

IWF Anti-Doping Seminar

IWF Anti-Doping strategy

General Anti-Doping Information



INTRODUCTION



- **The Anti-Doping Education** is one of the top priorities of the IWF and the Anti-Doping Commission thus wishes to ensure the protection of the clean athletes !
- **The IWF Anti-Doping seminars** gave a thorough explanation about the overall anti-doping system and called upon all athletes and coaches to fulfil their responsibilities.
- **The IWF will continue its committed fight against doping** and will do its best to spread awareness of rights and obligations connected to anti-doping along with the latest news and developments.
- **Let's lift CLEAN and JERK!**



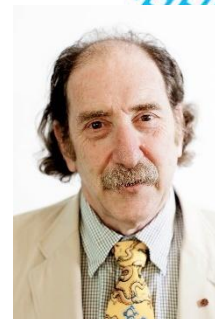
IWF Anti-Doping Seminar, Vacoas, Mauritius

IWF Anti-Doping Commission



- **Dr. Patrick Schamasch (GBR)**

Chairman



- **Dr. Zakia Bartagi (TUN)**

Member



- **Dr. Michael Petrou (CYP)**

Member





IWF

ANTI-DOPING STRATEGY

- **Independent Anti-Doping Commission**
- **Prevention**
- **Testing Program**
 - **Analysis**
 - **Result management**

NEW IWF ANTI-DOPING RULES



- IWF ANTI-DOPING ATHLETES GUIDE
WHAT WILL CHANGE FROM 2015?
- With the New WADA Code the IWF Anti-doping rules will change as well. They will be **smarter, striker** and more **flexible**.
What does it mean for You? Let's see!

NEW ANTI-DOPING RULE VIOLATIONS



- The Anti-Doping Policy will have additional sanctions for all people who are involved or connected to an Anti-Doping Rule violation.- **ENTOURAGE** (coaches, doctors)
- The IWF does not want to punish you if it was not your fault but each and every case shall be examined individually.
- **NEW SANCTIONS** Intentional cheating and the usage of anabolic steroids will be **4 years**! For other cases the sanction system will be more flexible.

WHEREABOUTS



- 1. If you are listed on the **IRTP** list
 - first of all let us congratulate you (😊) because that means that you are among the most successful Athletes in weightlifting!
 - secondly you are required to provide whereabouts information in **ADAMS** all the time quarterly.
- 2. If your name is not listed among the **IRTP** Athletes however you wish to compete on an **IWF Event** you are obliged to provide your whereabouts information in **ADAMS** at least **2 months** before the competition (and during the competition).
- If you are not doing it **you are not ALLOWED to participate at any weightlifting related events.**

NEW METHODS FOR ANALYSIS

- With the **STEROID PASSPORT** it is not necessary to detect the prohibited substance in your body directly.
- They will see from your biological passport or steroid profile that you used something!

Recommendations of the WADA ADO Symposium 2017



Strong theme: "Meet our challenges and strengthen the future of Clean Sport"

What are the challenges WADA needs to meet?

- 1) Stimulate** the effectiveness of the fight against doping:
 - a. **monitor and evaluate** compliance with the Code, through the questionnaire and audits
 - b. **sanctions** in non-compliance cases
 - c. **increased** involvement of Athletes in the fight against doping
 - d. **a relevant education program**

Recommendations of the WADA ADO Symposium 2017



2) Encourage and protect whistleblowers

3) Good Governance:

