

A photograph of a male and a female bodybuilder posing together. The male bodybuilder on the right is shirtless, wearing blue shorts with a competition number '029' on the waistband, and holding a gold medal. The female bodybuilder on the left is wearing a black sequined bikini top and bottom, also holding a gold medal. Both are wearing rainbow-colored medals around their necks. The background is a plain, light-colored wall.

IFBB ANTI-DOPING POCKET GUIDE 2021



INTERNATIONAL FEDERATION
OF BODYBUILDING & FITNESS



Doping, the road to nowhere

Bodybuilding and Fitness are both Sport & Healthy Lifestyle.

Bodybuilding and Fitness principles are based on the combination of proper nutrition and regular weight training; applied to achieve physical athletic excellence. Bodybuilding and Fitness are therefore sports clearly linked with health; being also by themselves among the most effective techniques used in antiaging therapies.

We strongly believe in the close link between sport and health; therefore, we are, by nature, against the use of drugs that can harm the health of athletes, or affect their quality of life and longevity. Doping is a road to nowhere.

The IFBB has conducted doping controls regularly since 1986; when our Founder, the late Ben Weider, introduced it with the cooperation of Special Advisors, such as the late Prof. Dr. Manfred Donike, from the IOC Medical Commission, followed by Prof. Dr. Eduardo de Rose, and other prestigious specialists in this critically important area.



In 1999, I was honored to attend the WADA Foundation Congress in Lausanne, Switzerland, representing the IFBB.

By its principles, the IFBB is strongly committed to the fight against drugs, because:

- Doping is against our principles of healthy lifestyle
- Doping is against the ethics and laws in sport

Doping is not only a problem for sport; it is a problem for society in the XXI Century.

The IFBB is a Signatory to the WADA Code and the IFBB anti-doping rules are in accordance with the 2021 World Anti-Doping Code.

The IFBB has established a fight against the use of doping in different areas.

1. Elaboration and following specific anti-doping control programs, since 1986.
2. Educating the athletes, coaches and National Federations through conferences, informative brochures, and specific courses.
3. Teaching and encouraging our National Federation members to incorporate active anti-doping programs at the national level.

The goal of this document is to provide important guidelines to athletes, officials and National Federations



regarding the most usual concepts applied in the anti-doping procedures, the regulations applied to them, details in the performance of the collection of doping control samples and an encouragement for an active fight against doping.

The purpose is to provide information that can be amplified through the detailed and necessary study of the IFBB Anti- Doping Rules.

We recommend the careful review of this content as a prior step in the study of the IFBB Anti-Doping Code document.

I wish to take this opportunity to thank Mauricio Arruda and to all of the IFBB officials that, through their daily contributions, coordinate and implement our anti-doping programs and serving our mission to promote clean sport and healthy lifestyle.

Yours in sport,

Dr. Rafael Santonja
IFBB President



The Code

What, exactly, is the World Anti-Doping Code (WADC)?

The Code is the anti-doping system framework. It has been accepted by the entire Olympic movement as well as by various sports bodies and National Anti-Doping Organizations throughout the entire world. It also has been recognized by more than 190 governments, through the UNESCO Convention against Doping in Sport.

IFBB is signatory of the World Anti-Doping Code and has its anti-doping rules in line with the Code since 2008.

The World Anti-Doping Code was first adopted in 2003 and took effect in 2004. It was subsequently amended four times, the first time effective 1 January 2009, the second time effective 1 January 2015, the third time effective 1 April 2018 (compliance amendments) and the fourth time effective 1 June 2019 and the revised 2021 World Anti-Doping Code is effective as of 1 January 2021.

This document is merely a guide. It is no substitute for the language of the Code or the IFBB Anti-Doping rules.



Application of the Code

Who is subject to the Code?

1. If you are a national – or international - level athlete, the Code applies to you. “International-level” athletes are defined by the athletes’ International Federation. “National-level” athletes are defined by the athletes’ National Anti-Doping Organization.
2. Each National Anti-Doping Organization can decide whether and how the Code will apply if you are an athlete competing domestically at a level that does not identify you as “national-level.” If you are competing at this level, the National Anti-Doping Organization tests you, and if you return a positive test or tamper with the doping control process or commit another anti-doping rule violation, the Code and IFBB Anti-Doping Rules then requires that sanctions be imposed.



