Palanga (Lithuania) workshop, where I was invited to a team as an expert. Later in the project I attended all seminars in Hungary, Estonia and Poland.

At the start of the project my knowledge of the English language was not good enough. I could not effectively communicate with all participants in English, but with Latvians, Estonians and with some Polish I can talk in Russian. At the end of the project my English became much more better. During the project, I realized how I can organise and prepare the events better, clearer and more effectively. The project experience will help our country organize the Tug of war sport more effectively and young people enter in to this sport.

I would really like to express my thanks to the Latvian experts - managers appreciate their efforts in organizing the events. I express my thanks to Polish experts who, in my opinion, organized the best seminar in Warsaw. I liked Hungarian practice tournament where I was invited very much because

of many European countries participating – especially Serbia pullers. The competition in Estonia was on the beach. There was very friendly, children were interested in new kind of sport. From Hungary I will remember the very sunny weather, delicious national cuisine and royal coronation celebrations in Old City. From Estonia I will remember tour around Tallinn at night. Last seminar day we went to Estonian presidency, Jekaterinas park, the Song Festival Ground and Monument to seamen.

All seminars, despite the language barrier, gave me a lot of useful information. All project participants have become good friends to me. In the future, I would like to continue to participate in the similar project.

The International group expert
Agnė Žadeikytė



My name is Agnė and I am police university student from Lithuania. In Tug of war sport I am already 7 years. I started in a youth team, when I become an 18 years old I joined with women team. During this 7 year period I could put to the test lots of positions of this sport: as a puller, as a judge and now as a coach. In my practice I had three different coaches, which results in my such a big amount of knowledges of this sport.

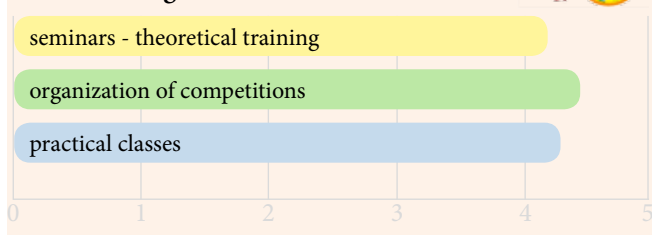
“Let’s pull together” project gave me lot of experience in judging. I was glad to had the ability to ask everything what was not clear for me. All Latvian experts and coaches shared their experience in this sport and gave me lots of advices how to judge correctly. The biggest pros of this project is that it gave me the ability to involve all my team members in this sport more and I was considerably glad that they could develop their tug of war skills with these sport professionals.

One of the biggest ambition of my in this sport is became a TWIF judge. It will be a peak of my personal developing in this sport. And I am sure that with Latvian judges, with Lithuanian judges will help me to reach this stated aim.

Seminars content evaluation

	Lithuania, Palanga -31.05-02.06. 2013	Evaluation scale 1-5
1.	Did you acquired the knowledge and skills in the seminar that you intended?	yes
2.	How do you evaluate the outline and the quality of teaching?	4,42
3.	Present in effective form of exciting, engaging teaching methods:	4.2
4.	Tug of war sport in the world and Latvia, Lithuania; indoor team building, training and preparation Tug of war competitions premises-characterization and organization of team activities. Tug of war indoor team building, training and preparation Practice areas; Tug of war contest rules, judging competitions (indoors and outdoors).	4,57
5.	Rope pulling outdoor team building, training and preparation; Tug of war competition out-the nature and organization; recording place of the race and action; Practical workout (the stadium). By all workshop participants; Tug of war sport administration	4,8
6.	Tug of war competition LtTWF championship - „Sport for all” organization, management, adjudication -a practice session the workshop participants	4,78
7.	Methodological and handouts quality and content of the utility.	4,35
8.	Theoretical and practical relationship-or for the(1-5 point scale)	4.4
9.	International team's participation at the seminar?	4,15
10.	Do you learn something new about the sport Tug of war? (1-5 point scale)	4,6
11.	An organized social life- night accommodation, meals? (1-5 point scale)	4,0
12.	Seminar facilities	4,5
13.	The practical lesson	4,26

Rating seminar participants "Let's Pull Together"



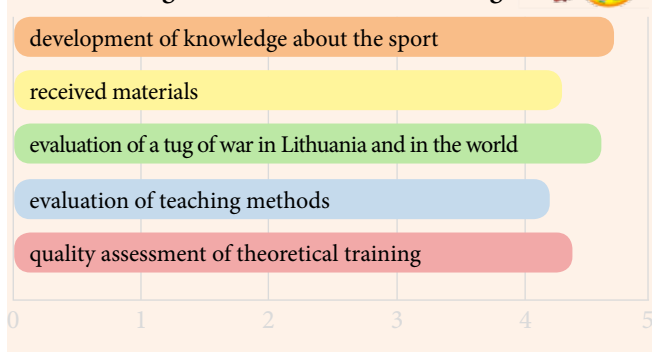
Rating seminar participants "Let's Pull Together"

100%
of participants
have met
expectations.

Rating seminar participants "Let's Pull Together"

100%
of participants
is interested in
the organization
of the even.

Rating seminar participants "Let's Pull Together" on theoretical training

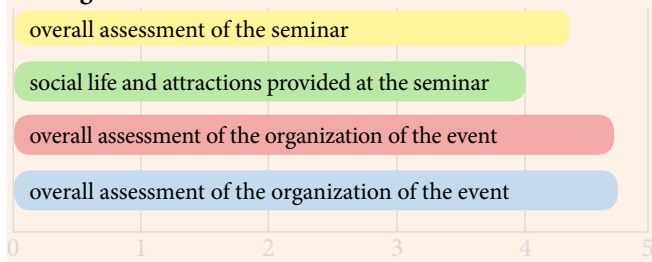


Intercultural education of International network Lithuania

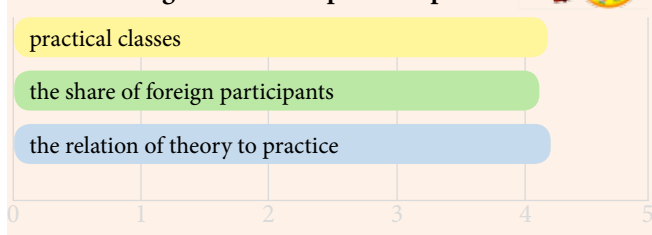
The seminar will be held in the resort town of Palanga where the Amber Museum, the Dolphinarium, a splendid beach, sports and healthy life style tradition. The city held an annual festival of "Sports for All" line dance festival.

We tried to start working together for a workshop to discuss content and methods of the. Programme. The warm spring sun, the beautiful seaside and a donation of people warmed us.

Rating seminar participants "Let's Pull Together" concerning the organization of the event



Rating seminar participants "Let's Pull Together" on the practical part



HUNGARIAN TUG OF WAR ASSOCIATION EXPERIENCE DURING THE PROJECT



Hungarian Tug of war Association

*prezident **Peter PIPO***

Date August 16-18th, 2013, Szekesfehervar

Place - Hotel "JANCSAR", Balatoni ut 19-43

Facilities - Seminar room, indoor track , sport arena Szekesfehervar, Maroshe 94, Radio, Tiezo-vari, Jozseff Sportpalya, derek; multimedia seminar room with a projector and sound system, indoor track, outdoor truck – Stadium warming up area.

Equipment - ropes, flags, tape, tape measure, posters, leaflets, badges, banners, diplomas, audio systems, microphone etc., tents, field kitchen, trophies, writing board, T-shirts, gifts for the participants and winners.

Hungaria TW Association have experience - 5 year involved in the International Tug - of - War.

Seminar languages - hungarian, english, russian

Seminars programm

August 16th

- 15:30 to 16:00 Registration of participants.
- 16:00 to 16:15 Opening of the workshop and dating.
- 16:15 to 16:30 Tug of War sport in the world and Latvia.

- 16:30 to 17:00 Tug of War indoor team building, training and preparation.
- 17:00 to 17:20 Tug of War competitions premises - characterization and organization, team activity.
- 17:20 to 17:45 Tug of War competition rules, judging competitions (indoors and outdoors).
- 17:45 to 18:00 Break.
- 18:15 to 19:15 Practice premises. By all workshop participants.
- 19:15 to 19:45 Discussion and questions.
- 20:00 Dinner
- Steering and international experts group meeting

August 17th

- 08:00 to 09:00 Breakfast.
- 10:00 to 10:45 Rope pulling outdoor, team building, training and preparation.
- 10:45 to 11:15 Tug of War competition outdoor - the nature and organization.
- 11:15 to 11:45 The recording and its activities.
- 11:45 to 12:00 Break.
- 12:15 to 13:15 Practice in stadium by all workshop participants.
- 14:00 to 15:00 Lunch.
- 15:00 to 15:30 Tug of war Sports General Administration characterization.
- 15:30 to 16:30 Discussion and questions. The division of responsibilities next day.
- 18:00 to 19:00 Dinner
- Intercultural event

August 18th

- 07:00 to 08:00 Breakfast
- 11:00 to 13:00 Tug of War contest organization, management, practice workshop
- 13:15 to 14:00 Workshop evaluation and closing. Certificates.
- 14:00 to 15:00 Lunch.

Seminars content and presentations

Lectures - multimedia presentation:

- The history: Tug of war sport in the world,
- Tug of war indoor team building,
- Training and preparation,
- Tug of war competitions - character and organization, team activity,
- Motor abilities & strength building - training methods,
- Tug of war sport rules, judging indoor and outdoor competitions,
- Tug of war sport general administration,
- DVD about Tug of war rules.

Practical classes – indoor and outdoor (by all workshop participants):

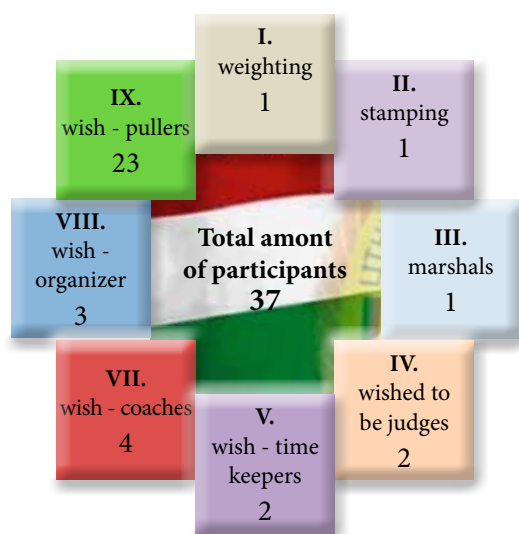
- Stamping.
- Rope pulling.
- Recording and time keeping.
- Coaching: watching, correcting, instructing, encouraging, conducting, directing
- Judging: basic rules position judge, start procedure, infringement, finish pull and match
- Team building, technique: basic position, walking, setting the pullers, position - anchor man rules, synchronization - teamwork.

Seminar participants „different backgrounds”

Volunteers participated in the seminar	Total	Average age	Nationalities	From Locations in Hungary	Occupations
Man 20 Woman 17	37	26	Lithuanians Latvians Ukrainians Russians Ireland England Estonia Serbia Poland Hungary	Szekesfehervar Nagysap Soponya Cece Oroshaza Nadasladany Szeged Mohacs Tompá Szabadka Esztergom	Businessman, Sport teacher, Individual implementer, School teacher, Seller, nurse, Medicine, Military, Fireman, Coach, Sport instructor Unemployed
			10	11	13

Volunteers professional growth

Total amount of participants in the seminar	I. Trained Weight in	II. Trained in Stamping	III. Trained Marshals (find teams and stand on line)	IV. Future trained and wished to become judges	V. Future trained wished to be time keepers, Recorders	VI. Trained to organize and judge Tug of war Competition Total during seminars	VII. Future trained Wished to be Coaches	VIII. Future trained Wished to be Organizers	IX. Future trained Wished to be pullers
37	1	1	1	2	2	7	4	3	23



Seminar / Competition

18th August 2013	Hotel Janskar	Hotel Janskar	Stadium	Duties
Szekesfehervar, Maroshe 94, Radio, Tiezovari, Jozseff Sportpalya	Weight in	Stamping	Area Preperation for competition	Judges Recorders Marshals Timekeprs Organizers
Teams 9/ 81 participants	Awarding ceremony each participant received a diploma and 4 best teams – cups	Competition roles- open for each Competitors	Participate: Mixed teams – adults, youth, different genders	

International expert experience



My name is Peter Pipo, I am 38 years old from Szekesfehervar, Hungary. I am a tiler in my city. First time I took part in Tug of war competition in 2008, it was in Ireland, I lived and work there. My boss Martin Hogan from Ireland showed me this beautiful sport. After

when I come home, I created the Hungarian Tug of war sport association in January, 2012. I take part in a project in 2013, Lilita Mukina from Latvia gave me a chance for this. I was one of the organizers in Hungary. I was talking about Hungarian Tug of war history. I teaching how to pull the rope with Martin Hogan from Ireland, Ainars Zablovskis from Latvia and Agne Zadaikyte from Lithuania, taking part and organise in competitions.

I was in all seminars in Latvia, Lithuania, Estonia and Poland. I teach new pullers how to pull the rope, I take part in competitions and help in organization.

After all seminars I know more about Tug of war history, about rules, about trainings, about competition organization, about the training machines, about how to teach the sport. I met an interesting people from different countries (from Ireland, Latvia, Lithuania, Russia, Serbia, England, Estonia, Poland, Ukraine). I get more knowledge about these countries culture, people, nature, climate, food and etc. Every country is different and has many interesting things. From all countries I will remember- In Latvia I first time meet all participants and first time hear about Tug of war history, from Lithuania I remember the sun shine weather and the Baltic sea beach, in Hungary I meet people from lot of nationalities, I must use a lot travel vehicle to travel to Estonia and back home and I think the best seminar was in Poland- the organization, friendship, hospitality. But above all, everywhere was love to this sport and this is the first and most important thing.

With project participants I communicate in English and Hungarian languages. Some times I must use body language and gestures.



International expert Peter Pipo presenting Hungarian Tug of war federation

In future I would like to popularize and organize some competitions in Tug of war. Now we discuss with the biggest sports organization in Hungary about training and competition and about proper financial backing. If somebody ask me: Would you like to participate in a similar project again? I will answer: Yes of course, I will do it again anytime.

International group expert

Diana Shalimova



My name is Diana Shalimova. I am from Hungary, where I lived for more than 5 years. But I am Ukrainian by nationality, because I was born and raised in Ukraine. I work in a company as a translator. I was invited to participate in the project by Hungary Tug of war Federation president Peter Pipo, because without Russian and Ukrainian languages I know both Hungarian and English.

Before the project, I did not know anything and was pleasantly surprised by this interesting and exciting sport. I learned that the Tug of war sport has

even been Olympic sport. That happens both European and the World Championships. I learned that there is a serious contest rules. As one of the team pulled together and women both man. It prompted me to participate in this project seminar Tug of war competition as a puller in Poland. It was very very hard and I realized however, that I will not be puller but would like to become the organizer.

Different conversations with the participants in the project I had to use all my knowledge of languages. It was an important conversation between

the Lithuanian and Hungarian, both interlocutors even did not know English, I had to translate from Russian to Hungarian and vice versa, but it was great fun.

In the future I will try to work to help organize various competitions and definitely will keep in touch with the new friends from all 5 European countries. If I could, I would definitely participate in similar projects as I can to improve my language skills and I can improve my organizational skills.



Workshop



Hungarian athlete demonstrates a new training device



Participants of the seminar explores outdoor boot



Team work on special "ladders"



Tug of war „Derrick”



Tug of war competition



Tug of war competition



Competition winner team

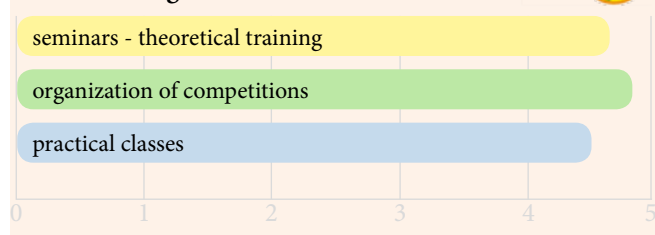


Seminar participants

Seminars content evaluation

	Hungary Székesfehérvár 17.-19.08.2013	Evaluation scale 1-5
1.	Did you acquired the knowledge and skills in the seminar that you intended?	yes
2.	How do you evaluate the outline and the quality of teaching?	4,5
3.	Present in effective form of exciting, engaging teaching methods:	4,3
4.	Tug of war sport in the world and Latvian, Lithuanian, Hungarian; indoor team building, training and preparation Tug of war competitions premises-characterization and organization of team activities. Tug of war indoor team building, training and preparation Practice areas; Tug of war contest rules, judging competitions (indoors and outdoors).	4,6
5.	Rope pulling outdoor team building, training and preparation; Tug of war competition out-the nature and organization; recording place of the race and action; Practical workout (the stadium). By all workshop participants; Tug of war port administration	4,8
6.	Tug of war competition LtTWF championship - „Sport for all” organization, management, adjudication -a practice session the workshop participants	4,43
7.	Methodological and handouts quality and content of the utility.	4,65
8.	Theoretical and practical relationship-or for the(1-5 point scale)	4,5
9.	International team's participation at the seminar?	4,25
10.	Do you learn something new about the sport Tug of war? (1-5 point scale)	4,7
11.	An organized social life- night accommodation, meals? (1-5 point scale)	5
12.	Seminar facilities	5
13.	The practical lesson	5

Rating seminar participants "Let's Pull Together"



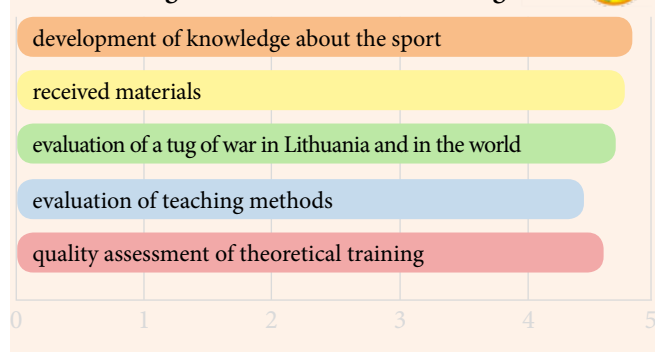
Rating seminar participants "Let's Pull Together"

100%
of participants
have met
expectations.