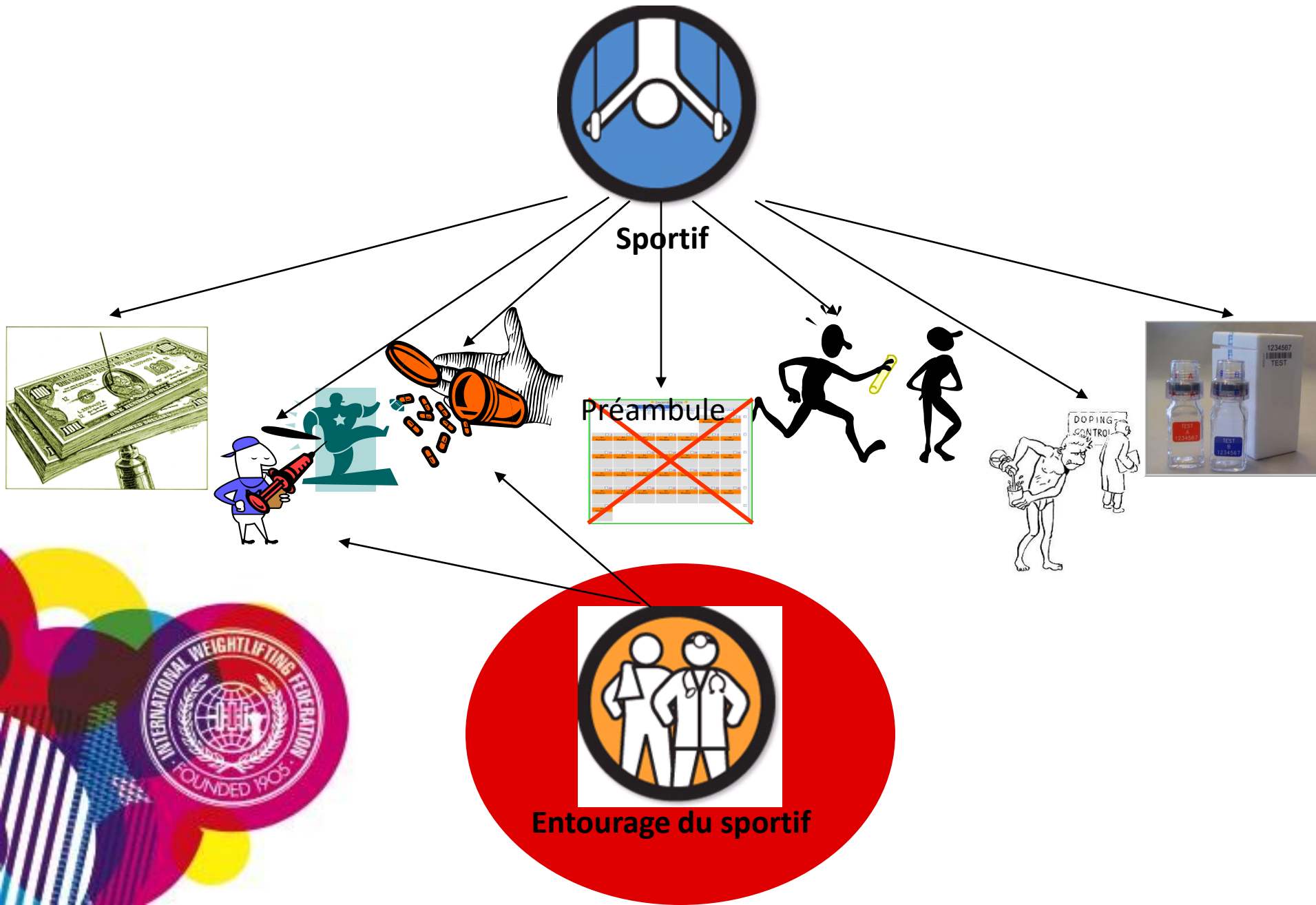
- a. strengthen the independence of ADOs
- b. mandatory ISO certification
- c. greater financial resources
- d. carry out a doping-associated risk assessment and a relevant control program

What is doping?



- “Doping” refers to an athlete’s use of **prohibited drugs or methods** to improve training and **sporting results**.
- Steroids are the drugs that often come to mind when we talk about doping, but doping also includes an athlete’s use of other banned drugs (such as stimulants, hormones, diuretics, narcotics and marijuana),
- Use of forbidden methods (such as blood transfusions or gene doping), and even
- The refusal to take a drug test or
- An attempt to tamper with doping controls.

