



## **DOPING INFORMATION - WHAT IS DOPING?**

Doping is defined as the occurrence of one or more of the following anti-doping rule violations:

**01. Presence of Prohibited Substance:**

Presence of a prohibited substance or its metabolites or markers in an athlete's sample

**02. Use of Prohibited Substance/Method:**

Use or attempted use by an athlete of a prohibited substance or method

**03. Refusing Sample Collection:**

Refusing, or failing without compelling justification, to submit to sample collection after notification as authorized in applicable anti-doping rules, or otherwise evading sample collection

**04. Failure to File Whereabouts & Missed Tests:**

Violation of applicable requirements regarding athlete availability for out-of-competition testing, including failure to file required whereabouts information and missed tests (i.e., any combination of three missed tests and/or filing failures within an 18-month period may be deemed a doping violation)

**05. Tampering:**

Tampering or attempted tampering with any part of the doping control process

**06. Possession:**

Possession of a prohibited substance and prohibited method

**07. Trafficking:**

Trafficking or attempted trafficking in any prohibited substance or method

**08. Administration:**

Administration or attempted administration to an athlete of a prohibited substance and/or method; or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any attempted anti-doping rule violation.

## **WHAT SUBSTANCES AND METHODS ARE BANNED?**

The List of Prohibited Substances and Methods (List), updated annually by WADA, is the International Standard defining what is prohibited in- and out-of-competition. The List also indicates whether particular substances are banned in particular sports.

Here you can find The 2014 Prohibited List

[http://www.theuiaa.org/anti\\_doping\\_rules\\_and\\_regulations.html](http://www.theuiaa.org/anti_doping_rules_and_regulations.html)

## **WHAT ELSE SHOULD ATHLETES KNOW ABOUT BANNED SUBSTANCES AND METHODS?**

Athletes should always check with their IF to find out what additional substances and methods are prohibited in their sport.

Also, athletes should always make their doctor aware that they are bound by the specific rules of their sport. Those who are unsure of what a product contains should not take it until they are sure it is not prohibited. Ignorance is never an excuse.

## **WHAT SHOULD ATHLETES KNOW ABOUT USING SUPPLEMENTS?**

Extreme caution is recommended regarding supplement use. It is WADA's position that a good diet is of utmost importance to athletes. The use of dietary supplements by athletes is a concern because, in many countries, the manufacturing and labeling of products may not follow strict rules, which may lead to a supplement containing an undeclared substance that is prohibited under anti-doping regulations. A significant number of positive tests have been attributed to the misuse of supplements, and taking a poorly labeled dietary supplement is not an adequate defense in a doping hearing.

## **WHAT ABOUT MEDICAL CONDITIONS?**

Athletes, like all others, may at times experience a medical condition that requires them to use particular medicines. The substances that an athlete may be required to take to treat a condition could fall under the List. However, by applying and obtaining a therapeutic use exemption (TUE) from the IF or NADO, an athlete may be allowed to take the necessary medicine. Athletes who need to apply for a TUE should request more information about the TUE application process from their IF (for international-level athletes) or NADO (for national-level athletes).

Here you can find more info about Therapeutic use exemptions (TUE)  
[http://www.theuiaa.org/antidoping\\_therapeutic.html](http://www.theuiaa.org/antidoping_therapeutic.html)

## **WHAT ARE DOPING CONTROLS?**

Worldwide doping controls—or athlete testing—are carried out in accordance with the Code and the International Standard for Testing (IST). Athletes who compete at the international and national level may be tested anytime, anywhere. Specially trained and accredited doping control personnel carry out all tests.

## **THE 12 STEPS OF DOPING CONTROL**

01. Athlete Selection
02. Notification
03. Reporting to the Doping Control Station
04. Selection of a Collection Vessel
05. Provision of Sample
06. Volume of Urine
07. Selection of a Sample Collection Kit
08. Splitting the Sample
09. Sealing the Samples
10. Measuring Specific Gravity
11. Completion of the Doping Control Form
12. The Laboratory Process

HERE YOU CAN SEE THE MOVIE OF WORLD ANTI-DOPING AGENCY - THE DOPING CONTROL PROCESS FOR ATHLETES  
<http://www.youtube.com/watch?v=sWhudwnE3Fg&list=PL633E917A180BA91F&feature=c4-overview-vl>

## **WHAT IS IN-COMPETITION TESTING?**

ADOs coordinate in-competition testing so that there is only one organization testing at an event. Unless provided otherwise in the rules of the relevant IF or event ruling body, in-competition means the period commencing 12 hours before a competition in which the athlete is scheduled to participate through the end of the competition and the sample collection process related to the competition. Criteria for the selection of athletes is pre-determined, based on the regulations of the relevant IF or event ruling body. Sample collection takes place in accordance with the IST. Athletes are notified of their selection for testing. Samples are analyzed for “in-competition substances” as outlined in the Prohibited List.