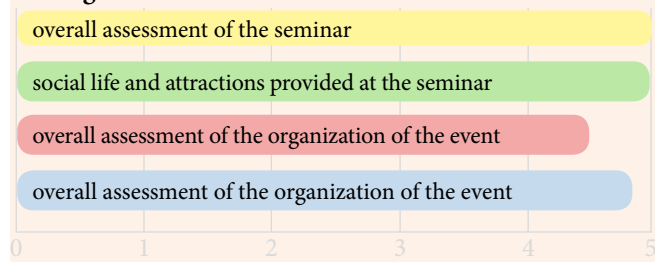
Rating seminar participants "Let's Pull Together"

100%
of participants
is interested in
the organization
of the even.

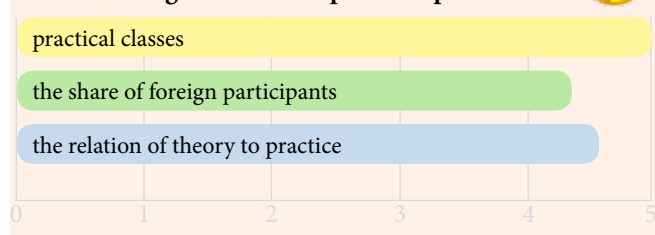
Rating seminar participants "Let's Pull Together" on theoretical training



Rating seminar participants "Let's Pull Together" concerning the organization of the event



Rating seminar participants "Let's Pull Together" on the practical part



Interculture education and international network

Hungarian cuisine - remember everyone. Szekesfehervar in Hungary, a town located in the heart of Europe. August 17th held a grand celebration - the Royal coronation Celebration that takes place once every 1,000 years. International Expert Group 4 members led by practical warm-up session before the competition. There was a belief that each expert can contribute to the project. The seminar was attended by 10 nationalities. It seems that we are becoming a strong team ... we become friends.



The Royal coronation Celebration in Old Szekesfeherva

MTU TALLINN RUGBY CLUB ESTONIA EXPERIENCE DURING THE PROJECT



Estonia Multi Sport Club

John Slade

Date Tallinn, 27-29th September, 2013.

Place - "Stroomi hotel", workshop/seminar Karjamaa school,

Facilities - Seminar room, indoor area, Tug of War pulling area -near Karajam school, Koopli beach multimedia seminar room with a projector and sound system, indoor track, outdoor truck - stadium warming up area.

Equipment - ropes, flags, tape, tape measure, posters, leaflets, badges, banners, diplomas, audio systems, microphone etc., tents, field kitchen, trophies, writing board, T-shirts, gifts for the participants and winners.

Estonia TW experience - Have not experience in the International Tug of war

Seminar languages - estonian, english, russian

Seminars programm "Let's pull together"

27th of September

Arrival, booking into "Stroomi Hotel"

- | | |
|-------------|---|
| 16.00 | Workshop/seminar Karjamaa school |
| 16.00-16.15 | Opening of the workshop and dating. |
| 16.15-16.30 | Tug of war sport in the world and partners organizations |
| 16.30-17.00 | Tug of war competition rules |
| 17.00-17.15 | Break - tee, coffee |
| 17.15-18.30 | Outdoor and indoor Tug of war teambuilding, training and preparation |
| 18.30-18.45 | 1st day summary - Questions |
| 18.45-19.30 | Dinner in "Stroomi hotel" |
| 19.30-20.30 | International group meeting (Project deliverables, first financial report - cofinancing, preparation for events in 2014, the seminar in Poland.) |

28th of September

- | | |
|-------------|---|
| 07.30-08.30 | Breakfast |
| 09.00 | Organization of Tug of war competitions, recording |
| 10.30 | Practical training - outdoor - indoors (Outside grass/beach/ indoors) |
| 12.30 | Lunch at Stroomi hotel |
| 13.45 | Tug of war administration; participants tasks for Sunday competition |
| 15.00 | Village/ tekams pulling contest (judge experts group) |
| 16.00 | 5 men competition (organiz, judge - experts group) |
| 18.30 | Dinner at hotel Stroomi |
| 20.00 | Old Town |

29th of September

- | | |
|-------|--|
| 08:00 | Breakfast |
| 09.30 | Weigh - in, stamping and forming the teams |
| 11.00 | Tug of war competition |
| 12.30 | Workshop evaluation and closure. Certificates. |
| 13.30 | Lunch. Departure. |

Seminars content and presentations

Lectures - multimedia presentation:

- The history: Tug of war sport in the world,
- Tug of war indoor team building,
- Training and preparation,
- Tug of war competitions - character and organization, team activity,
- Motor abilities & strength building - training methods,
- Tug of war sport rules, judging indoor and outdoor competitions,
- Tug of war sport general administration,
- Film about Tug of war rules.

Practical classes - indoor and outdoor (by all workshop participants):

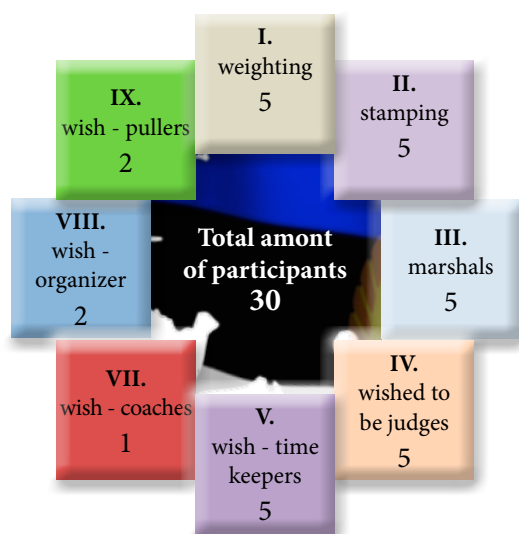
- Stamping.
- Rope pulling.
- Recording and time keeping.
- Coaching: watching, correcting, instructing, encouraging, conducting, directing
- Judging: basic rules position judge, start procedure, enfrigement, finish pull and match
- Team building, technique: basic position, walking, setting the pullers, position - anchor man rules, synchronization - teamwork.

Seminar participants „different backgrounds”

Volunteers participated in the seminar	Total	Average age	Nationalities	From Locations in Estonia	Occupations
Man 21 Woman 9	30	27,4	Lithuanians, Latvians, Russians, Polish, Hungarians, Estonians, British	Tallinn, Narva	Sport teachers, Multi sport club Coaches Clerk Military Students Secretary
			7	2	8

Volunteers professional growth

Total amount of participants in the seminar	I. Trained Weight in	II. Trained in Stamping	III. Trained Marshals (find teams and stand on line)	IV. Future trained and wished to become judges	V. Future trained wished to be time keepers, Recorders	VI. Trained to organize and judge Tug of War Competition Total during seminars	VII. Future trained Wished to be Coaches	VIII. Future trained Wished to be Organizers	IX. Future trained Wished to be pullers
30	5	5	5	5	5	25	1	2	2



Seminar / Competition

29th of September,	Hotel Stroomi	Hotel Stroomi	Beach	Volunteers Duties
Koopli, Baltic sea beach	Weight in	Stamping	Area Preparation for competition	Judges Recorders Marshals Organizers Timekeepers
Teams 8/ 72 participants	Awarding ceremony each participant received a diploma and 4 best teams – cups	Competition roles- open for each Competitors	Participate: Mixed teams – adults, youth, different genders	

Oksana Beregova experience



My name is Oksana. I'm from Estonia, Tallinn. I work in the Tallinn gymnasium Karyamaa as a secretary. To participate in the project I was invited by John Slade. Until then, I had not the slightest idea of what Tug of war sport means. However, the invitation to participate in

the project made me happy, because I like to learn something new. I think this is a good opportunity for self-education, as well as meeting new people from different countries. In the project I have been involved from the very beginning and I have been in Latvia, Lithuania, Poland and Hungary. In all seminars the first day was the theoretical part. For me it was a real discovery that Tug of war is the International team sport, not an Old Russian folk fun. I learned that there are clear Tug of war rules, and became acquainted with the rules of creation. Frankly, the whole theoretical part was new to me and interesting, so I listened to lecturers very carefully. The next day was practical. We drove to the stadium, where athletes were trained. I saw the looks of the form to practice indoors and outdoors. Particularly I was struck by shoes for practicing outdoors. They were huge and very heavy.



As Tug of war is a hard sport, the warm-up before training is needed. Warm-up should consist of specific exercises for specific muscle groups. Then they showed us how to work with a rope. I learned

how to hold the rope, saw a pulling position and anchor's position. I even tried to pull a rope itself on the simulator, it was very hard! Then the last day of competition was held. Responsibilities were distributed among the participants-judge, secretary, timekeeper, organizer, coach, pullers. I was a photographer for the day. I did not expect myself that I would be so rooting for the team. It was fun! And of course, we all were very happy for the winners! I believe that participation in the project gave me a lot of new knowledge and skills. I met people from different European countries, learned a lot about their culture, and the most important - to discover a new sport - Tug of war. I learned how to organize the competition and I've learned to fill in the competition table. My English skills have improved noticeably. I work at school with children and I will tell them about how useful, fascinating and at the same time difficult this team sport can be. Several of my friends-young people are already interested in this sport! I think I was very lucky that I got into this project, because now I have new friends in four European countries.

International group expert John Slade

My name is John Slade. I am from the Estonia. By nationality I am English. I lived in Estonia for more than 20 years. I was a military ID, but now I work in Tallinn gymnasium Karyamaa as a teacher. But my main passion is rugby and I'm a Tallinn Tigers Rugby Club president. In the project "Let's pull together" I was invited to participate from the Federation General Secretary of the Latvian Tug of war Federation Lilita Mukina. As a manly sport I have always been interested in, I agreed to participate.

Tug of war sport for me as a military man was not a stranger, but first workshop received information about the history of the sport, rules, pilling boots and protective clothing and special trainings methodologies surprised me. In Tug of war pretty much, I could see the similarities to rugby and to life in general.



John Slade from Tallinn

Some thoughts on sports and life: Some of the young people we work with, seems have experienced enough set-backs already for life. Some of them have had to grow up quickly as a result. It is truly inspirational to see how so many of them continue to go-forward and support each other in achieving success. We are proud to be able to provide them with some passionate Youth Development Mentors who they can trust to help them along the way. Go-Forward mindset: Yes, this is easier said than done but we remind our students regularly to Go Forward. Go Forward in rugby means to advance the ball forward to maintain possession (control), challenge and ultimately penetrate the defense (adversity). On the field this means to learn, improve, experience personal growth and to never give up. A Go Forward mindset therefore requires learning from the past but always looking to the future knowing we may not always be able to control every outcome, but so long as we are going forward (making progress) to never give up.

Understand that change is constant and set-backs are an inevitable part of change: We have likely all been told at some point in our childhood “life isn’t fair”, and we have it drummed into us that “the only constant is change”. But, how do we prepare for change? When coaching / mentoring we can communicate that goals & benchmarks can change, expectations can be adjusted and that there is always something that can be learnt from every outcome, whether it was desired or not. We can encourage people to “play what we see” and make the best

decisions they can on the fly taking into account those around them. We can communicate that sometimes bad things may happen, and we appreciate that bad things suck. But because we know that, we shouldn’t be surprised; we can handle them.



We met Estonian team in Palanga, Lithuania, 2013

Step back to broaden your perspective: Picture your issue / set back. It may be all consuming. Then take one massive step back in your head. What else is there in your life? What is going well, what and who do you love, who do you know, who has been through this before, who can help? I’m not exactly a philosophy expert but Buddha did say: “Our life is shaped by our mind. We become what we think. Suffering follows an evil [replace with “negative”] thought as the wheels of the cart follow the oxen that draws it”. Thinking broadly, thinking positively helps dilute the concentration of adversity. Balance routine with enrichment: Personally, I’ve always been one to “keep busy” to keep my mind and body active & challenged and in some respects this has helped me go-forward after some very major set-backs.

Routine for me traditionally has been work (running a small portfolio of sports-themed social enterprises) and training (Tigers gym, running, rugby practice). However, having a routine it is not enough and at times can be a cause of stress and anxiety by taking on too much and losing control of too many outcomes. So, just as important or helpful as a routine may be, it’s equally important to have fun.

Take a break, go out with friends, watch a movie with the family etc. You do not have to be alone: One of the themes that comes out most prominently from many of the students we work with is that since they have started playing rugby they realize they have a new “family”, “teammates” and “support”. They “look for help” want to become “role models” and feel a “connection” to and “respect” for each other. They make each other want to be a “better player / person” and they “learn” from each other along the way. They have chosen to participate in a game that has provided them with a new network of friends and supporters. So, to develop resilience, you need to ensure that YOU DO NOT HAVE

TO BE ALONE. Being resilient however isn’t just about asking others for help. Resilient people exhibit the following behaviors: a) make connections with other people; b) help other people and c) ask for help, when they need it.

In the future, I will certainly continue to contact all national Tug of war sport enthusiasts from all project member countries. In the future, I would like to get the club owned by some rope, which could be used for both the schoolchildren and the youth in increasing physical fitness. I would like to find like-minded youth educators and Estonia both Latvian and Lithuania.



Project manager Lilita Mūkina introduce with project tasks



Group work - subject- competition organization



After this “energizer” born idea use “Zumba” gym to train judges signals and warm up before practical exercises



Polish experts examines Anchor protective vest



First time on the rope



We have fun!



Schoolchildren competition



Seminars competition in the Strooni beach



We have fun!



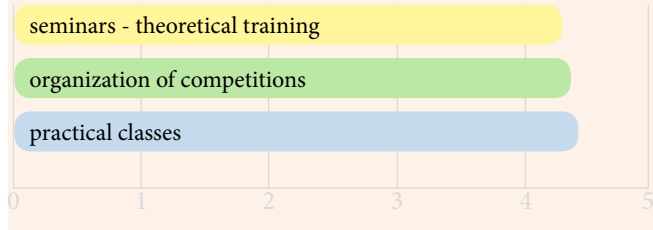
After awarding



Seminars content evaluation

	Estonia Tallinn 27.-29. 09.2013	Evaluation scale 1-5
1.	Did you acquired the knowledge and skills in the seminar that you intended?	yes
2.	How do you evaluate the outline and the quality of teaching?	4,25
3.	Present in effective form of exciting, engaging teaching methods:	4,35
4.	Tug of war sport in the world and Latvia, Lithuania, Hungary, Estonia; indoor team building, training and preparation Tug of war competitions premises-characterization and organization of team activities. Tug of war indoor team building, training and preparation Practice areas; Tug of war contest rules, judging competitions (indoors and outdoors).	4,25
5.	Rope pulling outdoor team building, training and preparation; Tug of war competition out-the nature and organization; recording place of the race and action; Practical workout (the stadium). By all workshop participants; Tug of war port administration	4,44
6.	Tug of war competition LtTWF championship - „Sport for all” organization, management, adjudication -a practice session the workshop participants	4,38
7.	Methodological and handouts quality and content of the utility.	4,73
8.	Theoretical and practical relationship-or for the(1-5 point scale)	4,25
9.	International team's participation at the seminar?	4,5
10.	Do you learn something new about the sport Tug of war? (1-5 point scale)	4,8
11.	An organized social life- night accommodation, meals? (1-5 point scale)	4,5
12.	Seminar facilities	4,3
13.	The practical lesson	4,36

Rating seminar participants "Let's Pull Together"



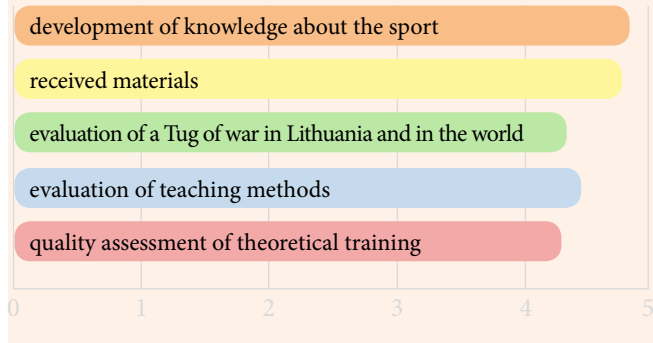
Rating seminar participants "Let's Pull Together"



Rating seminar participants "Let's Pull Together"



Rating seminar participants "Let's Pull Together" on theoretical training

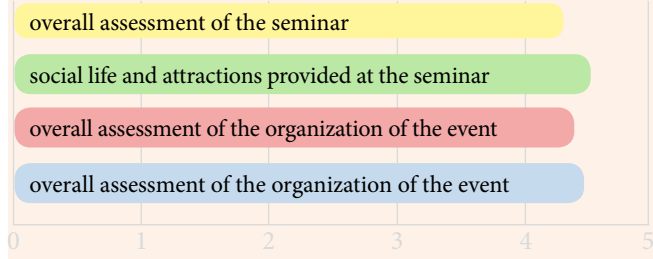


Interculture education and international network

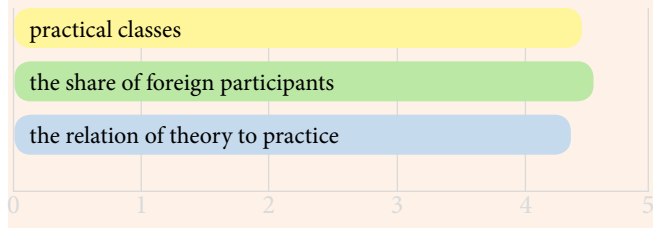
Seminars were held in Tallinn Kopli district and Stromy beach. Young and the elderly schoolchildren participated in the competition - all united by a rope. Tallinn is one of the oldest cities at the Baltic Sea - the Kadriorg Palace, the parks, the Song Festival Grounds, Vana Tallinn, harbor, white beach.