VIOLATION OF ANTIDOPING RULES



PROHIBITED LIST



- The Prohibited List is a cornerstone of the World Anti-Doping Code and a key component of harmonization.
- The List is updated annually following an extensive consultation process facilitated by WADA.
- The 2017 List is valid from January 1 to December 31, 2017.

PROHIBITED LIST



- The Prohibited List and its annexed documents can be viewed from any mobile device.
- It is offered in the form of a free application for iPhone and iPad
- Download the application on the Apple store

PROHIBITED LIST



There is a distinction between the substances. Some of them are prohibited just in-competition (IC) the others are banned totally

Pink: Most used substances in weightlifting.

PROHIBITED SUBSTANCES:

S0. NON-APPROVED SUBSTANCES

S1. ANABOLIC AGENTS

S2. PEPTIDE HORMONES, GROWTH FACTORS &
RELATED SUBSTANCES

S3. BETA-2 AGONISTS

S4. HORMONE & METABOLIC MODULATORS

S5. DIURETICS & OTHER MASKING AGENTS

S6. STIMULANTS (IC)

S7. NARCOTICS (IC)

S8. CANNABIS (IC)

S9. GLUCOCORTICOSTEROIDS (IC)

PROHIBITED LIST



PROHIBITED SUBSTANCES IN PARTICULAR SPORTS;

- Beta-Blockers
- Alcohol (*blood alcohol concentration of 0.10 g/L*).

PROHIBITED METHODS :

M1. MANIPULATION OF BLOOD & ITS COMPONENTS

M2. CHEMICAL & PHYSICAL MANIPULATION

M3. GENE DOPING

MONITORING PROGRAM 2017



- 1. Stimulants:** In-Competition only: Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol and synephrine.
- 2. Narcotics:** In-Competition only: Hydrocodone, mitragynine, morphine/codeine ratio, tapentadol and tramadol.
- 3. Glucocorticoids:** In-competition (by routes of administration other than oral, intravenous, intramuscular or rectal) and Out-of-Competition (all routes of administration)
- 4. Telmisartan:** In and Out-of-Competition
- 5. Beta2Agonists:** In and Out-of-Competition
- 6. Meldonium:** is out of the monitoring program and added to the prohibited list **2016**

New prohibited substance

MELDONIUM (Mildronate)

- The Prohibited List (IWF and WADA website)
- Multiple Reminders, News, Seminars



Major changes – 2017 WADA Prohibited list



- **Prohibited substances and methods in and out competition:**
- **S1 Anabolics Agents:** Compounds boldenone, boldione, 19-norandrostenedione, nandrolone and 19-norandrostenediol are added to section S1.b because they can be produced endogenously at low concentrations.
- **S2 Peptide Hormone:** To extend the scope of Erythropoietic Stimulating Agents, GATA inhibitors and Transforming Growth Factor- β inhibitors were added. molidustat was added as example to HIF stabilizer • Vitamin B12 is not prohibited
- **S3 Beta- 2- Agonists:** Des examples of β -2-agonistes are added (fenotérol, formotérol, higenamine. • Higenamine is documented to be a constituent of the plant *Tinospora crispa*, which can be found in some dietary supplements • The maximum dosage for salmeterol was stated according to the manufacturers' recommendations • concentration for inhaled salmeterol. At present, recommends not to report salmeterol below 10 ng/mL
- **S4 Hormone and Metabolic Modulators:** arimistane was added
- **M1 Manipulation of Blood:** Supplemental oxygen is permitted only by inhalation



TUE



- Athletes may have illnesses or conditions that require them to take particular medications.
- If the medication an athlete is required to take to treat an illness or condition happens to fall under the [Prohibited List](#), a Therapeutic Use Exemption (TUE) may give that athlete the authorization to take the needed medicine.
- The purpose of the [International Standard for Therapeutic Use Exemptions \(ISTUE\)](#) is to ensure that the process of granting TUEs is harmonized across sports and countries.

How can I get a TUE?