Roles and responsibilities

As an athlete, you have certain roles and responsibilities. These include:

- You must know and comply with all “applicable IFBB anti-doping policies and rules.”
- You must take responsibility for what you “ingest,” meaning what you eat and drink and anything that may enter your body. The essential rule is this: if it is in your body, you are responsible for it. In legal terms, this is called “strict liability.”
- You must be available for sample collection.
- You must inform medical personnel that they are obligated not to give you prohibited substances or methods. You must also take responsibility to make sure that any medical treatment you receive does not violate the Code and IFBB Anti-Doping Rules.



Coaches, trainers, managers, agents and other support personnel are often role models for athletes. They, too, have certain rights and responsibilities. These include:

- They must know and comply with all anti-doping policies and rules that apply to them or the athletes they support.
- They must cooperate with the athlete-testing program.
- They must use their considerable influence to promote a clean sport philosophy.
- They must cooperate with Anti-Doping Organizations investigating anti-doping rule violations.
- They must not use or possess any prohibited substance or method without a valid justification.



What is doping?

Doping is defined as the occurrence of one or more of the following Anti-Doping Rule Violations (ADRVs) according to World Anti-Doping Code:

- Presence of a Prohibited Substance in an Athlete's Sample – See Article 2.1;
- Use or attempted use of a Prohibited Substance or Method – See Article 2.2;
- Evading, Refusing or Failing to Submit to Sample Collection by an Athlete – See Article 2.3;
- Failure to file Athlete Whereabouts information and Missed Tests – Any combination of three missed tests and/or filing failures, as defined in the International Standard for Results Management, within a twelve-month period by an Athlete in a Registered Testing Pool – See Article 2.4;
- Tampering with any part of the Doping Control process. For example, intentionally interfering with a doping control officer, intimidating a potential witness or altering a sample by adding a foreign substance – See Article 2.5;
- Possession of a Prohibited Substance or Method by an Athlete or Athlete Support Person. It's not OK to buy or have on you a banned substance for the purposes of giving it to a friend or relative, except under certain very limited justified medical circumstances – say, buying insulin for a diabetic child – See Article 2.6;



- Trafficking a Prohibited Substance or Method – See Article 2.7;
- Administering or attempting to administer a Prohibited Substance or Method to an Athlete – See Article 2.8;
- Complicity in an Anti-Doping Rule Violations: Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity or Attempted complicity involving an anti-doping rule violation – See Article 2.9;
- Prohibited association with Athlete Support Personnel who has been engaged in doping – See Article 2.10 and;
- Acts by an Athlete or Other Person to Discourage or Retaliate Against Reporting to Authorities – See Article 2.11.

Violations can involve more than just a positive test

As an athlete, the Code specifically says that you are responsible for knowing what makes up an anti-doping rule violation

Such violations can involve more than just a positive test – which, in the language of the Code, is called an “Adverse Analytical Finding.”

For example, it is also an anti-doping rule violation to use and possess prohibited substances and methods.



Prohibited list

You are responsible for knowing what substances and methods are on the Prohibited List

What substances and methods are prohibited?

The World Anti-Doping Agency, WADA has published the 2021 List of Prohibited Substances and Methods and it comes into effect on January 1st of each year and is published by WADA three months prior to coming into force; however, in exceptional circumstances, a substance or method may be added to the Prohibited List at any time.

The Prohibited List is reviewed annually in consultation with scientific, medical and anti-doping experts to ensure it reflects current medical and scientific evidence and doping practices.

The list is divided into substances that are:

1. Banned at all times: Those substances banned at all times would include (but are not limited to): hormones, anabolic steroids, EPO, beta-2 agonists, masking agents and diuretics. All prohibited substances in this class are Specified Substances. Any pharmacological substance which is not addressed by any of the subsequent sections of the List and with no current approval by any governmental regulatory health authority for human therapeutic use (drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.