We find something new - we will try it next time when meeting in Warsaw - on new way to learn Tug of war Judges signals. Our team of experts are becoming closer and closer.

Rating seminar participants "Let's Pull Together" concerning the organization of the event



Rating seminar participants "Let's Pull Together" on the practical part



Team of experts informal meeting



Team of experts informal meeting

KIME TRAINING AND PROMOTION CENTER EXPERIENCE DURING THE PROJECT



KIME Training and Promotion Center:

Ireneusz KRYŚOWATY

Project's "Let's pull together" seminar held October 11-13th 2013, Warsaw, Poland

Place - Military University of Technology, Sylwestra Kaliskiego str.2, Warsaw

Facilities - Multimedia seminar room with a projector and sound system, indoor track, outdoor track – military sports training ground;

Equipment - ropes, flags, tape, tape measure, posters, leaflets, badges, banners, diplomas, audio systems, microphone etc., tents, field kitchen, trophies, writing board, T-shirts, gifts for the participants and winners.

Polish TWF have experience - Our members have not international competition experience but our representative took part in the huge Asian Tug-of-War seminar in China, July 28th, 2011 - August 1st, 2011.

Seminar languages - Main languages spoken in the seminar were English, Polish and Russian. During informal meetings we learned words and phrases in Hungarian, Lithuanian, Latvian and Estonian languages.

Seminars programm

SEMINAR PROGRAM "Let's pull together" Warsaw, October 11-13, 2013	PROGRAM SEMINARIUM „Let's pull together” Warszawa, 11-13 października 2013 r.
Friday	Piątek
October 11 – The MUT club, seminar room: 16:00 Opening of the seminar for a group of specialists, 16:15-20:00 Lectures, exercises, training for judges.	11 października – Klub WAT, sala seminaryjna: 16:00 Otwarcie seminarium dla grupy specjalistów, 16:15-20:00 Wykłady, ćwiczenia, szkolenie sędziowskie.
Saturday	Sobota
October 12 – The MUT club, seminar room, outdoor: 09:30-10:00 Registration of the participants. 10:00-12:30 Lectures, practical classes, Part I. 12:30 Coffee Break. 13:00-15:00 Lectures, practical classes with Zumba dance warmup - learning TWIF judge signals, Part II. 15:00 End of seminar – lunch. 16:00 Meeting of international experts. 18:00 Intercultural – integration meeting.	12 października – Klub WAT, sala seminaryjna: 09:30-10:00 Rejestracja uczestników, 10:00-12:30 Wykłady, zajęcia praktyczne indoor, cz. I. 12:30 Przerwa kawowa 13:00-15:00 Wykłady, zajęcia praktyczne outdoor z rozgrzewką Zumba dance – nauka znaków sędziowskich TWIF, cz. II. 15:00 Zakończenie seminarium – obiad. 16:00 Spotkanie grupy specjalistów międzynarodowych. 18:00 Międzykulturowe spotkanie integracyjne.



SEMINAR PROGRAM "Let's pull together" Warsaw, October 11-13, 2013	PROGRAM SEMINARIUM „Let's pull together” Warszawa, 11-13 października 2013 r.
Sunday	Niedziela
October 13 – Centre for physical fitness - university training ground: 09:30 Preparing the field to compete Tug - of - War. 10:00 Start of the competition tug of war - outdoor. The presentation of trophies and certificates. 12:30 Grill & military pea-soup. 14:00 End of seminar – lunch.	13 października – Ośrodek sprawności fizycznej – poligon WAT: 09:30 Przygotowanie pola do rywalizacji Tug of War. 10:00 Rozpoczęcie zawodów przeciągania liny - outdoor. Wręczenie pucharów i certyfikatów. 12:30 Grill i wojskowa grochówka. 14:00 Zakończenie seminarium - uroczysty obiad.

Seminars content and presentations

Lectures - multimedia presentation:

- The history: Tug of war sport in the world,
- Tug of war indoor team building,
- Training and preparation,
- Tug of war competitions - character and organization, team activity,
- Motor abilities & strength building - training methods,
- Tug of war sport rules, judging indoor and outdoor competitions,
- Tug of war sport general administration,
- Film about Tug of war rules.

Practical classes – indoor and outdoor (by all workshop participants):

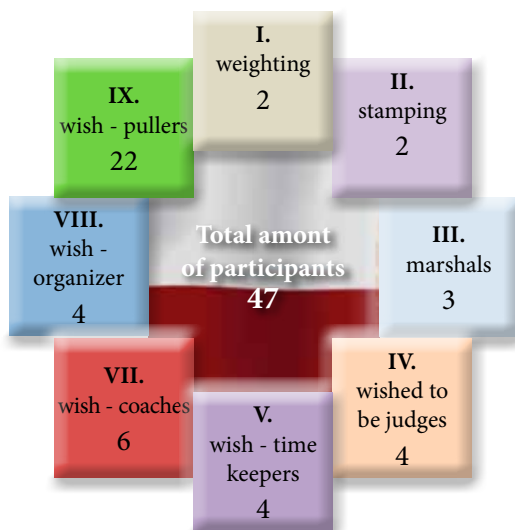
- Stamping.
- Rope pulling.
- Recording and time keeping.
- Coaching: watching, correcting, instructing, encouraging, conducting, directing
- Judging: basic rules position judge, start procedure, infringement, finish pull and match
- Team building, technique: basic position, walking, setting the pullers, position - anchor man, rules, synchronization - teamwork.
- Learning TWIF judge signals by Zumba dance warmup

Seminar participants „diferent backgrounds”

Volunteers participated in the seminar	Total	Average age	Nationalities	From Locations in Poland	Occupations
Man 35 Woman 12	47	27,5	Estonian Hungarian Latvian Lithuanian Polish Ukrainian	Warsaw	School Teacher, Sport Instructor, Student, Soldier, Fireman, University Teacher, Bodyguard, Fitness Instructor, Nurse, Native Speaker, Dentist, Builder, Driver, Businessman
			6	1	13

Volunteers professional growth

Total amount of participants in the seminar	I. Trained Weight in	II. Trained in Stamping	III. Trained Marshals (find teams and stand on line)	IV. Future trained and wished to become judges	V. Future trained wished to be time keepers, Recorders	VI. Trained to organize and judge Tug of War Competition Total during seminars	VII. Future trained Wished to be Coaches	VIII. Future trained Wished to be Organizers	IX. Future trained Wished to be pullers
47	2	2	3	4	4	15	6	4	22



Seminar / Competition

13th of October 2013	Hotel	Hotel	Sport Poligon	Duties
Warszawa Military University of Technology – Sport Poligon	Weight in	Stamping	Area Preparation for competition	Judges Recorders Marshals Time keepers Coaches Organizers
Teams 10/ 90participants	Awarding ceremony each participant received a diploma and 4 best teams – cups	Competition roles- open for each Competitors	Participate: Mixed teams – adults, youth, different genders, military students	

Volunteers stories

I am Anna from Poland and I have 23 years old. This is the first time when I participated in Tug of war sport. About seminary „Let’s pull together” I learned from teacher from the university. When I first heard about Tug of war I did not show much interest. However, I agreed and I wanted to try this new sport and meet new people. Seminars consisted of two parts. The first part was aimed to introduce in a theoretical way to the secrets of this kind of sport and the rules of the competition. The second part was consisted of practical training which took place on the outside. As a result, I learned how to properly hold the rope and how to read gestures judge. The last day was the competition. I was in an international team and I wanted to my team won. Everything I learned in training I used on the day of the competition. I improved my professional and personal growth. In the future, I would like to take part in such competitions as a player because then you can feel the holding strength in the team. My assessment of the entire seminar is very positive I would still maintain international contacts that I gained during the seminar and participate in such projects. It was not wasted time and participation in such ventures would recommend to anyone.



Winners: „Kucyki Pony” team

I am Ola. I am from Poland. I have 23 years old and I’m studying on Military University of Technology. Seminary „Let’s pull together” is my first

seminary about Tug of war. I heard about this project on my university and I want participated because I thought that I could learn something new. My assumption was correct. On the seminary I had great time. I met new people from another countries and I learned about Tug of war sport very interesting things. At the beginning I knew about history this sport and rules on competition. For me very interesting was practical training on the outside. When I grabbed the rope I felt strenght and unity with the whole team. I know that many thing I must learn yet and practise but I think that is the cool way to develop your personality. I am very happy that I could participate in such an event. I have met many new people and learned the basics of the sport which previously I didn’t know. It was a great time.

I am Natalia. I am from Poland. I have 23 years old. I’m studying energy of technology on Military University of Technology. Seminars with drag rope “Let’s pull together “ I’ll remember for long time. About this project I know from friends. It was a great game full of positive energy. I had the opportunity to learn the rules this kind of sport which contrary to appearances, is not so easy. The whole training: theoretical and practical, was conducted in a professional and understandable even for those students who first had to deal with the pulling rope. For me it was an unforgettable experience not to forget. Lots of laughter, fun and opportunity to meet new people who came from different countries. In the future I hope I will have the chance to take part in the competition because it’s a great team game.



Warming up training Tug of war judge signals by Zumba dance

I am Daria from Poland and I am 23 years old. This is the first time when I participated in Tug of war sport. I knew about seminary „Let’s pull together” from teacher from the university. At the beginning I was not interested this seminary but luckily I changed my mind and decided to attend. Seminars include theoretical instruction where participants learned about the rules of Tug of war and practical training in the open air where we were dragging the rope. The last day of the seminar were held competitions and awarding cups and diplomas. My team was international, composed of four girl and four boys. We won! Tug of war is not only great fun it also unforgettable adventure. I have a lot of great memories and new friendships. I will remember this project for a long time. I spent a wonderful time with interesting people and learn about Tug of war. I look forward to the next seminar.

International group expert **Ireneusz KRYŚOWATY**

My name is Ireneusz by all participant of the seminars call me Indrek. I am from the Poland,

I am instructor of sport and coach class II. I work in the sport for 20 years. My passion is karate. When I first heard about the sport Tug of War I smiled and thought, that happens to me a lot of fun and that it has nothing to do with professional sports. My friend and my teacher of Karate Darius Bajkowski (Polish Partner of the Project) invited me to participate in the project “Let’s pull together”. After my first participation in a seminar Tug of War, the project I really liked. I was infected with sport of rope. I watched the course and the organization for the next seminars, lectures form and commitment of the participants. I decided to get involved in the organization of seminar in Poland in October 2013. Together with Darius were responsible for all organizational matters: the development of graphics, advertising design, write article to the press, to be interviewed on the local radio, searching of the seminar participants, sending invitations, the findings of the conference program, providing accommodation and catering, sound systems, awards and gifts, organizing competitions etc.

In preparation for the seminar appeared article on the website of the Military University of Technology (MUT) and interview in local radio. To participate in the seminar invited three universities: MUT, National Defense Academy and The Main School of Fire Service. The participants were also members of a sports club - KIME Training and Promotion Center.

I am the MUT teacher and army officer, so I have numerous contacts in other institutions of higher education which helped me access to students of these universities. Furthermore, Rector of the MUT took Honorary Patronage over the seminar in Poland and shared objects academy to conduct the seminar. In addition, within the framework of international cooperation we asked for the support of our partners from other countries in terms of the equipment needed for demonstrations during the lectures and sports. During the seminars organized in other countries served by and support during the meetings of international experts. My experience has served as a informal education. During the project, I met a lot of people, friends in all countries. During the meetings, interacted with the participants of the project in English and Russian. But a very important form of communication were gesture and body language. Meetings bring us closer to a different culture, tradition, climate and nature of the people.

I’ve improved my English and Russian language skills. In the future, I will certainly continue to contact all national Tug of war sport. I want to participate in similar projects in the future. In the future I want to become TWIF judge.



Brig. Gen. prof. Zygmunt MIERCZYK PhD, DSc – Military University of Technology (MUT) Commandant-Rector (honorary Patron) and Ireneusz Kryśowaty, MUT representative, organizer of the seminar “Let’s pull together”.



Brig. Gen. prof. Zygmunt MIERCZYK Phd, Dsc – Military University of Technology (MUT) Commandant-Rector (honorary Patron) and Dariusz Bajkowski – President of the PROSPORT Foundation, main organizer of the seminar “Let’s pull together”.



Seminar “Let’s pull together”



International experts teamwork during presentation



Presentation “History of Tug of war” - Ireneusz Kryswaty, MUT representative organizer of the seminar “Let’s pull together”.



Volunteers train out-door exercise with international experts



Practical classes



Prize giving ceremony



Preparation for the competition



“KIME” team acquired a new sport – Tug of war

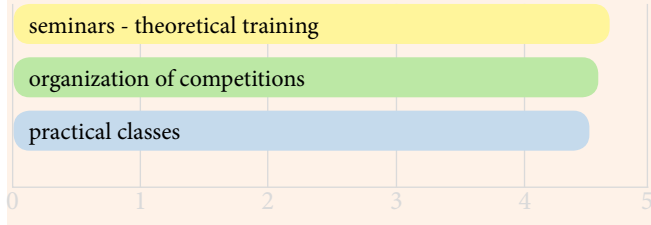


A jou about well done job during seminar

Seminars content evaluation

	Poland, Warszawa 11.-13.10. 2013	Evaluation scale 1-5
1.	Did you acquired the knowledge and skills in the seminar that you intended?	yes
2.	How do you evaluate the outline and the quality of teaching?	4,5
3.	Present in effective form of exciting, engaging teaching methods:	4,43
4.	Tug of war sport in the world and Latvian, Lithuanian, Hungarian, Estonian und Polish; indoor team building, training and preparation Tug of war competitions premises-characterization and organization of team activities. Tug of war indoor team building, training and preparation Practice areas; Tug of war contest rules, judging competitions (indoors and outdoors).	4,8
5.	Rope pulling outdoor team building, trainingand preparation; Tug of war competition out-the nature and organization; recording place of the race and action; Practical workout (the stadium). By all workshop participants; Tug of war sport administration	4,6
6.	Tug of war competition LtTWF championship - „Sport for all” organization, management, adjudication -a practice session the workshop participants	4,55
7.	Methodological and handouts qualityand content of the utility.	4,5
8.	Theoretical and practical relationship-or for the (1-5 point scale)	4,45
9.	International team’s participation at the seminar?	4,65
10.	Do you learn something new about the sport Tug of war? (1-5 point scale)	4,81
11.	An organized social life- night accommodation, meals? (1-5 point scale)	4,5
12.	Seminar facilities	4,6
13.	The practical lesson	4,8

Rating seminar participants "Let's Pull Together"



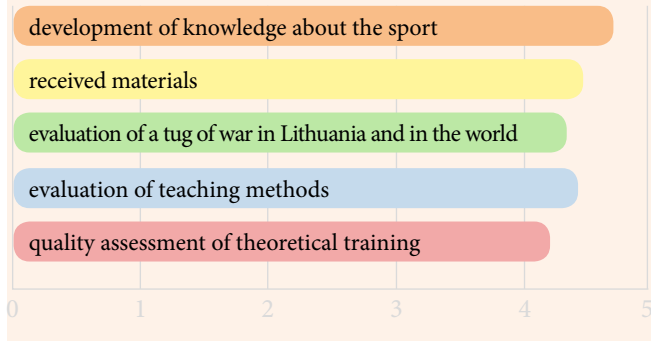
Rating seminar participants "Let's Pull Together"



Rating seminar participants "Let's Pull Together"



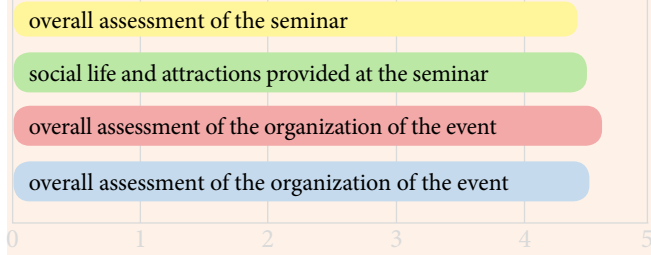
Rating seminar participants "Let's Pull Together" on theoretical training



Intercultural education and international network

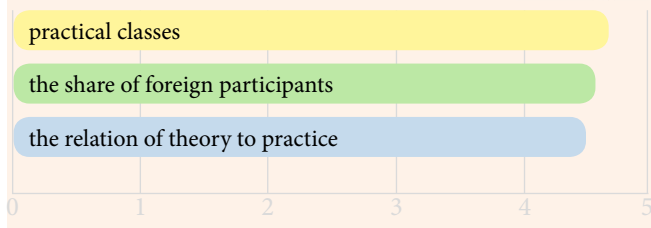
All participants of the seminar took an active part. International environment a little embarrassed at first but common rivalry overcame cultural barriers. Both players, referees and other participants were very nice to each other and help at any time. Some were born friendships that we hope will last for many years. Sport in conjunction with the fun is a great form of entertainment for everyone. We are proud of the fact that such a project could be held in Poland and let's enjoy the commitment of the participants was so big.