- 1 st group: INTERNATIONAL LEVEL ATHLETES (IRTP ATHLETES, **TWO MONTHS** BEFORE IWF EVENTS)  **DIRECTLY TO THE IWF TUE PANEL**
- 2 nd group: ATHLETES WISHING TO COMPETE AT INTERNATIONAL EVENTS AND ALREADY HAVE A TUE GRANTED BY THEIR NADO FOR NATIONAL LEVEL  TUE GRANTED BY NADO NEEDS TO BE **SUBMITTED TO IWF TUE Panel FOR RECOGNITION**

How should an athlete submit a TUE application?



- TUE Applications are usually submitted through the ADAMS system but you may use the TUE Form which can be downloaded from the IWF website. The form shall be filled out by the athlete's physician and signed by both the athlete and his/her physician.
- Both TUE applications of International Level Athletes and TUEs for recognition can be submitted to either tue@iwfnet.net or directly to ADAMS.

Therapeutic Use Exemptions

Time of the application:

- AS SOON AS THE NEED FOR MEDICATION ARISES
- Substance prohibited 'In Competition' only -> 30 days before the Athlete's next competition
- Except Emergency situations-> Retroactive Application

Therapeutic Use Exemptions



Retroactive TUE possible:

- Emergency
- Exceptional Circumstances e.g.: too little time
- ADO+WADA agree that fairness requires it
- An Athlete who is not an International or a National Level Athlete is tested

Therapeutic Use Exemptions



The application shall contain:

- Application form (IWF website)
- Full medical documentation (all evidence in support of the diagnosis)
- Details of any previous TUEs
 - Any levels
 - Either granted or refused

All must be in English!!!

Submission to: tue@iwfnet.net

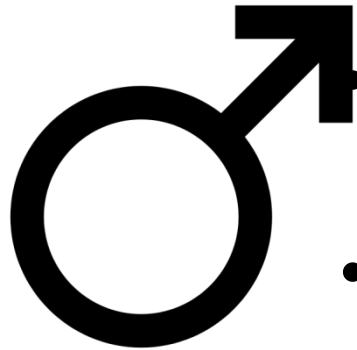
Dangers of Doping

- It is true that doping can help athletes to build strength and muscle, reduce tiredness or cover pain, but it has bad side effects too.
- Some drugs can lead to obvious changes in appearance.

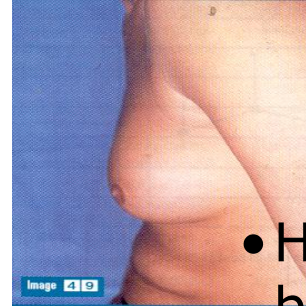
Dangers of Doping



For example, steroid use can
cause in boys



- Acné ,
- It can shrink testicles
- Cause premature baldness
- Impotence
- Stérility
- Hypertrophy of prostate



- Hypertrophy of breast
- Dysfonction of liver, kidney and heart
- Sudden change of mood
- Troubles of libido

Dangers of Doping



Steroid use and women

- Acne
- Appearance of masculine characteristics
- Deeper voice
- Facial hair

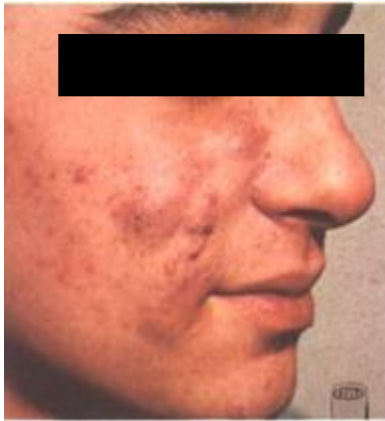


- Sudden change of mood
- Troubles of libido
- Troubles of menstruation

Dangers of Doping



For adolescents



- Severe acne on the face and body
- Premature Puberty
- Growth retardation

Dangers of Doping



There can be even more serious side effects.

Doping can cause heart, liver and kidney problems and has even killed some athletes.