Also banned at all times: methods such as blood transfusion or manipulation, or intravenous injections in some situations.

2. Prohibited In-Competition (as defined by each sport but often within 24 hours of the competition): Those substances prohibited only in-competition would include but not be limited to: stimulants, marijuana, narcotics and glucocorticosteroids.
3. Substances of abuse: Substances of Abuse are substances that are identified as such because they are frequently abused in society outside of the context of sport. The following are designated Substances of Abuse: cocaine, diamorphine (heroin), methylenedioxymethamphetamine (MDMA/ecstasy), tetrahydrocannabinol (THC).

The updated Prohibited List of Substances can be found at IFBB website (www.ifbb.com) on the area “Anti-Doping” or at the WADA website (www.wada-ama.org)

Can prohibited substances be found in common medicines?

Yes. Any number of common medications, including painkillers and treatments for colds and the flu, can contain prohibited substances.

ALWAYS CHECK WITH YOUR MEDICAL DOCTOR BEFORE TAKING ANY MEDICATION TO AVOID HAVING A POSITIVE TEST RESULT.



Athlets and medications

1. What can I do to avoid a positive test from taking a medication?

Answer: There are two ways for you to obtain medication: either by prescription from your doctor or directly from the shelves of a drugstore or pharmacy.

Anytime you need a prescription, you must remind your doctor that you are an athlete and are subject to anti-doping regulations. Your doctor should ensure that the medication prescribed does not contain any banned substances. If your doctor is unable to determine this, then the decision should be taken in consultation with your National Anti-Doping Organization (NADO) or with a competent pharmacist.

If you need to take a medication that does not require a prescription (commonly referred to as “over-the-counter”), it is highly recommended that you consult your national NADO or that you show the Prohibited List to the pharmacist and ask for help before you decide on a product.

Another consideration when choosing the right medication, make sure that you take exactly the one that was recommended. Some brand names offer multiple variations of the same product (e.g., non-drowsy, fast-relief, extra-strength, longer-lasting) and with the formula being different for each, there is a real risk that one will contain a prohibited substance while another may not.



The current Prohibited List is always posted on this Web site. Generally, an updated version of the List is published every year in October and comes into effect January 1st of the following year.

2. What if the only medication to treat my medical condition contains a prohibited substance?

Answer: The World Anti-Doping Code (Code) recognizes the right of athletes to the best possible treatment for any medical condition. If you are in need of medication, please contact your International Federation or NADO to find out more about the criteria and procedures to apply for a Therapeutic Use Exemption (TUE). More information on the TUE process can be found in the Science and Medicine section.

Before applying for a TUE, it is recommended that you consult your doctor to consider possible alternative treatments that do not involve the use of a prohibited substance or method. If such an alternative treatment exists, your TUE request will likely be denied and the whole process can only delay your recovery.

3. What if an emergency arises for which i do not have the time or ability to verify that the medication required is free of banned substances?

Answer: In exceptional circumstances, when an acute life-threatening medical condition requires immediate



intervention involving the use of a medication containing a prohibited substance, you and your physician must apply for a TUE immediately after the treatment has been delivered.

However, it is expected that such cases will occur very rarely and TUEs will therefore be granted in emergency situations under close scrutiny.

4. If I get sick and my next competition is scheduled in two weeks from now, how long can it take for medications to be eliminated from my body?

Answer: The amount of time someone's body takes to get rid of all traces of a substance depends on the nature of the substance and quantity taken, the individual's metabolism, the administration method, and on a number of other factors such as quantity of liquids consumed, interaction with other ingredients in the same medication, or other substances ingested. In essence, there is no general rule and the delay can vary from a few hours to several months.

More importantly, since you are also subject to out-of-competition testing, the fact that you will not compete in the next two weeks does not preclude the possibility of being tested before then.

5. What should I do if I get sick while traveling in a foreign country?

Answer: Medications are usually commercialized under different names in different countries, and even if they



have the same brand names, they may have a different composition in order to respect each country's laws on availability of certain substances. In one country, one product may be safe to take from an anti-doping perspective, while in another country the product sold under the same name may contain a prohibited substance.