Rating seminar participants "Let's Pull Together" concerning the organization of the event



International group - sometimes we think about us like the big old family - sometimes we understand each other without words - sometimes it seems to us that we know each other for years - it is great. In Tallinn at dinner developed the idea - "we will teach referee's signal in the form of Zumba dance" - In Poland it happened. In the evening we visited the old town, we ate traditional Polish dishes, we laughed and our gestures broke language barriers. Sports competition attracted amazing emotion of all participants, children and adults of all ages. As if all the time sporting events have forgotten about the problems - time stopped - reigned supreme joy and positive rivalry

Rating seminar participants "Let's Pull Together" on the practical part



In this seminar, we built another world, without borders and barriers difficult. We infectious positive energy - or turned into a disease? We do not know, but we gave ourselves a little bit of luck.



Ireneusz awarding ceremony attended international experts

Thanks to the participation of people from different countries of the seminar, each participant had the opportunity to learn how to look like a drag rope sport development in other European countries (Latvia, Lithuania, Hungary). It was a great opportunity to mention views and to make contacts that can survive for many years.

SEMINAR game, training, picnic - competition
Warsaw October 11-13, 2013
Military University of Technology
Kaliskiego str. 25a

Wojskowa Akademia Techniczna
Honorary Patronage
Rector of the MUT

KIME Training and Promotion Centre

Free training
Great fun

TUG OF WAR pull the rope

PROSPORT Fundation for the Development of Sport

Sponsored by:
Piotrowska str. 43
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bezaLin

INFORMAL EDUCATION METHODS USED IN THE PROJECT

*Secretary general
of Latvia Tug of war federation
Project manager*

Lilita Mūkina

International Olympic Committee president, Thomass Bach, proclaimed, Sports based on tolerance, respect and friendship.

EAC – 2012-0559 project seminar was held in 5 countries - Poland, Lithuania, Hungary, Estonia and Latvia. These are countries with different languages, cultural traditions, and history. In this project participate people with very different backgrounds – professions, experience, knowledge and age.



First project meeting Kaunas March 2013

Thus the project organizers as its general objective set out an aim to promote sport of Tug of war as a method for professional and personal growth, social inclusion and transcultural understanding between youth of different backgrounds.

Project seminar program provided an opportunity for its target audience to gain management, organizational and referee skills through using an informal education and making them promoters of tolerance and social inclusion.

The participants of the project seminars, from each country was the target group, which acquired

the knowledge and skills to improve their professional growth, social inclusion and future professionality in becoming more adaptable as well as improving their employability by creating a tolerant communication and understandable mutual cooperation. Future involvement in the organization of sports and learning new skills, may be a good opportunity to offer yourself in the labor market.

An international group of experts offered that the seminar content mastered the basic knowledge and skills in setting necessary to hold the competition on the Tug of war sport.

Seminars include an information on organizing Tug of war competitions and set out an informal education framework focusing on sport for personal and professional growth for youth, social and intercultural inclusion and form a new network of international cooperation, which promotes tolerance.



2nd period planning meeting - Warsaw, December 2013

Seminar content was designed in the way, that not only the seminar volunteers, but also an international expert group participants are actively involved in the process of learning, sharing information and contributing.

Tug of war – team building sport

Title of the project EAC - 2012 – 0559 „Let's pull together!” characterizing the spirit of Tug of war sport.

The Tug of war - this simple team building activity will bring out a persons desire to succeed, and to accomplish this success they must work closely

with their teammates. Teamwork is cooperative work that is being executed by a group of people that have built a team in order to gather their strengths. Furthermore it is the capability to recognize all the different abilities and strengths of all team members, which they can apply to reach the team's objectives! [1].

The Tug of war: many people think the traditional Tug of war is a challenge of strength! Not the case! Team-work is an absolutely essential component as well, and if you want to be victorious in the Tug of war, you'll need to coordinate your efforts as group! [2].



Multiple world champion – coach Ainars Zablovskis - "teambuilding" in Hungary, 2013

Tug of war is not the kind of sport, where evaluates judges' panel. Tug of war is based on the result of the opponent's transcendence, race of two teams, participants in each end of the rope. The judge's role is to ensure fair pulling, Tug of war proper rules.

Judges, organizers, administrators are the persons, who provides the organization of competitions and their qualifications are dependent competition quality of the organization.

Their knowledge and skills depends on the contestants and viewers comfort.

Team building exercises includes informal practicing methods. Tug of war is a non-contact fight, in which cooperation will bring out a person's desire to succeed, and to succeed they must work closely with their teammates to haul the opposing team across the marked area.

Communication is the key in any team environment. Many people think the traditional Tug of war is about the challenge of strength! Team work is absolutely essential component as well, and if you want to be victorious in the Tug of war, you'll need to coordinate your effort as group [2].

Informal learning can be characterized as follows:

- It usually takes places outside educational establishments;
- It does not follow a specified curriculum and often is not professionally organized, but rather originates accidentally, sporadically, in association with certain occasions, from changing practical requirements;
- It is not necessarily planned pedagogically, systematically according to fixed subjects, tests and qualification-oriented, but more like both unconsciously incidental or consciously intended intuition, holistically problem-related, and related to actual situations and fitness for life;
- It is experienced directly in its "natural" function of everyday life;
- It is often spontaneous and creative [3].

The project objective is to build social international networking including volunteers, who can train Tug of war, which often is used as an instrument of team building. Seminar content was developed using existing information and rules on the Tug of war sport – the key of simplifying the training of volunteers in a presentation of the contents for the seminar participants were to learn the basic skills and use informal learning.

During the seminar, a presentation of the content was developed and established as a voluntary program for the training on Tug of war contest organization. Project workshops were used in informal education, common tools and methods, however, the achievement of project seminar content was planned.

Used informal education games and features during the project

Introduction games

Project Partner organization “Map”

As an unifying element in all project activities (meetings, workshops) serves the partners in this Project - partner countries map. It was used in each workshop to become acquainted with the participating countries and its participants. It was used during reconnaissance matches with an international group of experts and participants to get acquainted with the country, cities where they came from and participants of the project. It served as a communication tool for the building the social networks.

“Introduce yourself”

Purpose: *To meet and present their state, country, express a desire to get in the seminar.*

Meetings held in each official language (dialect can be discharged).

Requirements: project partner countries maps - project map (international group), post-it notes 2 (pc) for each participant. Participants before the seminar in the folder encloses stickers in 2 colors (or can be removed before meeting).

“Dates”

First task – write on a first piece of paper name, city, country, glue it to the Post-it note on the map. The second task is to write on “Wish tree” leaf each members desire to gain in this seminar (knowledge, skills, coach, referee, organizer, friends, engage, etc.), also an international group and teachers are doing this and afterwards it will be glued to the drawn tree (before the seminar draws an international group of). Each participant, by presenting themselves, using their own language (the national language, first appearing in front of as the driver and saying the name, city and state, which he/she comes from, place of work, interests, what I want to get in the workshop? (Exercise 1: in your national language you have to say – My name is _____; I’m from _____; I work for _____). First stick, glued

to the map (name, whence). Second “Wish tree” – sticky notes pinned to drawn “Wooden” and participants continue so on. After doing all the other activities, you have to post all the information. Each participant is given 30 seconds.



“Intoduction game” during seminar

“Timber Utilisation”

Used for evaluation, feedback.

Objective: To promote a sense of fulfillment, seminar.

Duration: 15 minutes at the beginning of the workshop, 30 minutes at the end of the workshop.

Seminar “Tree and expectations for the workshop evaluation” - each takes a sheet, and in the end, participants are invited to share experiences and compare it to what was intended before the seminar and another question for the assessment of future activities.

“Contract”

Requirements – piece of paper and envelope.

The participant writes, what he plans to realize in nearest 4 - 6 months, after the seminar (everybody will receive an envelope – blank page, where to write down, what they will do during next 6 months).

“Vocabulary - building” during the seminar

Applying for a seminar, the presentation is placed in a position of the idea that the project participant communication improves, by learning variety of languages; intercultural learning.

During the workshop, build a small dictionary – in the context of the content and make it interesting etc. Key words for each state representative, and write them on the board, on the presentation sheet – it is optional in English, Latvian, Lithuanian, Estonian, Polish or Hungarian languages - all seminar course develops vocabulary, creating terminology.

The Tug of war terms can be used during the learning in variety of languages. “Let’s pull together!”, “rope”, “team” etc.

“International evening”



International evening - seminar in Hungary

Discussions and performance

Starting the conversations and discussions among the international expert’s, , which constitutes the first significant international contacts.

The successfully organized international experts group working on knowing each participants profession, knowledge, experience and skills that can be used in further development of the project.

Firstly, in order to promote intercultural understanding, tolerance and respect between young people from different backgrounds necessary to understand each other. It is important to know the history, traditions, language differences, festivals, ceremonies, national cuisines and other things that contribute the intercultural understanding.

“Energetic games”

If as a seminar leader you felt that the seminar participants lose focus, it is advisable, for example, to learn Tug of war judge signals.



“Energetic game” learn Tug of War judges signals, Hungary 2013

One expert demonstrates Tug of war judge hand signals, but volunteers and workshop participants repeat those signals. (Use the Tug of war rules)

Warming-up activity before practical activity session

Before the pullers warming up, an international group of representatives had task - to come up with exercises in a particular muscle group – “warming up”. In a specific order there should be “warmed-up” all muscle groups.



Warming - up activity before practical training session (Use the Tug of war rules). We use melody “Zumba”. Volunteers train Tug of war judge hand and foot signals by fitness dance.

“Taste other languages”

Purpose: To lead the participants interest on other countries, their culture and languages. (International group experts preparing some short text)



Peter Pipo & Lajos Varosh from Hungary learn estonian

Participants have to learn to count from 1 - 9 in each group members language, or other words like: man, women, boy, girl, country etc.

You can learn something else, for example, sport terms, but it is advisable to prepare a page with text – such as pulling, team, power, judge, coach etc.

Group creation activities – the largest group splits into smaller groups, which will be used in practical part of the next practical work with the ropes and practical exercises. Exercises will help get to know participants.

“Mime”

Purpose: To split the group into smaller group.

Requirements: pieces of paper bearing the wordson, related with Europe

The leader of the group conduct the small pieces of paper with European names, flags (national titles from participant countries), such as Hungary, Poland, Lithuania, Estonia and Latvia. When the participants have received those memos, look for the other team members, representing the country.

“Birthday”

Purpose: To split the group into smaller group.

Process: people who were born at the same dates, will be on one team, odd ones on the other. You can

share the following seasons, when the birthday (seasons into one group) is.

Warming up Tug of war - ” One to One”



Pull ”One to one” in Szekesfehervar Hungary, 2013

Requires: Rope, marks on the rope (adhesive tape).

Rope length and thickness of their own choice, to make it easy to cover over the hand.

Highlight rope and the center line – long rope can be divided in smaller pieces and „ work in sveral places”.

Pullers can sit or stand, while „ pulling” the rope (1-2-3 meters) away. It is possible to held with several ropes in parall.

“Tug of war – team building”

Discussion with Tug of war team and set the team members aim; Tug of war team and workouts.

Educate tolerance, respect with teammates.



Ainars Zablovskis train teambuilding in Szekesfehervar

1. What every athlete must do to achieve their common aim?

To support the definition and align team goals, all team or club members have to participate at the meeting. Agreed in the club team or document.

Examples:

1.100 % Team Maximum desire is fulfilled:

Within two years, in the National Championship there will be obtained gold medals and opportunity to win as the national team that will participate (for example – 2016 World Championships in Sweden.). It is necessary to observe the agreement, which states that there should be 100 % of team training attendance and setting the rules will help to ensure a good results.

What could be the reasons for the unusual athlete to work out:

Examples:

Illness, injury, sometimes work, but in this case not attending training will require to offset an individual workout. After absence, every time you do not show the notes to the coach, and determined resources (exercises) that do not compensate for non-appearance times, leads to losing their jobs.

2. 75% of the teams desire is fulfilled: despite the difficulties and repeated attempts to try to get the selected competitions.

What could be the reasons for the unusual athlete to work out?

Examples:

Bad weather, wind, illness, work injury, birthday, sometimes other causes. All times there should be absence notes, which you have to give to trainer or training members of the group.

3. 50 % team wish to fulfill if all team members are participating in the training, to achieve the objectives will be a sense of community and they will help each other. To drive to the international competition at the beginning you must participate in local competitions to day, plus there should be training before competitions.

Summary:

If you are a Tug of war team, which sets the aim for themselves, the partaker to the bar so that the team raises himself, and hopes to defeat and to overcome. Note that the chain cannot be strong if there are weak points. What is our and your goals? To achieve the objectives you have to dare to achieve the target and distinguish sense sometimes support is needed, you must have conviction that the objective will be achieved. Our development is affected by our attitude towards development.



Team from Estonia

What is the work of a group?

The Working Group is a group of persons responsible for task-involving and the need to raise that order, where they can organize their job.

Co-operation, responsibility, the obligation is the working groups basic elements of the success.

Each member of the group, which operate within them professionally develops-acquire new knowledge, tolerance, respect, personal growth, social inclusion, international network.

Seminars evaluation

It is necessary for each seminar course to make analysis. There are made assessment, the seminar content and the conditions.

“Let’s pull together “

1. Did you during the seminar acquired the knowledge and skills that you intended to

yes ___ no___

2. How do you evaluate the outline and the quality of teaching?

1 2 3 4 5 (mark)

3. Presenting effective form of exciting, engaging teaching methods

1 2 3 4 5 (mark)

4. Tug of war sport in the world and in Latvia; Tug indoor team building, training and preparation for the Tug of war competitions, premises - characterization and organization of team activities. Tug indoor team building, training and preparation practice areas; Tug of war contest rules, judging competitions (indoors and outdoors).

1 2 3 4 5 (mark)

5. Rope pulling, team building, training and preparation; Tug of war competition – the nature and organization; Secretariat of the race and action; Practical work out (the stadium). By all workshop participants; Tug of war sport administration.

1 2 3 4 5 (mark)

6. Tug of ar competition between XXXXXXXX organization, management, adjudication - a practice session the workshop participants.

1 2 3 4 5 (mark)

7. Methodological and handouts quality and content of the utility.

1 2 3 4 5 (mark)

8. Theoretical and practical relationship (1-5 point scale)

1 2 3 4 5 (mark)

9. International teams participation at the seminar?

1 2 3 4 5 (mark)

10. Did you learn something new about the tug of war? (1-5 point scale)

1 2 3 4 5 (mark)

11. An organized social life - night accommodation, meals? (1-5 point scale)

1 2 3 4 5 (mark)

12. Seminary

1 2 3 4 5 (mark)

13. The practical lesson here

1 2 3 4 5 (mark)

14. Your's future plans (write a few sentences in this one)

References

1. www.planetofsuccess.com/.../teamwork-team-building-exe...
2. [www.Team Building Activities](http://www.TeamBuildingActivities.com), Initiative Games, & Problem Solving Exercises
3. [www. Wikipedia](http://www.Wikipedia.com)



INTERCULTURAL EVENTS DURING PROJECT

*Secretary general
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Project manager,*

Lilita Mūkina

Intercultural learning is an area of research, study and application of knowledge about different cultures, their differences and similarities. On the one hand, it includes a theoretical and academic approach (see e.g. “Developmental Model of Intercultural Sensitivity (DMIS)” by Milton Bennett, Dimensions of Culture by Geert Hofstede). On the other hand, it comprises practical applications such as learning to negotiate with people from different cultures, living with people from different cultures, living in a different culture and the prospect of peace between different cultures.

Currently, intercultural learning is a topic which receives much interest. This is mainly due to the rise of cultural studies and globalization. Culture has become an instrument for social interpretation and communicative action. Intercultural learning is primarily important in the context of the foreign language classroom.

Basic training modules include:

Information about the country, introduction to culture and history

1. The norms and values of the society
2. The role and the characteristics of communication
3. Social contacts: Friends and acquaintances
4. Women - life and role
5. Leisure activities and customs
6. Eating and drinking
7. The relations at work and management
8. Doing business in the country
9. Education
10. Studies and professional training
11. Norms, laws, and taboos
12. Action plan for the first two months in the country

Seminars experience

Latvia - Seminars were held to develop the Latvian port city on the Baltic Sea – Ventspils. Ventspils is an important economic center in the Latvia. Ventspils will not be proud of that straight city, but there are opportunities to spend time meaningfully, in common amusement park attractions that contributed team building.

Lithuania - The seminar will be held in the resort town of Palanga, where the Amber Museum, the Dolphinarium, a splendid beach, sport and healthy lifestyle tradition.

Hungary - Hungarian cuisine – memorable. Szekesfehervar - a town located in the heart of Europe, and it was held in Hungary on August 17th while the celebration of the coronation of King – directly in the center. The celebration takes place once every 1,000 years. For International team of experts co-chaired by a practice session warming up. Emerged from the contribution each expert can make the project. In the seminar participated 10 nationalities.

Estonia - Seminars were held in Tallinn, Kopli district and Stroome beach. In the competition participated young people, the elder, children – all united by a rope. Tallinn is one of the oldest cities in the Baltic Sea – the Kadriorg Palace, the Song Festival Grounds, Old Tallinn, Sea port, interested teams were formed on the spot.

Poland – Warsaw, Military Technical Academy honored teachers – our colleague received an award for good work – took part in a military ceremony in Poland. Lesson structures changed quite old already implemented in the seminar, the content of any international group of experts – Polish Tug of war history, training, interactive Tug of war rules and basic elements of training. International group – sometimes only understood each other without words. It was to realize an idea that was born in Tallinn Referees signal to study dance in the form of – “Zumba”. Became acquainted with the Old Town.

References:

www.wikipedia

INTERNATIONAL COOPERATION AND NETWORK

*Secretary general
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Project manager,*

Lilita Mūkina

Sports is an international language. Sport is a movement that brings together people – learn cultural traditions, languages, form to young people to elder – healthy life style, teaches to respect each other as well as to maintain a clean environment, developing individually.