Check on this link for more information of dangers of doping

[http://www.wada-ama.org/Documents/Education Awareness/Tools/Dangers of Doping Leaflet/WADA Dangers of Doping EN.pdf](http://www.wada-ama.org/Documents/Education_Awareness/Tools/Dangers_of_Doping_Leaflet/WADA_Dangers_of_Doping_EN.pdf)



Doping in sport is also **cheating**.

It destroys fair play and sporting competition.

There is much more to sport than just winning and, for sport to survive as a positive, worthwhile activity, honesty, cooperation and courage are essential.



Whatever the reason,
there is no excuse for doping

You are always liable for fine
of what enters your body

Why do people cheat?

- Most athletes know that doping is cheating, however, some still take the risk.
- Sometimes prizes, money or fame can cause people to make bad decisions. They are told that doping might give them a boost, provide a shortcut to long years of training or help them win. And they are prepared to risk their sporting careers and their health - they are prepared to win at all cost!

Why do people cheat?

Others feel pressure from coaches, parents or themselves to be the best. They see doping as a way to meet these expectations.

Some athletes use drugs to overcome an injury. Trainers or coaches might say that drugs can make you forget about the pain or may help speed up recovery, but they often do not mention the health risks and that doping is cheating.

FAIR PLAY



.To be successful in sport, you need the right attitude. Honesty, dignity, respect, teamwork, commitment and courage are essential to a memorable sporting performance. All these values can be summed up in the term 'fair play'.

. Fair play has to do with the choices you make - what is right and wrong. People will notice how you play the game. You will get a reputation for being a good or a bad sport which will follow you around long after the competition is over. It can shape how people act towards you before they even get to know you.

FAIR PLAY

- To conform with the spirit of sport and build a good reputation, always:
- Show respect for yourself and for others (competitors, umpires/referees and officials);
- Respect the rules of the competition and of clean sport;
- Be gracious as much in victory as in defeat;
- Have fun and enjoy being part of the action!
- Sport has little meaning without fair play. We play sport because of the chance to show our unique talents, to share, to make friends and to have fun.
- Fair play makes all this possible.



WHAT IS A DOPING CONTROL ? IWF

- Your urine collected is divided in front of you in A and B sample.- A sample is analyzed in a WADA accredited laboratory
- Doping control is a part of your life

**You are always liable for fine of what enters
your body**

ATHLETE'S DUTIES



- **You have the responsibility to:**
- Remain within sight of the notifying chaperone at all times.
- Provide valid photo identification.
- Comply with the sample collection procedures.
- Report to the doping control station immediately upon being notified.
- Maintain control of your sample until it is sealed.
- Ensure all information on the doping control form is accurate and complete.
- Bring to the attention of the doping control officer any modifications required if you are a minor or an athlete with a disability.

ATHLETE'S RIGHTS



- **You have the right to:**
- Have a representative and, if available, an interpreter.
- Ask for additional information about the sample collection process.
- Request a delay in reporting to the doping control station for valid reasons (e.g., victory ceremony, media commitment, further competitions, cool down). You will be chaperoned at all times during the delay.
- Request modifications if you are a minor or an athlete with a disability.
- Comment on the sample collection process or report any perceived procedural irregularities.

WHO CAN BE TESTED?



Registered Testing Pool (IRTP/RTP)

http://www.iwf.net/wp-content/uploads/downloads/2013/02/2013_IRTP.pdf

The **International Registered Testing Pool (IRTP)** contains the top-level athletes based on the **IWF Annual Ranking List**. The IRTP includes male and female athletes who are top 4 in the Senior, top 3 in the Junior and top 2 in the Youth age groups and from all bodyweight categories, including all IWF Calendar events.

WHO CAN BE TESTED ?



One or more of the following criteria is used to select an athlete for inclusion in the **IWF Registered Testing Pool**:

- all national team athletes and/or any other athlete who competes in international/IWF Calendar events;
- athlete(s) who is serving period(s) of Ineligibility;
- athlete(s) who retired at a time when they were in the Registered Testing Pool and who wish to return from retirement to active participation in the sport;

TESTING PROGRAM



Whereabouts



DEMOGRAPHIC INFORMATION

- Name (First/Last), Address, Telephone, Date of birth, Sport nationality, photo.