Before using medications purchased in a foreign country, it is best to consult your team doctor, try to contact the NADO in the country that you are visiting, or contact your own NADO to ask for advice on what to do. As a last resort, you can bring the Prohibited List to a pharmacy and consult the list of ingredients with the pharmacist to ensure that the product you intend to take does not contain prohibited substances.

One way to prevent such situation from occurring is to bring with you, as part of your "travel kit," small doses of medications from home that you know are safe to use and that you anticipate may be required during your stay abroad (e.g., pain and fever, allergy, common cold, stomach aches, skin infections, etc.). Before bringing any medication into a foreign country or bringing one back home from abroad, it is wise to check whether customs regulations would allow you to do so and ensure that you do not carry a substance that is illegal at your destination.

6. Should I worry about creams, eye drops and other medications which i do not need to swallow?

Answer: You certainly should. Prohibited substances come in different forms and shapes and they may enter your



body in different ways: by contact with your skin (creams and ointments), by inhalation (if you breathe in the vapor or mist), by contact with a mucus membrane (eye or ear drops, suppository, etc.).

Any medication applied to your body will likely enter your system to act in the way that is intended (reduce inflammation, relieve pain, kill bacteria, etc.), and will be present in your blood before eventually being eliminated by the kidneys and turn up in your urine.

7. What about homeopathic products and alternative medicine?

Answer: As is the case for nutritional supplements, in some countries homeopathic products, herbal remedies and other alternative medicinal products are not subjected to the same quality control requirements as pharmaceutical products. Therefore improper labeling, poor manufacturing practices and contamination can cause prohibited substances to be present without the consumer knowing.

Homeopathic products are usually very low in concentration of active substances, however since the label usually does not specify ingredients by chemical substances but rather by origin (name of plant or animal it is extracted from), it is difficult for anyone to determine whether a prohibited substance may be present.

In addition, athletes have to be careful about any home remedies that have found their place in the family tradition or cultural lifestyle. Many such concoctions are derived from



herbal products and some prohibited substances do originate from plants. Remember, under the strict liability principle, it does not matter how or why a prohibited substance entered an athlete's body. Athletes are responsible for everything that goes into their body.

8. What can happen to me if my test result is positive because i used medication without knowing that it contained a prohibited substance?

Answer: Under the overarching principle of strict liability in effect under anti-doping regulations, as an athlete, you are ultimately responsible for everything that goes into your body, whether it was recommended, prescribed, or even provided by someone else. If an athlete tests positive, the result is a disqualification, and possible sanction or suspension.

9. Is there a list of medications that do not contain prohibited substances?

Answer: To maintain current information with respect to prohibited substances on all products manufactured by the pharmaceutical industry around the world would require tremendous resources that are not currently at WADA's disposal.

Several tools and publications exist for this purpose. Doctors and pharmacists in some countries have access to an index of pharmaceutical products clearly stating which medications are allowed or not in sports, updated every month or year.



Some NADOs also offer this type of advice, either in the form of a list of permitted medications for common ailments, a substance inquiry hotline or e-mail service, or a consultable database of medications and substances. Contact information for the NADO in your country is available in the Anti-Doping Community and Resources sections of this Web site.

If your country does not have NADO listed on WADA's Website, please consult your national sport federation, National Olympic Committee or a competent health professional in your country to find out what other resources are available.

10. What else is being done to help athletes avoid an inadvertent positive result from using the wrong medication?

Answer: WADA is looking at possible partnerships with pharmaceutical associations that publish indexes of pharmaceutical products so that physicians prescribing treatment have immediate reference in the index about a medication containing, or not, a substance prohibited under anti-doping regulations.

WADA is also investigating the possibility of a global drug reference database that would contain all pharmaceutical products sold throughout the world and their status with regard to the Prohibited List. Such database would enable athletes to have access to reliable information about the ingredients of any pharmaceutical product, no matter in what part of the world they require to purchase it.