Sport and society have common interests: improving health, forming cooperation and social entity, sport teaches to follow the rules, membership to organization providing democracy and personal development, positive social environment and a good life style.

For the international networking it is important to understand people of different nationalities and tolerance in an international group.

In order to form the international *co-operation* there are important factors: *communication* (language comprehension), *co-operation* – relations in group, the *confidence* - honesty, adherence to the principles - knowledge, experience, skills to express yourself, *continue* contacts.

Transnational networkings importance is to have an interests to get involved and take an initiative to make this interesting as well to achieve common goals.



New contacts - Szekesfehervar Vice Major and John Slade from Estonia

In the project international expert group, where are involved participants from 5 different countries. All project participants have the experience of NGO. The team members are from principal civilian with private life, public, military, bodies, educational institutions, institutions of higher education, who were a retired experts with knowledge and pedagogical skills. The experts had knowledge and skills - for a healthy life style, coaching and team building, modern teaching skills, presentation preparation principles, IT, pedagogy, psychology, management, different languages, which gave opportunity to communicate better. Experience in preparation of documentation, accounting, financial planning, marketing, project management, international work, a high-level event and competition organization, teaching and coaching athletes other kinds of sport, athletes training Tug of war, Tug of war international competitions referees, completing training programs, preparing methodological materials and administrative documents.

Experts from countries participating in seminars and performing various tasks in practical exercises to ensure mastery of content seminars, gained knowledge and experience in the organization of Tug of war competition, training, judging. As the result, Tug of war experts broadened their knowledge of pedagogy, preparing presentations in different languages. Activities to strengthen cooperation between the representatives of various countries.

Feedbacks

Reviews of Previous Workshops contents, presentations on organizational issues were carried out by an steering group. Seminar content makers based on the reviews will be able to develop content on future events. Development of knowledge, tolerance, respect, personal growth, social inclusion, international network.

During the seminar, the steering committee composed analyzed the content of the seminar, management, conduct, which helped to develop the project plans. Joint project going rapprochement joint work in establishing new interests, hand book-making to extend knowledge and skills in new aspects, developing language skills, opportunity to get more information about the project partner countries.



EXTRACTS FROM PROJECTS STEERING COMITEE MEETINGS MINUTES

*Latvian Tug of war Federation
president*

Dzintars POLNA

May 17th, 2013, Ventspils

Next seminar the international expert group will give specific tasks to a workshop course – to engage with both presentations about their country and volunteer training Tug of war. The seminars have to pay attention to the results they have to realize the project goals.

June 1st, 2013, Palanga

Feedback to the Latvian seminar

It was necessary to lay down the time there was a need for each speaker to prepare the countries program to use this template. Participants selection for seminar – selection of candidates to partner necessary, to motivate volunteers, what in the future is he encouraging by the Tug of war development. Necessary for next seminar prepare documentation lists and Tug of war event sample of Regulations, (preparation of documentations, document ‘movement’ description; in the presentations to post more illustrations and photos – more detailed plan; for the organization and financial flows in the partner countries, without causing conflicts of interest).

August 16th, 2013, Szekesfehervar

Feedback to the Lithuanian seminar

During presentations sometimes there is a need for higher energy level, in English there was not always a good presentations, so the energy level drops, which is required for the exercises, which raises energy levels; each country different auditorium – volunteers of different backgrounds – different experiences – Lithuania after seminar found

two new judges and some referees during presentations necessary more attention on videos, photos; this will serve changes and presentations will improve; align the text with drawings in the TW roles and infringement. Necessary to provide 2 ropes for seminar in Estonia, 27-29th of September.

September 28th, 2013, Tallinn

Feedback Hungary seminar

Was great seminar, energy kept with occasional Tug of war judging signs; methods used during presentations and training process:

1. Information
2. Photos
3. DVD
4. Demonstrations
5. Involvement in practical education all volunteers
6. Warm-up processes of wrapping the entire partner states of national experts

It would be better to use circle method to acquire all special exercises; for handbook necessary to take photos indoor and outdoor, photos with emotions and special infringements and judges signals; experts assembled a group of volunteer training, Next seminar - Hungary have possibility to provide support for practical exercises in the next seminar in Warszawa; for the presentation there should be attracted Tug of war history from KIME representatives.

October 12, 2013, Warsaw

Feedback Estonia seminar

Seminar organized at three different places for theoretical part – little embarrassing, participants was very motivated, experts involved in the tasks carried out in the right way and responsible. Used to organize competitions at the seaside. Assets are trained Tug of war hand signals at the seminar, which will do in the next seminar with musical accompaniment; deliberately international group members skills and abilities in other areas – pedagogy, PC, documentation, management of sports training; we saw Estonian capital – Tallinn.



Experts from Lithuania and Hungary train "Leaning" in Warsaw, 2013

December 11th, 2013, Warsaw

Feedback Poland seminar

Experience learned and trained judges signs – used Latin dance

Zumba – modern in gym; good energy, motivated students; good organized – involved students,

sport teachers, involved all experts from Poland, which participated in seminars and supported process. On the December meeting continue discussing Good practice Hand book, Conference, Big Tug of war in Riga, 2014.

EXTRACTS FROM PREPARATION'S MEETINGS MINUTES

*Secretary general
of Latvia Tug of war federation
Project manager,*

Lilita Mūkina

During the preparation phase - February of 2013 – March of 2013 - the following activities will be carried out:

1st semester Preparation meeting within the frame of the project „Let's pull together”

The preparation meeting held in Lithuania, Kaunas March 8 -10, 2013

Subjects for discussions:

The meeting starts with the intercultural event and team building

During the meeting, we discuss:

- Project deliverables, results
- The project implementation period
- Implementation action and reports
- Events schedule
- Project management, project documentation and files
- Partners responsibility
- LTWF responsibility
- Management – methods
- Supervision of the operation and risks
- Steering committee creating



Projects partners meet first time

- WEB – pages content, public relations
- International experts group
- The memorabilia for workshops
- The finalization of five-country partners cooperation agreement, minutes Partnership agreement-discussions
- Attendance of Lithuania Indoor Tug of war Championship

Extract from the first preparation meeting minutes

“Goodwill” of project participants

- The project participant undertakes to participate in the project “Let's pull together” voluntary, without fraud and error. Project participant confirms that the project is not designed to make a profit, but a member of this project will contribute to the development of Tug of war visibility, growth and educational opportunities that are connected with a Tug of war. The undersigned certifies that with his presence he will participate in all events; will organize seminars and provide financing under the Treaty EAC.

Projects management

- The project has a centralized management from the applicant organization, which organizes and oversees all of the activities and is responsible for project finances. A dedicated project manager leads it.
- Seminars are organized by a local manager from one of the participating countries - depending on where the seminar takes place. The local manager is responsible for organizing and administrating all local activities.
- However, the general project manager from the applicant country oversees all of the seminars. Administrative agreements, forms in the WEB, files, coordination, information, mails, correspondence, data), reports to EAC; personal – agreements, accounting (transfers, invoices, bills, bank, documentation, ect,) – up to leading partner.

- Financial statements from all funding European Commission 60% (partners founding 20%, third part 20%).
- PR – webpage www.lvfv.lv (Latvia and partners providing information in webpages about events with photo, video)
- Press realises in national and local media – about Project events from all partners
- Responsibilities for if necessary to find more economical prices for rent, accommodation, transport.
- Language - partners prefer English, Russian, if necessary provide translation into national languages

Partners responsibilities:

- 1 manager – responsible for projects implementation in the country
- 1 person participates in steering commission
- 2 persons participate in international expert group (one coach, one judge or sportsman)

During preparation period partners provides:

Planning for seminars and competition – accommodation, meals, equipment, facilities rent, local transport during event (if necessary), provide office space, souvenirs, PC rent, calculating a necessary period to prepare the event, PR, selecting volunteers – seminar participants, competition team, adapt competition rules, providing events quality, prepare invoices on time, bills, communication with LTWF, participate in making a good practice handbook, a conference, Big Tug of war competition.

During seminars in the partner's country provides:

- facilities for a seminar room, practical part – sport hall, ground, competition area, use all possibilities, accommodation, meals, transport, seminar participants (30), competition participants – teams (10-12), PR in countries, information in WEB
- Coordination – communication with a project administration group, provide documentation and hand in to Leading partner
- Providing financial input for funding

- If the Commission requests otherwise, any communication or publication by the beneficiary about the action, including at a conference or seminar, shall indicate that the action has received funding from the Union. “Let’s pull together!”, the agreement number – EAC-2012-0559

LTWF provides: coordination, information, co-operation among partners, Certificates, Diplomas, pencils, pens, notebooks, badges, T- shirt, trophies, banner, documentation (in the home page), projects data, reports for EAC, transfers, important information.

Financial management



“Ice breaking” - how we would like to work together?

Local manager's duties

- Latvian Federation of Tug of war will cover invoices for the organization of the seminar – within 5 days after receipt of the invoice from the project participants. Refunding will be given only for those bills handed in by a member of the project board in Latvian Tug of war to the Federation organizing seminar services; it is pre-agreed amount of payment. The parties may agree that the bills can be paid on the spot – a particular seminar venue. Only bank transfer, no cash payments, will pay all invoices.

International group duties

- The amount of expenses related to transport – getting to the workshop venue and back, specified (agree on the amount of costs) by Latvian



Federation of Tug of war and the participation of each project country, 30 days before the event period. The parties agree on the most economical option - under the Treaty EAC/S06/2012.

International expert group

The international experts group composition-2 persons from each country –who participate in content implementation.

The international group of experts participating in the seminar work improve the content of the project and meet the objective, through experience, knowledge, skills acquired in sports, at work, in the learning process

- Providing events quality, supervising seminars – content, programme, materials, hand outs, list of participants, certificates, diplomas, follows seminars and competition documentation (programme, records, rules), follows seminars contents evaluation (forms), follows materials for a Hand book, follows intercultural experience, follows communication with LTWF, looking for relevant education methods, strengthen international network ect.

Risks during projects implementation

Strategic risks, operative risks, financial risks, administrative risks

Volunteer's identification seminars are conducted for each partner in charge.

Volunteers seminar participants acquire the knowledge and skills to strengthen a competition, which may participate as organized team, seminar participants (in order to learn better the technical and tactical skills), as well as randomly members who wish to participate in the event. Competitors and teams are rewarded.

To realize **intercultural** education each partner country shall ensure that measures providing information about the country. The place where the seminar takes place (culture, history, traditions, ceremonies, catering and other information) - International group expert's presentations will be reflected in the project venue - the city, country maps, showing projects in their national language.

Main partner is responsible about administration, content implementation.

Partner providing necessary conditions for successful implementation

Documentation of used examples will be prepared and shown in Latvia Tug of war federation homepage

The expert group prepares the workshop content and choose pedagogical methods and tools (formal and informal) to be applied in acquired content.

Seminars Methods

The competition provides content implementation (organization, judges, coaches); train indoor and outdoor Tug of war; according to the qualification there will be an international - support group tasks; competition – improve knowledge with practical skills; find useful experience during seminars for the content of the hand book; use common documentation forms for all events – documentation; evaluation; find subjects for discussions in the conference.

All project documentation is documented for each measure creating a document folder, based on the circulation of documents.

Project designs material in accordance with the partners

Partners agreement will be signed before the event in the partner's organization.

Steering committee implementing monitoring/supervision of the operation and risks.

The steering committee is responsible for assessing whether the project's objectives are being followed and the expected outcomes are likely to be achieved within the course of the project. The steering committee will produce reports after each meeting.

To approve the steering committee consisting of five members; from each country a representative.

Based on the recommendations of the decisions made by a steering committee proposed persons are subject to change (if a person has not possibilities to be involved in the project anymore)

Supervisory board determines seminars and consider issues related to the seminar content, presentation development, security and financial and other issues arising from the project implementation process.

2nd semester Preparation meeting within the frame of the project „ Let's pull together”

The project will culminate with an international conference and “Big Tug of war” competition in order to ensure the project visibility, further discuss Good practice examples and the usage of Tug of war sport in informal education.

In the meeting preparations for the conference and “Big Tug of war” competition will be made, a good practice handbook discussed.



International manager's group preparing 2nd semester seminar

POLAND, Warsaw, December 13-15th, 2013

Subjects for discussions:

1. Feedback Seminar – Warsaw, October.
2. About Sport Forum in Vilnius ; Importance of International job and ERASMUS 2020
3. Five seminar's results
4. Discussing of Good practice Handbook content.
5. Distribution of tasks for a handbook
6. Discussion of the content of the International conference
7. Discussion - “ Big Tug of war”
8. Proposals for policy makers
9. Intercultural evening on 3rd of May

Extract's from the second preparation meeting minutes:

I. During projects implementation held 5 seminars:

Latvia -Ventspils, May 17th-19th, 2013

Lithuania- Palanga, May 31st.05 June, 2nd, 2103

Hungary – Szekesfehervar, August 16th-18th, 2013

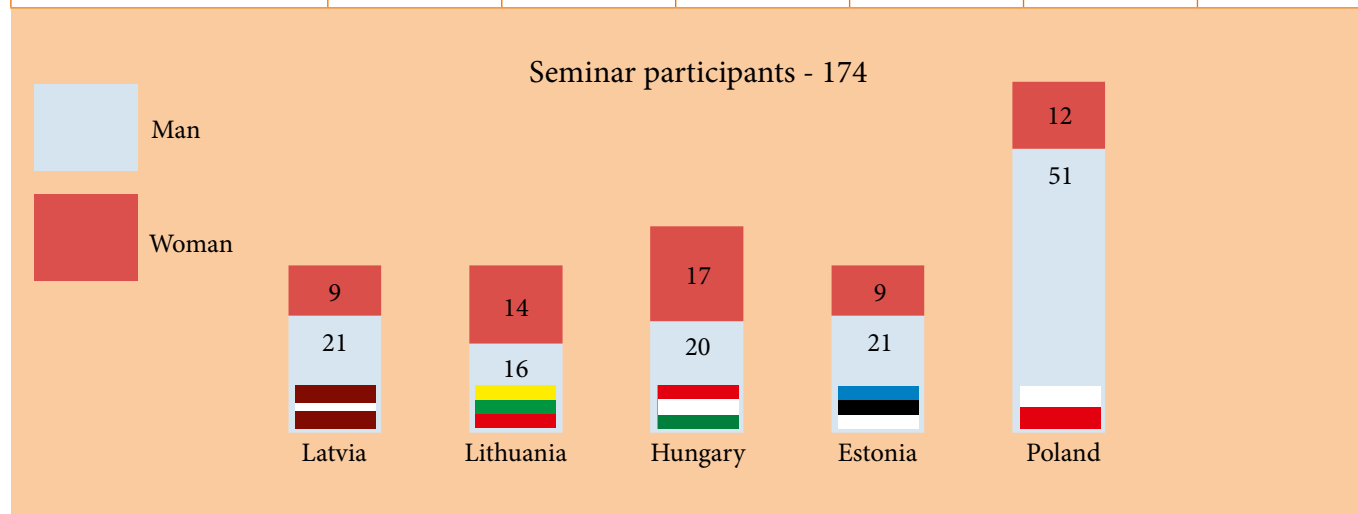
Estonia -Tallinn, September, 27th-29th, 2013

Poland -Warszawa, October 13th -15th, 2013

I. After five seminars project have following results:

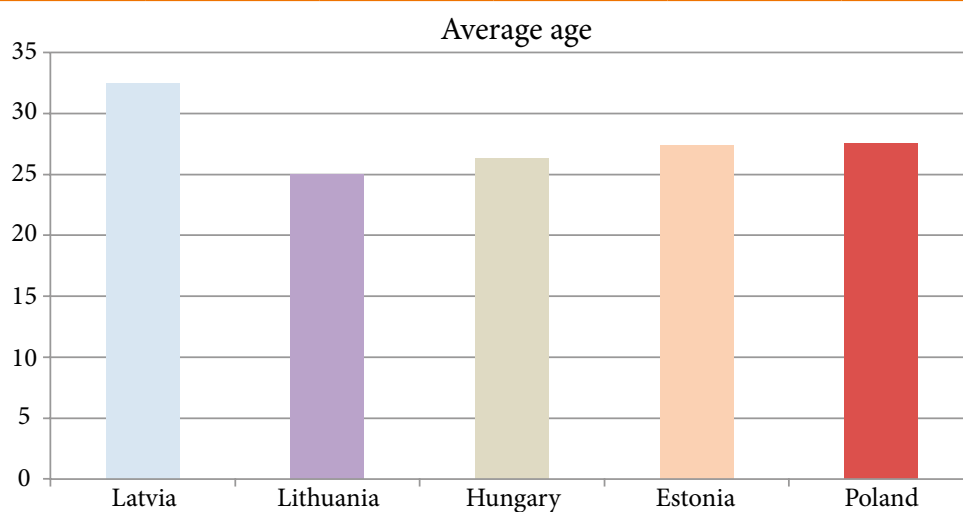
1. Seminar participants (man, woman)

	Latvia	Lithuania	Hungary	Estonia	Poland	TOTAL
From seminar participants	30	30	37	30	47	174
man	21	16	20	21	35	113
woman	9	14	17	9	12	61



2. Information About volunteers

	Latvia	Lithuania	Hungary	Estonia	Poland	AVERAGE
Average age	32,5	25	26,3	27,4	27,5	27,74



3. Nationalities

	Latvia	Lithuania	Hungary	Estonia	Poland
Nationalities participate in seminars	Lithuanians, Latvians, Russians, Polish, Hungarians Estonians, British 7	Lithuanians, Latvians, Russians, Polish, Hungarians Estonians British 7	Lithuanians, Latvians, Russians Polish Hungarians Irish British Serbians, Ukrainians 9	Lithuanians, Latvians, Russians, Polish, Hungarians British Estonians 7	Lithuanians, Latvians, Russians, Polish, Hungarians British Ukrainian 7