## **WHAT IS OUT-OF-COMPETITION TESTING?**

Out-of-competition testing, or any testing done outside of an event, ensures that athletes can be tested at any time and at any place.

Visit UIAA Anti-doping page [http://www.theuiaa.org/anti\\_doping\\_intro.html](http://www.theuiaa.org/anti_doping_intro.html)

For more information, contact your sports federation or your National or Regional Anti-Doping Organization. Additional athlete resources, including the following, are available on WADA’s Web site at <http://www.wada-ama.org/>

- The World Anti-Doping Code
- The Prohibited List and other International Standards
- Publications about TUE requirements, the doping control process
- The Anti-Doping Quiz, an online interactive game about anti-doping

## **WHAT IS WORLD ANTI-DOPING CODE?**

The World Anti -Doping Code (“the Code”) is the core document that provides the framework for harmonized anti- doping policies, rules and regulations within sports organizations and among public authorities. The ultimate goal is for all athletes to benefit from the same anti-doping procedures and protections, no matter the sport, the nationality, or the country where tested, so that all athletes may

participate in competition that is both safe and fair. The World Anti-Doping Code was first adopted in 2003, became effective in 2004, and was then amended, effective January 1, 2009.

#### **WHAT ARE SIGNIFICANT CHANGES BETWEEN THE 2009 AND 2015 WORLD ANTI-DOPING CODE?**

The 2015 Draft Code, version 4.0, incorporates revisions to the Code that were approved by the World Anti-Doping Agency Executive Committee on September 11, 2013. The 2015 Draft Code was presented to WADA's Foundation Board in Johannesburg, South Africa in November 2013 for approval and it will come into effect on January 1, 2015.

The purpose of revising the Code is to leverage WADA's and stakeholders' experience garnered through several years of practical implementation of the Code in order to strengthen the global harmonized fight against doping in sport. The Revised Code is the result of an intensive review process of the 2009 Code and associated International Standards that lasted approximately 18 months. This is overview of mayor changes organized into seven general themes, including the key changes related to each theme.

1. Theme One: The 2015 Code amendments provide for longer periods of Ineligibility for real cheats, and more flexibility in sanctioning in other specific circumstances. There was a strong consensus among stakeholders, and in particular, Athletes, that intentional cheaters should be ineligible for a period of four years. That is one of the mayor changes in 2015 Code.

2. Theme two: Consideration of the Principles of Proportionality and Human Rights. A number of stakeholders suggested that the applicability of the principles of proportionality and human rights should be expressly stated in the Code. Several Code provisions have been modified to better take those principles into account

3. Theme Three: The 2015 Code amendments support the increasing importance of investigations and use of intelligence in the fight against doping. There is a strong consensus among the stakeholders that the role of investigations in the fight against doping should be highlighted in the Code and that cooperation of governments and all stakeholders in anti-doping rule violation investigations is important.

4. Theme Four: Amendments to the 2015 Code have been included to better reach Athlete Support Personnel who are involved in doping. Doping frequently involves coaches, trainers, or other Athlete Support Personnel. Additionally, in many cases, those Athlete Support Personnel are outside the jurisdiction of anti-doping authorities. There was widespread support among the stakeholders to revise the Code to better address the problem of the role of Athlete Support Personnel in doping.

5. Theme Five: The 2015 Code amendments place additional emphasis on the concepts of smart test distribution planning, and smart menus for Sample analysis. The 2015 Code amendments address this problem by providing that WADA, in consultation with International Federations and other Anti-Doping Organizations, will adopt a Technical Document that identifies those Prohibited Substances or Prohibited Methods that are most likely to be abused in particular sports and sport disciplines. That document will be used by Anti-Doping Organizations in test distribution planning and by laboratories in the analysis of Samples.

6. Theme Six: The 2015 Code amendments attempt to be both more clear and fair in balancing the interests of International Federations and National Anti- Doping Organizations. International Federations and National Anti-Doping Organizations both play a critical role in the fight against doping. The efforts of both should be collaborative and coordinated. If they are not, the system is less effective and in many cases it is the clean Athletes who suffer.

7. Theme Seven: Making the Code clearer and shorter. The stakeholders want the Code to be clear and to address the many different types of situations which may arise so that there are no loopholes and so that the application of the Code is harmonious. On the other hand, everyone wishes that the Code could be a shorter and less technical document. It was not uncommon in the submissions for a stakeholder to express a desire that the Code should be made shorter and then to suggest a number of technical additions, which although useful in making the Code more clear, would also add to its length.