WHEREABOUTS

- **QUARTERLY SUBMISSION**
- **1 HOUR TIME SLOT:** IRTP and RTP athletes are required to specify 1 hour each day (between 6 a.m. and 11 p.m.) during which they can be located at a specified location for testing.
- **MISSED TEST:** In case the athletes are not at the indicated location at the specified time, they expose themselves to the risk of a missed test.
- **REGULAR ACTIVITIES:** In addition, they are required to indicate their regular activities for testing purposes. This information does not have to cover every 24/7 movement of the athlete but only recurring or regular activities, for example:

Overnight home (address)

Morning training (address)

TESTING PROGRAM



Out-of-competition testing (OOC)

- Whereabouts information (ADAMS) **MUST!**
- No information, no participation
- New athlete must be registered 2 months before the Competition
- Unannounced

Target testing

- Professional Strategic Plan, Test Distribution Plan

Sample collection

- urine/blood,
- independent, WADA certified ADO

GUIDELINES FOR WHEREABOUTS SUBMISSION WHO SHALL PROVIDE WHEREABOUTS AND WHEN?



According to the rules of the IWF Anti-Doping Policy [IRTP Athletes](#) are required to **provide whereabouts for the whole year quarterly**.

The submission deadlines for each quarter are as follows.

Q1 – 31 December 2015

Q2 – 31 March 2016

Q3 – 30 June 2016

Q4 – 30 September 2016

Further to the above all Athletes who **are not IRTP** Athletes but wish to compete on any IWF Event shall be registered and submitted in ADAMS at least **two months** before and during the IWF Event! During this period they are considered as **international level IRTP Athletes**.

The Member Federations are obliged to notify these Athletes about their rights and responsibilities. You may find here the [NOTIFICATION SAMPLE LETTER](#).

The letter shall be sent more than two months before the Event to the Athletes by the Member Federations.

In case these Athletes are **not submitted in ADAMS** they **won't be eligible to compete!** IWF Anti-Doping Seminar, Vacoas, Mauritius

FOCUS ON IWF | WEIGHTLIFTING | NEWS | COMPETITIONS | RESULTS | **ANTI-DOPING** | DEVELOPMENT | MEDIA | FAQ

IRTP / Whereabouts | **Rules & Documents** | Statistics | Sanctions | TUEs | Good to know

Home > Anti-doping > IRTP / Whereabouts

IRTP / Whereabouts

GUIDELINES FOR WHEREABOUTS SUBMISSION

WHO SHALL PROVIDE WHEREABOUTS AND WHEN?

From 2015 only the [IRTP Athletes](#) will be obliged to provide whereabouts quarterly for the whole year.

Athletes who are not IRTP Athletes but wish to compete on any IWF Event shall be registered any submitted at least two months before and during the IWF Event!

The National Federations are obliged to notify these Athletes about their rights and responsibilities. You may find here the [NOTIFICATION SAMPLE LETTER](#).

The letter shall be sent more than two months before the Event to the Athletes by the National Federations.

In case these Athletes are not submitted in ADAMS they won't be eligible to compete!

According to the [NEW CALENDAR SYSTEM](#) those Athletes who are not IRTP Athletes but wish to compete on any IWF Event shall be registered any submitted at least two months before and during the IWF Event! They shall be submitted only for this period however in case they are not submitted they won't be allowed to compete!

HOW SHALL I PROVIDE THE WHEREABOUTS?