4. Locations from where coming seminar's participants

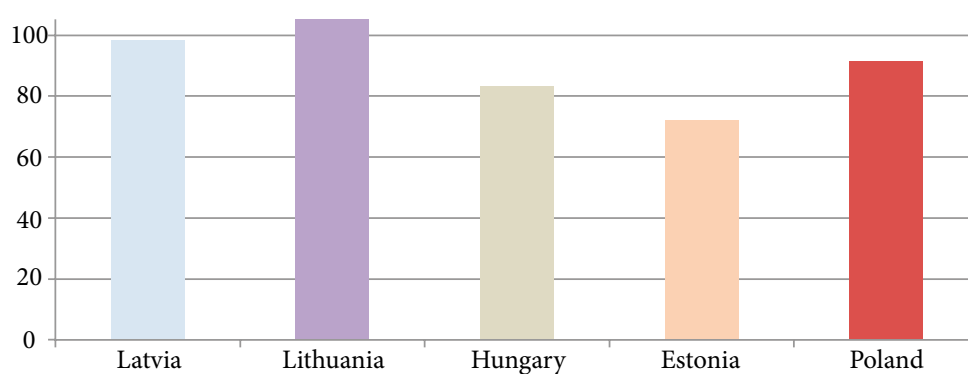
	Latvia	Lithuania	Hungary	Estonia	Poland
Towns from which come seminar participants	Riga, Jelgava Saldus Sigulda Jēkabpis Malta Lūznava Viesīte 8	Panevežys Kaunas Vilnius Alitus Mariampolis Palanga 6	Szekesfehervar Nagysap Soponya Cece Oroshaza Nadasladany Szeged Mohacs Tomba Szabadka Esztergom 10	Tallinn Narva 2	Warsaw 1

5. Seminar participants occupations (participants, experts)

	Latvia	Lithuania	Hungary	Estonia	Poland
1.	Sport teachers	Sport teachers, leaders	Sport teachers	Sport teachers	Sport teachers
2.	Sport instructors	Sport instructors	Sport instructor, Coaches	Sport instructor, Coaches	Sport instructors
3.	Students	Students	Students	Students	Students
4.	Military	Military	Military	Military	Military
5.	Fireman		Fireman		Fireman
6.	Police	Police			
7.	Sport Academy Professor				University Teacher
8.	Security				Bodyguard
9.					Fitness Instructor
10.			Nurse, Medicine		Nurse
11.	Municipality representatives				Native Speaker
12.					Dentist
13.					Builder
14.					Driver
15.			Businessman		Businessman
16.		Sport manager			
17.	Bokkeeper			Clerk	
18.			Seller		
19.			Unemployed		

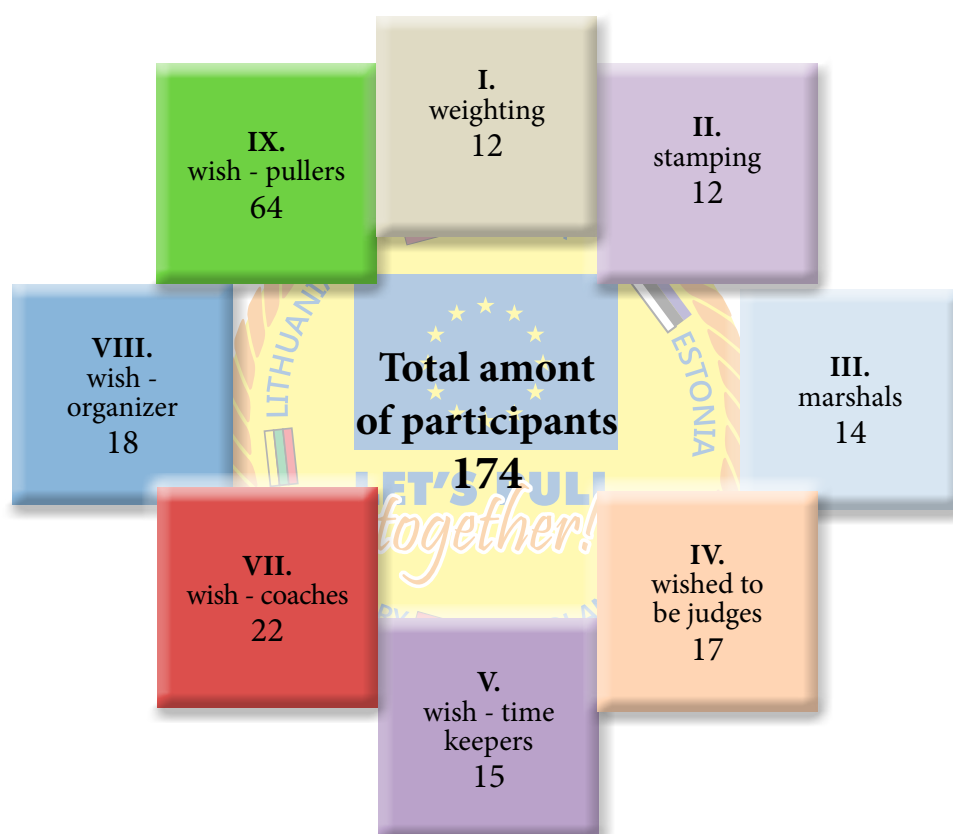
6. Participants in the competition

	Teams	Participants – 100
Latvia	11	99
Lithuania	12	108
Hungary	9	81
Estonia	8	72
Poland	10	90
Total	50	450/500



7. Participating volunteers in seminars find responsibilities during seminar and future wishes

Country	Location, date	Total amount of participants in seminar	I. Train Weight in %	II. Train Stamping %	III. Train Marshals (find tekams and stand on line) %	IV. Future trained and wish to become judges %	V. Future trained wish to be time keepers Recorders %	VI. Trained to organize And judge Total during seminars %	VII. Future trained Wish to be Coaches	VIII. Future trained Wish to be Organizers	IX. Future trained Wish to be pullers
Latvia	Ventspils 17.-19.05.2013	30	2	2	2	2	2	10	7	5	8
Lithuania	Palanga 31.05-02.06.2013	30	2	2	3	4	2	13	4	4	9
Hungary	Szekesfehervar 16-18.08.2013	37	1	1	1	2	2	7	4	3	23
Estonia	Tallinn, 27-29.09.2013	30	5	5	5	5	5	25	1	2	2
Poland	Warszawa 11-13.10.2013	47	2	2	3	4	4	15	6	4	22
Total		174	12	12	14	17	15	70	22	18	64
			During seminars obtain Tug of war skills 40,2 %					70	On future would like participate in Tug of war 104 59,8 %		

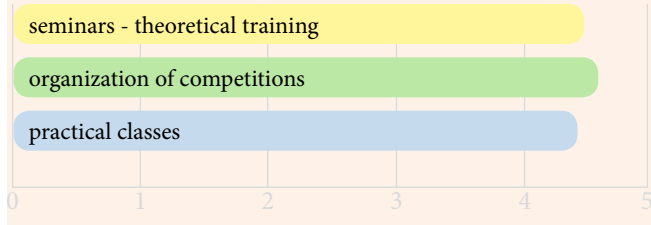




Seminars content evaluation

	Poland, Warszawa 11.-13.10. 2013	Evaluation scale 1-5
1.	Did you acquired the knowledge and skills in the seminar that you intended?	yes
2.	How do you evaluate the outline and the quality of teaching?	4,4
3.	Present in effective form of exciting, engaging teaching methods:	4,3
4.	Tug of war sport in the world and Latvian, Lithuanian, Hungarian, Estonian and Polish; indoor team building, training and preparation Tug of war competitions premises-characterization and organization of team activities. Tug of war indoor team building, training and preparation Practice areas; Tug of war contest rules, judging competitions (indoors and outdoors).	4,5
5.	Rope pulling outdoor team building, training and preparation; Tug of war competition out-the nature and organization; recording place of the race and action; Practical workout (the stadium). By all workshop participants; Tug of war sport administration	4,7
6.	Tug of war competition LtTWF championship - „Sport for all” organization, management, adjudication -a practice session the workshop participants	4,4
7.	Methodological and handouts quality and content of the utility.	4,6
8.	Theoretical and practical relationship-or for the (1-5 point scale)	4,4
9.	International team's participation at the seminar?	4,3
10.	Do you learn something new about the sport Tug of war? (1-5 point scale)	4,6
11.	An organized social life- night accommodation, meals? (1-5 point scale)	4,7
12.	Seminar facilities	4,6
13.	The practical lesson	4,7

Rating seminar participants "Let's Pull Together"



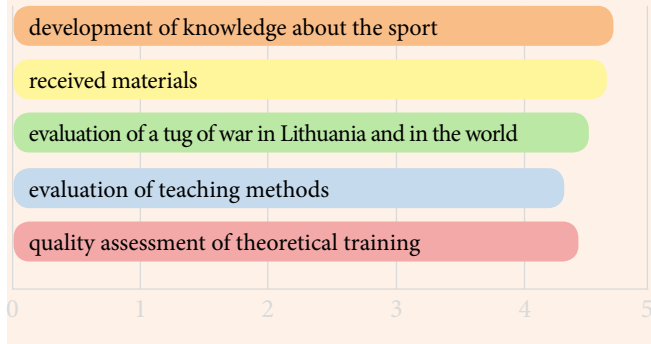
Rating seminar participants "Let's Pull Together"



Rating seminar participants "Let's Pull Together"



Rating seminar participants "Let's Pull Together" on theoretical training



II. Discussions on Good practice Handbook content:

II.1. Introduction

Information about the project, participants (countries, figures, volunteers, cities, partners)

Aim of the project

II.2. History of TWIF, What is Tug of war – definition; history

II.3. Tug of war

Methodology, equipment, security (photos with mistakes), Programme (1st step coaching with explanation), Tug of war team and training competition organization (different levels – local, for children, with big participants amount, indoor, outdoor - not International level)

II.4. International network:

II.5. Intercultural learning

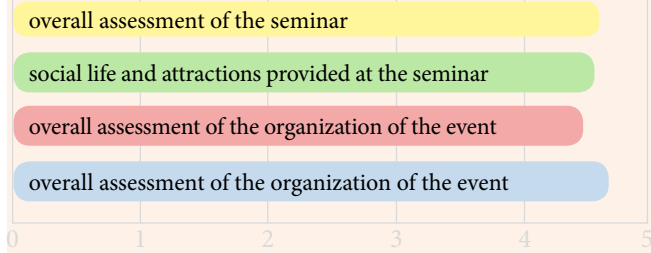
What the goals before and after results were ; how we brought barriers among us; how we get participants to the seminar, cultural traditions, languages, sport International language, formation of healthy life style of young people, Environment cleaning, respect each other.

Web pages, contacts, promotion of future

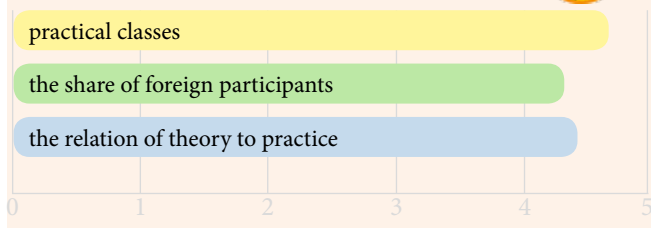
II.6. Partners experience:

5 seminars reports from partners – Latvia, Lithuania, Estonia, Hungary, Poland

Rating seminar participants "Let's Pull Together" concerning the organization of the event



Rating seminar participants "Let's Pull Together" on the practical part



Seminars information – content, analyses, intercultural, informal education, international network

International group

Experts of each partner organization prepare the story about their experience during the project events and each partner organization. Volunteers who participate in seminars prepare the story about their experience what they had got, learned (1-A4) and photos

Project meetings extracts



What's important for policy makers? – John Slade from Estonia

Proposals for Policy makers

Annex:

TWIF rules, weight in, recording sheets, competition general conditions, Latvia “Big Tug of war” rules.

Request to partners until 01.02.2014 from partners to have the following information and sent by e-mail to LTWF:

Clubs, federations, supporters, sponsors logos, web pages links, press releases – links (date, story); addresses - municipalities where held seminars, project countries responsible sport ministries; *Latvia TWF waiting until 15.04. 2014:* participants lists from each country to participate in the projects conference and “Big Tug of war” competition in Riga. *Decide* - invite 15 persons - volunteers, international experts, municipalities, sport ministry representatives.

Latvia TWF will invite project partner's countries Embassy's representatives in Latvia.

III. Discuss the content of projects conference:

Conference programme:

Riga City welcome

European Parliament deputy welcoming

Latvian Ministry of Education welcoming

Guest's greetings

Lithuania Tug of war federation experience, KIME sport and promotion centre experience, Hungary Tug of war federation experience, Estonia Multi sport club experience, Latvia Tug of war federation experience

Projects final report

Crosboard cooperation and intercultural learning. Informal education in the sports – Latvia Sport Pedagogical Academy

Proposals for sport policy makers

A Good practice Hand book- opening

Closing of the conference

Each partners speech necessary to illustrate with slideshow, video - presentation about the project – each country 20 minutes;

IV. Discuss for the International event after conference - dinner – each country prepares some game, song, dance ect.

V. Discuss main questions “For Policy makers”:

- Governments are not very open to non - Olympic sports in all countries and municipalities;
- Complicate to accept informal education programmes for volunteers (*national legislations*)
- More promotion necessary for new federations from International Tug of war federation
- for Tug of war sports promotion usefully to exchange with training and informal education programmes for volunteers.

VI. We decide - Let's pull together on future!



Project supported by European Council – EAC-2012-0559

Proposals for Policy makers

Project „ Let's pull together”

(calls for proposals 2012 - Trans-frontier joint grassroots sport competitions in neighboring regions and Member States. – EAC – 2012 – 0559)

The main objective of the programme, which was prepared actions in the field of sport for the programme 'Erasmus for All', project 'Let's Pull together' organizers identified three problems:

- Insufficient use of Tug of War sport as a vehicle for informal education for youth
- Insufficient use of Tug of War sport as a vehicle for promoting tolerance and transnational understanding between youth of different backgrounds
- Lack of exchange of best practice examples and experiences of Tug of War sport between countries

Thus the project organizers as its general objective was set out an aim to promote sport of Tug of War as a vehicle for professional and personal growth, social inclusion and transcultural understanding between youth of different background. Participants of the project was young people from Latvia, Lithuania, Estonia, Poland and Hungary.

International group of experts provided the content of the seminars and workshops and shared their knowledge and skills train volunteers.

Project seminars content provided an opportunity for - volunteers to gain management, organizational, referee skills using informal education, and make them promoters of tolerance and social inclusion.

International experts group makes it possible:

To develop the personality of professionalism,

Foster cross-cultural understanding, tolerance and respect between youth of different backgrounds

Exchange good practice examples between Tug of War organizations

Project built a sustainable network of Tug of War organizations and federations which using good practice examples and transferred knowledge; trained new youth volunteers, organizers and referees giving them practical knowledge.

Tug of War sport does not require many funds. It is a sport that always attracts the viewer, and it is a sport that uses in the team building” events, it is a main event during sports

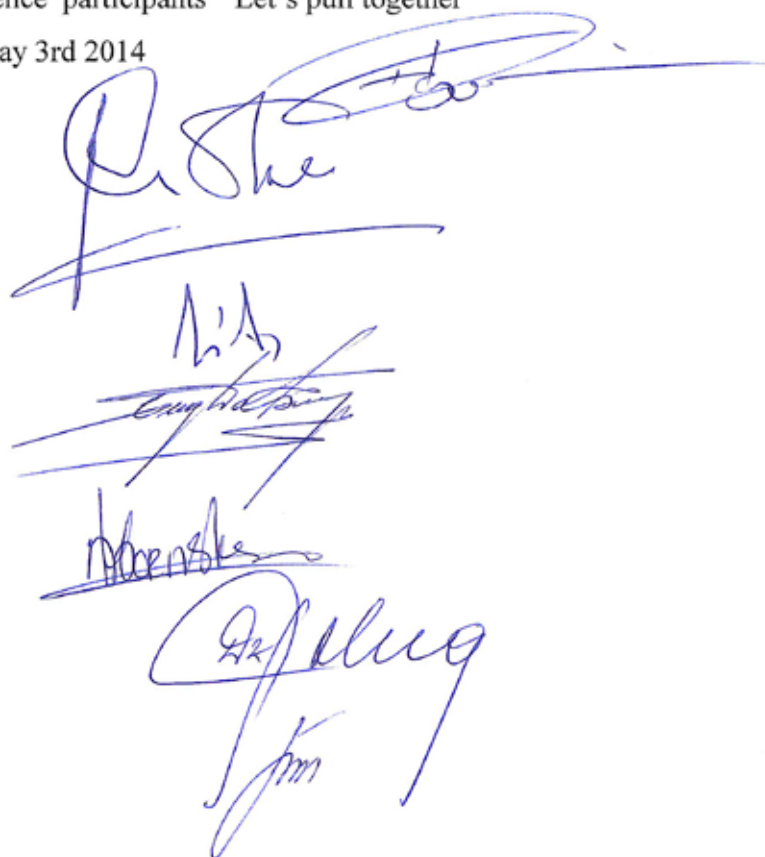
festival, it is a sport that attracts people and a young people's as well as high level sport Tug of War sport teaches tolerance and understanding, friendship and fire play.

Project international experts group during the meetings found that all countries have a similar problem's and find our proposals to the national sports policy makers:

1. Governments and local authorities need to be more open to non-Olympic federations
2. Build a national law so to make it easier to recognize the non-formal education program (of local sports competitions in - instructor level)
3. International Federation increased support to the new federations – more assist Tug of War marketing.
4. Sports organizations need to support cross-border exchanges of experiences that contribute to develop sport and quality educational programs for volunteers, judges and coaches.

Conference participants "Let's pull together"

Riga May 3rd 2014





Projet supporte par le Conseil Européen – EAC-2012-0559

Propositions pour les législateurs

Projet “Tirons tous ensemble”

(appels a propositions 2012 – Transfrontalier membres candidats sport competitions dans les regions voisines et Etats membres. – EAC – 2012 – 0559).

L’objectif principal du program, qui prepare les champs d’actions du sport dans le cadre du program “Erasmus pour tous”, projet “Tirons tous ensemble” les organisateurs ont identifie trois problemes:

- L’utilisation insuffisante du sport de “Tir a la corde” comme vehicule d’éducation informationnel pour les adolescents.
- L’utilisation insuffisante du sport “Tir a la corde” comme vehicule promotionnel pour la tolerance et la comprehension entre adolescents de differents milieux/origines.
- Manque d’échange d’exemples de meilleure pratique et experiences du sport de Tir a la corde entre pays.

Ainsi les organisateurs du projet, dans son objectif general, ont fixes de promouvoir le sport du Tir a la corde comme vehicule de promotion individuelle et professionnelle, inclusion sociale et comprehension transculturelle entre jeunes de differents milieu/origines. Les participants de ce projet sont les adolescents de Lettonie, Estonie, Pologne et Hongrie.



Un groupe d'experts internationaux a soumis le contenu des séminaires et travaux collectifs et ils ont partagé leurs connaissances et expériences avec les volontaires.

Le contenu des projets de séminaires apporte une opportunité pour les volontaires d'accéder au cadre managerial, organisationnel, des niveaux de compétence des juges en utilisant une éducation informelle et les faire devenir des promoteurs de tolérance et d'inclusion sociale.

Le groupe International d'experts permet :

- De développer la conscience professionnelle,
- Encourager la compréhension multiculturelle, tolérance et le respect entre les adolescents de différents milieux/origines,
- Échanger des exemples de bonnes pratiques entre les organisations de Tir à la corde.

Le projet établit un réseau durable entre les organisations et fédérations de Tir à la corde qui utilise des exemples de bonnes pratiques et transfère les connaissances, entraîne de nouveaux jeunes volontaires; organisateurs et juges leur apportant le savoir-faire.

Le tir à la corde ne nécessite pas beaucoup de fonds. C'est un sport qui attire toujours le public, c'est un sport qui renforce l'esprit d'équipe, c'est l'événement principal lors de festivals des sports, c'est un sport qui attire les gens et les adolescents à haut niveau sportif au tir à la corde enseignent la tolérance, compréhension, amitié et fair-play.

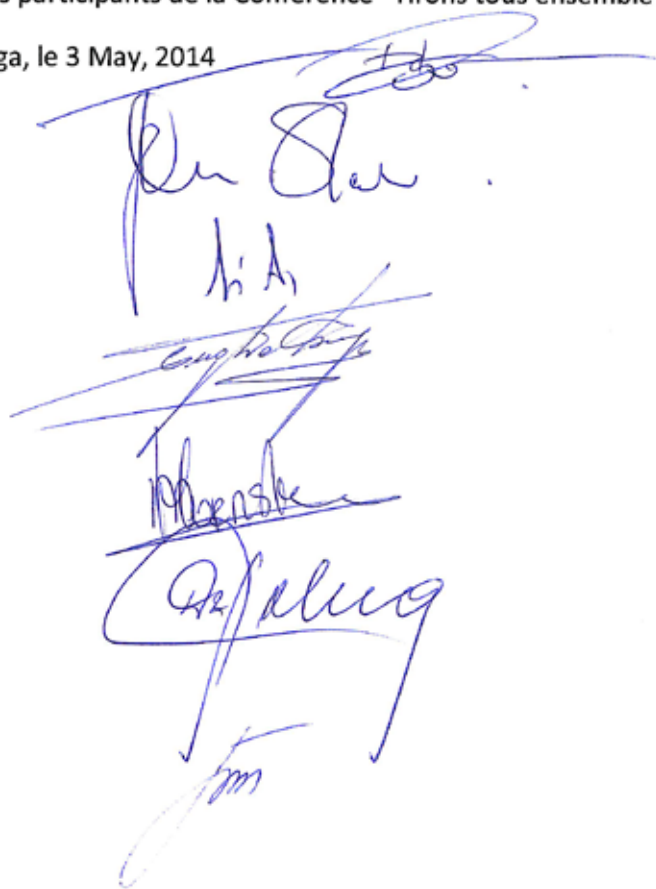
Le projet international de groupe d'experts pendant les réunions a trouvé que tous les pays ont le même problème et ont trouvé nos propositions pour les législateurs nationaux en matière de sports:

1. Les gouvernements et les autorités locales doivent être plus ouverts d'avec les fédérations non Olympiques

2. Construire une loi Nationale afin de reconnaitre facilement le programme de formation d'éducation (de competitions de sports local – niveau instructeur).
3. La Federation Internationale doit augmenter le support aux nouvelles federations – plus d'assistance pour le marketing du Tir a la corde.
4. Les organisations de sports doivent supporter l'initiative d'échanges entre les frontieres qui contribue a developper le sport et qualite educationnelles pour les volontaires, juges et entraineurs

Les participants de la Conference "Tirons tous ensemble"

Riga, le 3 May, 2014





Projekt unterstützt durch den Europäischen Rat – EAC-2012-0559

Vorschläge für die Entscheidungsträger

Projekt „Let's pull together“

(Forderungen für Vorschläge 2012 – grenzüberschreitende Basisbewegungs-Sportwettbewerbe in Nachbarregionen und Mitgliedsländern. – EAC – 2012 – 0559)

Der Hauptziel des Programms, das als Handlung im Bereich Sport für das Programm 'Erasmus for All' vorbereitet wurde, haben die Organisatoren des Projekts 'Let's Pull together' als drei Probleme identifiziert:

- Nicht ausreichendes Benutzung des Tauziehens als ein Mittel für Freizeitausbildung der Jugendlichen
- Nicht ausreichendes Benutzung des Tauziehens als ein Mittel für Förderung der Toleranz und des transnationalen Verständnisses zwischen Jugendlichen mit verschiedenen Hintergründen
- Eine Mangel an Austausch von bewährten Verfahrensbeispiele und Erfahrung mit Tauziehen zwischen Ländern

Dadurch haben die Organisatoren des Projekts als der Hauptziel die Förderung des Tauziehens als ein Mittel für professionelles und persönliches Wachstum, soziale Einbeziehung und transkulturelles Verständnis zwischen Jugendlichen mit verschiedenen Hintergründen bestimmt. Die Projektteilnehmer waren die Jugendlichen aus Lettland, Litauen, Estland, Polen und Ungarn.

Die internationale Expertengruppe hat der Inhalt für die Konferenzen und Workshops geleistet und hat ihre Wissen und Fähigkeiten für die Ausbildung von Freiwilligen bereitgestellt.

Der Inhalt der Projektseminaren hat eine Möglichkeit für den Erwerb der Leitungs-, Organisations- und Schiedsrichter-Fähigkeiten für die Freiwilligen durch Freizeitausbildung geleistet, und sie sind Förderer der Toleranz und soziale Einbeziehung geworden. Die internationale Expertengruppe hat ermöglicht:

Die Entwicklung der persönlichen Professionalität,

Die Förderung des transkulturellen Verständnisses, Toleranz und Respekt zwischen Jugendlichen mit verschiedenen Hintergründen,

Ein Austausch von bewährten Verfahrensbeispiele zwischen Organisationen für Tauziehen.

Der Projekt hat ein nachhaltiges Netzwerk von Organisationen und Föderationen für Tauziehen geschaffen durch den Austausch von bewährten Verfahrensbeispiele und

Erfahrung; neue und junge Freiwillige, Organisatoren und Schiedsrichter wurden trainiert und praktische Wissen wurden für sie bereitgestellt.

Tauziehen benötigt wenig Geldmittel. Es ist eine Sportart, die immer Zuschauer anlockt, und es wird oft in Teamentwicklung benutzt. Es ist eine Hauptattraktion in Sportfestivals, es lockt jüngere und auch ältere Menschen an. Durch Tauziehen lernt man Toleranz und Verständnis, Freundschaft und faires Verhalten.

Die internationale Expertengruppe hat im Rahmen der Treffen gefunden, dass alle Länder ähnliche Probleme haben, und ihre Vorschläge für die nationale Entscheidungsträger im Bereich Sport sind:

1. Regierungen und Selbstverwaltungen müssen viel offener für die Föderationen für nicht olympische Sportarten sein.
2. Ein nationales Gesetz muss geschrieben werden sein, um die Reorganisation des Freizeitausbildungsprogramms (von regionalen Sportwettbewerbe auf den Ausbilder-Ebene) leichter zu machen.
3. Größere Unterstützung der Internationalen Föderation für die neuen Föderationen – größere Assistenz für den Marketing des Tauziehens.
4. Organisationen für Sport brauchen Unterstützung mit grenzüberschreitenden Austausch von Ehrfahrung, um für die Entwicklung von Sport und qualitative Ausbildungsprogrammen für Freiwillige, Schiedsrichter und Trainer zu sorgen.

Konferenzteilnehmer "Let's pull together"

Riga 3. Mai 2014





Annex I.

RULES (TWIF) FOR INTERNATIONAL COMPETITION

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

(a) In International Tug of war competitions the following categories are recognized.

Outdoor and Indoor

Men and Women

Senior, Under 23 and Junior

Mixed 4x4 Male & Female

(b) 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:

World (W) European (E) Indoor (I.) Outdoor (O.)

Ultra Featherweight not exceeding 480 Kilos Junior Women (I.O.) W.

Featherweight not exceeding 500 Kilos U23 Women (I.O.) W.

Light weight not exceeding 500 Kilos Senior Women (I.O.) W.

Light Heavyweight not exceeding 520 Kilos Senior women (O.) E

Heavyweight not exceeding 540 Kilos Senior Women (I.O.) W.

Heavyweight not exceeding 560 Kilos Senior Women (O.) E

Lightweight not exceeding 560 Kilos Junior Men (I.O.) W

Lightweight not exceeding 560 Kilos Senior men (I.) W..(O.) E.

Lightweight not exceeding 580 Kilos Senior Men (O.) W.

Light Middleweight not exceeding 600 Kilos U23 Men (I.O.) W.

Light Middleweight not exceeding 600 Kilos Senior Men (I.)

Middleweight not exceeding 640 Kilos Senior Men (I.O.) E.W.

Cruiserweight not exceeding 680 Kilos Senior Men (I.) W. (O.) E c

Heavyweight not exceeding 700 Kilos Senior Men (O.) W.

Heavyweight not exceeding 720 Kilos Senior Men (O.) E.

Catchweight no weight limitations

Mixed (4 x 4) not exceeding 600 Kilos Senior Mixed (I.O.) W

4. WEIGHING AND STAMPING

1. All athletes first collect accreditation, having prepaid.

2. All potential pullers must weigh at a pre-determined time schedule.

3. An accreditation download will be carried out listing all athletes from a particular country. Accessible only by the controller and the appointed representative of a particular country.

4. The athlete will weigh on an individual scale. The number of scales to be determined by the organizers and TWIF. Only one weigh in on the official scales.

5. After weighing the athletes the weight will be recorded in an excel spreadsheet, and also handwritten on the downloaded excel file as a back up.

6. The athlete will be given his or her certified weight. The athlete can then give his or her weight to the coach of the team.

7. Open Clubs entries

The coach of a particular club entering in the TWIF clubs competition will bring a completed weigh list to control at a predetermined time. The weigh list shall contain the name, accreditation number and the weight of each puller, totaling the adequate weight of a particular weight class. Eight pullers, coach and trainer only.

7.1 A coach may change any and all pullers prior to and up until stamping, as long as the maximum weight for that particular weight class is not exceeded. Changes must be reported to control by the coach 30 minutes before stamping begins.

8. National team weigh in.

The coach of a national team may choose any pullers that are listed and weighed from the downloaded excel file from his/her country.

8.2 A coach may change any and all pullers prior to and up until stamping, as long as the maximum weight for that particular weight class is not exceeded. Changes must be reported to control by the coach 30 minutes before stamping begins.

9. The coach of a particular national team will present a completed weigh certificate to control at a predetermined time schedule.

10 Control shall enter teams in a draw for a particular weigh class, after checking the weight & accreditation numbers against the completed excel downloaded list.

11. Scanners/ Bar code readers at designated areas to control substitutions, and team weight checks throughout the competitions.

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 male 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. A female puller is eligible to participate from the beginning of the year she reaches her 16th birthday until the end of the year she reaches the age of 22 years.

5.3 Senior

A male 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.

A female puller is eligible to participate in the senior category from the beginning of the year in which the puller reaches the age of 16 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 by a national government issued identification 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) with both of their accreditation cards available for checking by the Official in charge of the match; before being sent to the Official designated by the Chief Judge to deal with the substitutions.

6.4.1 Accreditation cards will be used to verify the athletes and their weights, by scanning or typing the accreditation cards into the system.

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 mark-



ing 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.

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 communicate 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 uni-form.

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.

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 attach. 4)

8.2 Resin

Resin is allowed to facilitate the grip on the rope and the use is restricted to the hands only. In indoor 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 sole, 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 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 attachment1)

8.4.2 Indoor Shoes (AMENDMENT TO RULE 8.4.2) *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%. The only material or substance which may be applied to the sole of the shoe is a clean dry cloth which must be devoid of any chemicals or fluids. 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 metres.

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:

- one (1) tape or marking at the centre of the rope
- two (2) tapes or markings each four (4) metres on either side of the centre marking.
- two (2) tapes or markings each five (5) metres on either side of the centre marking.
- 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:

- one (1) tape or marking at the centre of the rope
- two (2) tapes or markings each two and a half (2.5) metres on either side of the centre marking
- 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 metres. The recommended width of the pulling surface will be 100 - 120 centimetres

One centre line and two side lines four (4) metres 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 contact with the belt for safety considerations 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 |
| 9 | Anchor Position | any other than the position described in Rule 13 |
| 10 | Trainer | trainer communicating 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 re-started 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 competition

- 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.

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;

- a) both teams being guilty of infringements; after twice being cautioned
- b) both teams being guilty of inactivity
- c) both teams leaving go of the rope before the finish of a pull
- d) 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 pull-ing area
- (3) that, as far as possible, the pre-determined timetable is adhered to.
- (4) grant rest periods as shown in Rule 17
- (5) declare a "No pull"
- (6) disqualify a team or teams after caution.
- (7) A judge may award only 1 friendly caution to a particular team during a pull.
- (8) 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 out-door 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 (see attachm. 2)

	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
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 (see attach. 3)

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 points 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 points competition.

- The top four teams of the qualifying point's competition will enter into the semi-finals.
- The team in 1st. place will be matched against the team in 4th place and the team in 2nd place will be matched against the team in 3rd place
- The winners of the matches will then compete for the gold and silver medal and the losers will compete for the bronze medal

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 points 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 de-

claring 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.

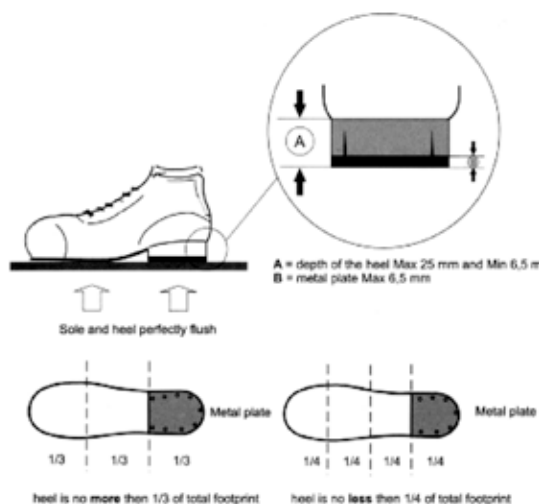
(5) Toss or draw

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.