1. You are required to be precise. Please make sure to provide the POSTAL CODE / ZIP besides other information such as Street address, Country, Town/City and Region of your location. The provided information shall be complete and accurate to properly identify your/the athlete's location for out of competition anti-doping control. **Member**

Actual news

[More news »](#)

IWF Executive Board Meeting in Houston
November 19, 2015

IWF Committee Meetings in Houston
November 18, 2015

Updated Final Entries
November 11, 2015

WORLD WEIGHTLIFTING goes online!
November 9, 2015

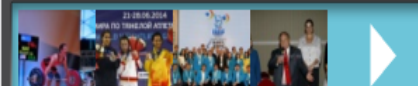
EWF Technical Officials' Seminar in Kosice
November 9, 2015

Calendar

◀ Nov. 2015 ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	Annual Calendar »		

Photo and Video Gallery



Whereabouts Filings



- Compulsory for all International level Athletes:
 - **IRTP Athletes: the whole year- Quarterly**
 - **2 months before and during IWF Events for all participants**
- Must be accurate and complete!
 - >>> **otherwise can result in W/A failures**

Any problems or questions: adams@iwfnet.net

Whereabouts Filings



Whereabouts failures:

Definitions- exact definition in Article 3.2 of the ISTI

Missed test: a failure by the *Athlete* to be available for *Testing* at the location and time specified in the 60-minute time slot identified in his/her Whereabouts Filing for the day in question

Filing Failure: a failure to make an accurate and complete Whereabouts Filing or failure to keep the provided whereabouts information accurate

Whereabouts failures can aggravate to an Anti-Doping rule violation pursuant to Article 2.4 of the IWF Anti-Doping Policy:

Any combination of three missed tests and/or filing failures within a twelve month period constitutes an Anti-Doping rule violation.

Whereabouts Filings



Must always be kept up to date:

1 hour timeslot
Overnight Accommodation

The DCO must be able to:

locate the Athlete
find the location
gain access to the location

Whereabouts Failures



Missed Test: not being available for testing
during the 1 hrs. timeslot

Filing Failure: whereabouts not submitted
the filed information is incomplete or incorrect
Overnight Accommodation is not up to date

MISSED TESTS / FILING FAILURES

The period to accumulate **three Missed Tests or Filing Failures** that can result in anti-doping rule violation has been reduced from 18 months to **12 months**.



ANALYSIS



WADA Accredited Laboratory (differences between labs. – WADA)

Athlete's Biological Passport (same lab. – longitudinal study, comparison of results)

Sport Specific analysis (anabolic steroids)

Analysis Experience (Cologne is the 1st in Europe on the number of tested samples)

RESULT MANAGEMENT

- 1) AAF
- 2) NOTIFICATION
- 3) *B SAMPLE*
- 4) *HEARINGS*
- 5) DECISION
- 6) *Appeal to CAS within 21 days*

See Results Management chart on the IWF website



WEIGHTLIFTING SPECIALITIES



STATUS DURING INELIGIBILITY

- Not eligible to participate in IWF competitions.
- If an athlete competes during suspension, the ineligibility period shall start over again as of the date of the violation.
- An Athlete or other Person subject to a period of Ineligibility shall remain subject to Testing (ADAMS)

COACHES LIABILITY (ADP 12.5)

STRICT RULES

Any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel, parent or any other Person working with, treating or assisting an Athlete participating in or preparing for sports Competition.



Contact information



- www.iwf.net
 - Anti-Doping
 - News
 - IRTP/Whereabouts
 - Sanctions
 - TUEs
 - Good to know
 - Download Center-> Anti-Doping
 - adams@iwfnet.net tue@iwfnet.net iwf@iwfnet.net
- www.wada-ama.org

CONCLUSION :Current state of anti-doping in Africa



- **10** African countries have registered RTP athletes according to ADAMS with a total of 260 athletes
- Only **7** are scheduled for testing as **IRTP in 2017**
- 2016 a total number (**50?**) of the tests was carried out, all in IC, 0 in OOC / Total number **1473** (1064 IC, 409 OOC) !!!
- Therefore, the MADC should review the program:
 - - **increase** the total number of tests and introduce OOC tests,
 - The MADC of the African Union must **sensitize** the NFs to cooperate with their NADO and improve their anti-doping program (**tests and education**)



Thank you for your attention!