Ref:8.4.1. Out-door shoes


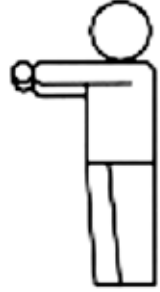



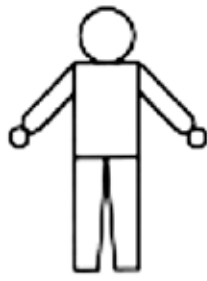

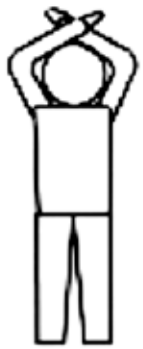



Attachment 1

Out-door shoes



Attachment 2

Signals Comands

		
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	

Attachment 3*Signals infringements*

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

Ref: 8.1.4. Anchor vest

Attachment 4

Anchor vest



**Annex Nr.2**

Weight _____kg

Team number _____

Weight in Certificate

 Club, country

Colour of shirts _____

Colour of shorts _____

Nr.	First name, family name	Weight
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
	Teams weight	

Repl.		
-------	--	--

Coach _____

Judge _____

Annex Nr.3

Event name title of the competition (Championship title)

Date

Weight category

KG

Place of competition

Team list

	Club (team)	Weight (kg)	Cautious	Points				T	TP
A									
B			0	0	0	0	0	0	
C									

Pulling tracklist

		Pulling		(Club) Team	Cautious		Cautious		(Club) Team	Pulling			Cautious		Points	
1	2	1	2		1	2	1	2		1	2		1	2	1	2
1	A											B				
2	C			0					0			A	0	0	0	0
3	B											C				

Event name title of the competition (Championship title)

Date

Weight category

KG

Place of competition

Team list

	Club (team)	Weight (kg)	Total Cautious	Points				Total points	Place
A			0	0	0	0	0	0	
B									
C			0	0	0	0	0	0	
D									

Pulling tracklist

		Pulling		(Club) Team	Caution		Caution		(Club) Team	Pulling			Caution		Points	
		1	2		1	2	1	2		1	2					
1	A			0					0			B	0	0	0	0
2	C											D				
3	A			0					0			D	0	0	0	0
4	B											C				
5	A			0					0			C	0	0	0	0
6	D											B				

MINI FINAL

III - IV	Pulling			Team	Caution			Team	Pulling			Caution			Points
	1	2	3	(Club)	1	2	3	(Club)	1	2	3	1	2	3	

FINAL

I - II	Pulling			Team	Caution			Team	Pulling			Caution			Points
	1	2	3	(Club)	1	2	3	(Club)	1	2	3	1	2	3	

FINAL

I place

I place

II place

MINIFINAL

III place

III place

Event name title of the competition (Championship title)

Date

Weight category

KG

Place of competition

Team list

	Club (team)	Weight (kg)	Total Caution	Points				Total points	Place
A									
B			0	0	0	0	0	0	
C									
D			0	0	0	0	0	0	
E									

Pulling tracklist

		Pulling		(Club) Team	Caution		Caution		(Club) Team	Pulling			Caution		Points	
1	2	1	2		1	2	1	2		1	2		1	2	1	2
1	A											B				
2	C			0					0			D	0	0	0	0
3	A											E				
4	B			0					0			C	0	0	0	0
5	D											E				
6	A			0					0			C	0	0	0	0
7	E											B				
8	A			0					0			D	0	0	0	0
9	C											E				
10	B			0					0			D	0	0	0	0

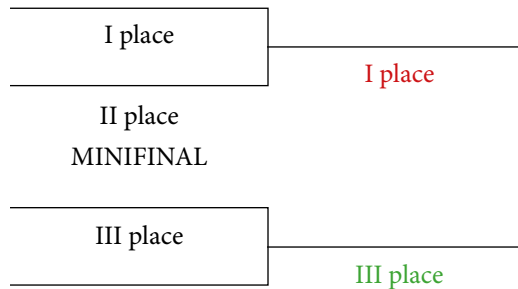
MINI FINAL

III - IV	Pulling			Team (Club)	Caution			Team (Club)	Pulling			Caution			Points
	1	2	3		1	2	3		1	2	3	1	2	3	

FINAL

I - II	Pulling			Team (Club)	Caution			Team (Club)	Pulling			Caution			Points
	1	2	3		1	2	3		1	2	3	1	2	3	

FINAL



Event name title of the competition (Championship title)

Date

Weight category

KG

Place of competition

Team list

	Club (team)	Weight (kg)	Total Caution	Points				Total points	Place
A			0	0	0	0	0	0	
B									
C			0	0	0	0	0	0	
D									
E			0	0	0	0	0	0	
F									

Pulling tracklist

		Pulling		(Club) Team	Caution		Caution		(Club) Team	Pulling			Caution		Points	
1	2	1	2		1	2	1	2		1	2		1	2	1	2
1	A			0					0			B	0	0	0	0
2	C											D				
3	E			0					0			F	0	0	0	0
4	B											D				
5	A			0					0			F	0	0	0	0
6	C											E				
7	A			0					0			D	0	0	0	0
8	B											E				
9	C			0					0			F	0	0	0	0
10	D											E				
11	A			0					0			C	0	0	0	0
12	B											F				
13	A			0					0			E	0	0	0	0
14	D											F				
15	B			0					0			C	0	0	0	0

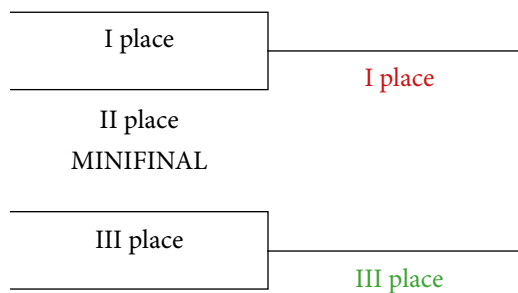
MINI FINAL

III - IV	Pulling			Team (Club)	Caution			Team (Club)	Pulling			Caution			Points
	1	2	3		1	2	3		1	2	3	1	2	3	

FINAL

I - II	Pulling			Team (Club)	Caution			Team (Club)	Pulling			Caution			Points
	1	2	3		1	2	3		1	2	3	1	2	3	

FINAL



Event name title of the competition (Championship title)

Date

Weight category

KG

Place of competition

Team list

	Club (team)	Weight (kg)	Total Caution	Points				Total points	Place
A			0	0	0	0	0	0	
B									
C			0	0	0	0	0	0	
D									
E			0	0	0	0	0	0	
F									
G			0	0	0	0	0	0	

Pulling tracklist

		Pulling		(Club) Team	Caution		Caution		(Club) Team	Pulling			Caution		Points	
		1	2		1	2	1	2		1	2					
1	A			0					0			B	0	0	0	0
2	C											D				
3	E			0					0			F	0	0	0	0
4	G											D				
5	E			0					0			B	0	0	0	0
6	C											A				
7	F			0					0			G	0	0	0	0
8	D											E				
9	B			0					0			C	0	0	0	0
10	A											E				
11	B			0					0			G	0	0	0	0
12	D											F				
13	C			0					0			G	0	0	0	0
14	A											F				
15	B			0					0			D	0	0	0	0
16	E											C				
17	G			0					0			A	0	0	0	0
18	F											B				
19	G			0					0			E	0	0	0	0
20	F											C				
21	D			0					0			A	0	0	0	0

MINI FINAL

III - IV	Pulling			Team (Club)	Caution			Team (Club)	Pulling			Caution			Points
	1	2	3		1	2	3		1	2	3	1	2	3	

FINAL

I - II	Pulling			Team (Club)	Caution			Team (Club)	Pulling			Caution			Points
	1	2	3		1	2	3		1	2	3	1	2	3	

FINAL

I place	
---------	--

I place

II place
MINIFINAL

III place	
-----------	--

III place

Event name title of the competition (Championship title)

Date

Weight category

KG

Place of competition

Team list

	Club (team)	Weight (kg)	Total Caution	Points				Total points	Place
A									
B			0	0	0	0	0	0	
C									
D			0	0	0	0	0	0	
E									
F			0	0	0	0	0	0	
G									
H			0	0	0	0	0	0	

Pulling tracklist

		Pulling		(Club) Team	Caution		Caution		(Club) Team	Pulling			Caution		Points	
		1	2		1	2	1	2		1	2					
1	A			0					0			H	0	0	0	0
2	B											G				
3	C			0					0			F	0	0	0	0
4	D											E				
5	A			0					0			G	0	0	0	0
6	H											F				
7	B			0					0			E	0	0	0	0
8	C											D				
9	A			0					0			F	0	0	0	0
10	G											E				
11	H			0					0			D	0	0	0	0
12	B											C				
13	A			0					0			E	0	0	0	0
14	F											D				
15	G			0					0			C	0	0	0	0
16	H											B				
17	A			0					0			D	0	0	0	0
18	E											C				
19	F			0					0			B	0	0	0	0
20	G											H				
21	A			0					0			C	0	0	0	0
22	D											B				
23	E			0					0			H	0	0	0	0
24	F											G				
25	A			0					0			B	0	0	0	0
26	C											H				
27	D			0					0			G	0	0	0	0
28	E											F				

MINI FINAL

III - IV	Pulling			Team (Club)	Caution			Team (Club)	Pulling			Caution			Points
	1	2	3		1	2	3		1	2	3	1	2	3	

FINAL

I - II	Pulling			Team (Club)	Caution			Team (Club)	Pulling			Caution			Points
	1	2	3		1	2	3		1	2	3	1	2	3	

FINAL

I place

I place

II place

MINIFINAL

III place

III place



ANNEX Nr. 4

Confirm:

Tug of war Federation president

TOURNAMENT “LET’S PULL TOGETHER” REGULATIONS.

COMPETITION TIME AND PLACE.

The competition will be in date, month, year, place
Weigh-in from o’ clock – o’ clock in place.

Competition start at o’clock.

To weigh-in all team arrive together.

PARTICIPANTS.

Team composed of 8 team members, coach and representative. (Organizer can set age limits or number of participants in the team)

Replacement of pullers - allowed one change from international rules, in competition area under the supervision of judges.

In the team could be less or more participants – if you have children team could be more than 8 - important same number, same weight, same account boys and girls –

If girls involved in boys team could be heavier weight or 1 person more; heavier f.ex. + 10 kg);

Distance between marks and ropes center: youth could be 3; 2, 5; 2 meters), adults not more 4 m ;

(Rope marked with 5 - marks – one center – on both sides (4m or how meters you determine) and + 1 m – mark where the first puller captures the rope

MANAGEMENT.

Competition is hosted by Tug of war Federation or partner organization and project “Let’s pull together”, Chief Judge: Name, family name.

PROGRAMM.

Competition will be held on (grass, sand, floor) at the International Tug of war rules.

Weight class - up to organizers,

Youth weight normally 560 kg (you can arrange with similar number of pullers and did not fix the weight).

Evaluation: Teams compete in the qualification round in one or more groups, followed by the finals

(race procedures will determine the day of the competition) – **Project providing recording lists for different number of teams (Annex 3)**

PARTICIPANTS OUTFITS.

Participants must tracksuit and sports shoes with rubber soles, no bumps, metal mounts, roughness, nails and so on.

Permitted use:

- a) under the shirt protective skin (T-shirt)
- b) above the shirt weightlifter belts
- c) on the hands of magnesia or chalk powder

SPECIAL RULES

Pulling the rope may only touch the ground with the feet; the rope must be free Move the arm and body. For each, the team receives a infringement.

Upon receiving the third infringement lead to disqualification in the ongoing pull.

ANCHOR ‘S POSITION IMPORTANT:

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.

AWARDS

4 cups providing Project „ Let’s pull together”; diplomas and badges for each participant.

Information for participants

Each participant is responsible for their health by signing the application.

Indoors - Entrance to the gym allowed only in sport shoes!

ANNEX Nr. 5

INSTRUCTIONS FOR PARTICIPANTS “The Big Tug of war contest”

Location between right and left riverside of Daugava population „Savilksim krastus kopā”

Time and place:

4th May, 2014, at 16. 30, 11th November Em-bankment in Riga.

Registration from 12.00

Arriving from 16:00

Daugavas right and left riversides population, arriving to the big Tug of war contest has **request for:**

Age of participants:

Regardless of gender in Big Tug of war may participate habitants from age 16.

Clothing:

Tracksuit or daily clothes (preferably with long arms), allowed to wear gloves for hand safety, as well as elbow and knee guards (pads).

Footwear:

Sports or casual (shoes, boots - preferred rubber outsole with a low heel).

Rope mark:

In the center of the ropes it is marked with red tape, after 5 m on either sides there are green marks on one side for the first puller, after 50 cm – yellow marking on the other side of rope for the second puller, again after 50 cm – green marking on one side for the third puller and after other 50 cm – yellow marking for the second puller on the other side of rope etc.

It is strictly prohibited:

Wear shoes with a spikes on sole, which can endanger other pullers. The wrist should not be rubbed with any lubricant (resin, magnesia, etc.), which can cause rub and rohibits your hands to slide and move free along the rope.

For safety:

If during the pulling member can not continue the process (not feeling well or for other reasons), then he can leave the competition. Ropes puller club instructors, about 50 pieces., every 10 m will provide with the necessary safety precautions.

Hold - with both hands grabbe the rope in front from the bottom. It is prohibited to enlace the rope around your hand and hold the rope afterwards!

Each puller is responsible for their own **health** by signing in the registration list of participants.

Registration of participants: Daugavas Em-bankment in Riga

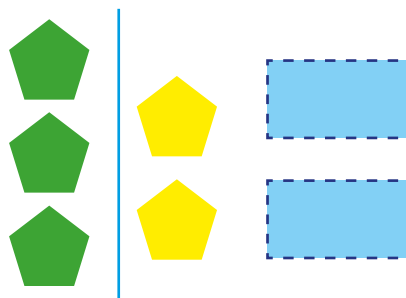
Registered members assembling: in the areas of the rope endings

Registered members way to the Tug of war start place.

On the rope there is markings every 50 cm. The first marking is green. The second - yellow. The third marking – green, fourth marking - yellow, etc.

Participants after the command - “AT THE ROPES” following the judge one by one goes to the ropes.

Pullers are arranged to stand, alternately, to rope marks on both sides of rope, but the demonstration participants – instructors who are situated next to the rope, ensures that members pull properly. Reaching the rope, the first pullers positions is on the left side of rope with the green marks. The second pullers position is on ropes right side with yellow marking. The third pullers positions is on left side of the rope with green marking. But the fourth pullers position is on the right side of the rope with yellow marking etc. Instructors are situated next to the rope, so they could controll the pullers pulling technique.





Participants are arranged next to the rope. Than follows the warming-up, welcome speech of the organizers. Than everybody sings together the national anthem of Latvia. Instructors will check all the participants.

START of the first pull:

You hear a team:

“The right bank of the team is ready?” - instructors, from the ropes beginning, lifts the hand, which is the signal that the link is ready, the pullers stands next to their markings.

“The left bank of the team is ready?” - instructors, from the ropes beginning, lifts the hand, which is the signal that the link is ready, the pullers stands next to their markings.

“TAKE THE ROPE” - all members take the rope with both hands from the bottom and picks up a rope to their waists. **ROPE IS NOT PULLED!!!**

Than you hear an order:

“GET READY” - all members puts the external leg, accordingly in front of the rope, but other supportive leg is a little bent in knee and participants prepare for pulling. **ROPE IS NOT PULLED!!!**

Than you hear an order:

“ATTENTION, PULL” and than with start gun there is a **START SHOT** and the pulling begins.

YOU HAVE TO PULL THE OPPONENTS FOR 4 M. When it is recorded – **STARTER SHOT** is given with the start gun and **THE TUG OF WAR HAS BEEN STOPPED.** And the match has been announced as **DRAW.**

Than you hear an order:

“ROPE IN THE CENTER” - the rope is at the beginning position and again it has been putted in the middle of the center.

Than you hear an order:

“CHANGE THE ENDINGS OF THE ROPE” - all members are arranged behind the judge so that the rope would stay on the right and afterwards in the column one by one opponents go towards each other, passing and changing the rope.

And the second match starts:

You hear a team:

“The right bank of the team is ready?” - instructors, from the ropes beginning, lifts the hand, which is the signal that the link is ready, the pullers stands next to their markings.

“The left bank of the team is ready?” - instructors, from the ropes beginning, lifts the hand, which is the signal that the link is ready, the pullers stands next to their markings.

Than you hear an order:

“TAKE THE ROPE” - all members take the rope with both hands from the bottom and picks up a rope to their waists. **ROPE IS NOT PULLED!!!**

Than you hear an order:

“GET READY” - all members puts the external leg, accordingly in front of the rope, but other supportive leg is a little bent in knee and participants prepare for pulling. **ROPE IS NOT PULLED!!!**

Than you hear an order:

“ATTENTION, PULL” and than with start gun there is a **START SHOT** and the pulling begins.

YOU HAVE TO PULL THE OPPONENTS FOR 4 m in two minutes time When it is recorded – **STARTER SHOT** is given with the start gun and **THE TUG OF WAR HAS BEEN STOPPED.** And the second match winners have been announced.

IF THE TEAM DID NOT MANAGED TO PULL THE OPPONENTS FOR 4 M IN TWO MINUTES TIME, than the **STARTER SHOT** is given with the start gun and **THE TUG OF WAR HAS BEEN STOPPED.** And it is announced as **DRAW.**

If in both of matcehs won the same tema it is announced as the winners with the result **2:0.**

Than you hear an order:

“PUT DOWN THE ROPE AND SHAKE HANDS” all participants puts down the rope, and pullers of the both teams goes towards one by one after the referee, shaking hands wit all opponents and thanks for the match. Afterwards you can applaud for yourself, opponents and audience. Than there is a photography session next to the rope.

International Conference “Let’s pull together!” (3rd of May, Riga)

Big Tug of War (4th of May, Riga)







VILKŠANAS SACENSĪBAS

4. MAIJĀ,
11. NOVEMBRA KRSTMALĀ,
LATVIJAS REPUBLIKAS NEATKARĪBAS
ATJAUNOŠANAS DIENĀ

LABAIS DAUGAVAS KRASTS
PRET KREISO – KURŠ UZVARĒS
ŠOGAD?

NĀC UN PIERĀDI SAVAS
SKOLAS UN KLAŠES SPĒKU!

DALĪBA NO 16 GADU VECUMA
REĢISTRĒJIES RIGA.LV






VILKSIM KOPĀ! — *Latvian*



HÜZZUNK EGYÜTT! — *Hungarian*



TRAUKIME KARTU! — *Lithuanian*



CIAGNIJ RAZEM! — *Polish*



ÜHENDAME JOÕUD OR HOIAME KOKKU! — *Estonia*





VALSTS



LSFP

LATVIJAS SPORTA FEDERĀCIJU PADOME



IZGLĪTĪBAS un ZINĀTNES
MINISTRIJA



Wojskowa
Akademia
Techniczna
im. Jarosława Dąbrowskiego



PROSPORT



KŪNO KULTŪROS IR SPORTO
DEPARTAMENTAS



ROKISKIO
SŪRIS



AH
AMBERHAUS



Sponsor:
ul. Piastowska 43
Białsko-Biała

beza lin