Therapeutic Use Exemption (TUE)

Athletes may have illnesses or conditions that require them to take medications or undergo procedures. If the medication or method an athlete is required to use to treat an illness or condition is prohibited as per the World Anti-Doping Agency's (WADA) Prohibited List, a TUE may give that athlete the authorization to use that substance or method while competing without invoking an anti-doping rule violation (ADRV) and applicable sanction. If for health reasons, you need to take a prohibited substance or use a prohibited method. You may do so under IFBB Anti-Doping Rules and the Code. The key is that you must obtain what is called a 'Therapeutic Use Exemption'.

What are the criteria for granting a TUE?

Several criteria must be met to secure a TUE, such as: the use of the prohibited substance (or method) is necessary for your health; its use should not result in performance enhancement beyond a return to normal health; and there is no reasonable therapeutic alternative to the use of the prohibited substance or method.

All of the four following criteria must be met (for more details, please refer to the *WADA International Standard for Therapeutic Use Exemptions (ISTUE) Article 4.2*):

- The athlete has a clear diagnosed medical condition which requires treatment using a prohibited substance or method;



- The therapeutic use of the substance will not, on the balance of probabilities produce significant enhancement of performance beyond the athlete's normal state of health;
- The prohibited substance or method is an indicated treatment for the medical condition, and there is no reasonable permitted therapeutic alternative;
- The necessity to use that substance or method is not a consequence of the prior use (without a TUE), of a substance or method which was prohibited at the time of use.

Who Should Apply for a TUE? Where and when to Apply?

Athletes who are subject to anti-doping rules would need a TUE to take a prohibited substance or use a prohibited method. You should verify with IFBB to know to whom you need to apply and if you can apply retroactively.

First, check if the required medication or method you intend to take, or use is prohibited as per the *WADA Prohibited List*. You may also use a 'check your medication' online tool or ask your NADO if it has one.

You have a responsibility to inform your physician(s) that you are an Athlete bound to anti-doping rules. You and your physician(s) should check the Prohibited List for the substance/method you are prescribed. If the substance/method is prohibited, discuss non-prohibited alternatives, if there are none, apply for a TUE. Remember Athletes have the ultimate responsibility. Contact your NADO or IFBB if you are having difficulties.



Then, contact IFBB, by e-mail: contact@ifbb.com to determine your competition level and TUE application requirements.

International and national-level athletes must also understand another important aspect of the rules: except in emergency or exceptional circumstances, **a TUE must be obtained in advance, not retroactively.**

TUEs for national athletes are overseen by your National Anti-Doping Organization. TUEs for international athletes are administered by the IFBB.

Testing, sample collection and sample analysis

When an authorized doping control officer asks you to provide a sample, you must do so.

Every Anti-Doping Organization with authority over an athlete has the right to collect urine and/or blood samples from that athlete at any time or place and to have those samples analyzed for anti-doping purposes.

Who has testing authority?

National Anti-Doping Organizations have authority over athletes

1. who are nationals, residents, license-holders or members of sports organizations of that country, or



2. who are present in that National Anti-Doping Organization's country, or
3. where the rules of an International Federation otherwise grant them broader authority.

IFBB has authority over athletes who are subject to its rules,

1. including athletes who compete in certain international events and;
2. athletes who are members or license holders of IFBB (or its direct or indirect members).

Selection of Athletes to be tested:

At International events, the IFBB Anti-Doping Commission shall determine the number of tests to be performed. Athletes can be selected by random selection, by placing or through target test.

If you are selected for testing, you can download a step-by-step guide to the testing procedure. You can also watch WADA's video guide: *WADA Doping Control video*.

Where does the athlete's sample go?

In order to establish a violation based on the presence of a prohibited substance in an athlete's sample, all urine and/or blood samples are shipped and analyzed at World Anti-Doping Agency Accredited Laboratories (*WADA accredited Laboratories*), as required under the World Anti-Doping Code.



What is ADAMS?

ADAMS (Anti-Doping Administration & Management System) is WADA's secure web-based antidoping database management system. ADAMS stores, in particular laboratory results, Therapeutic Use Exemptions and information on Anti-Doping Rule Violations. This database facilitates the sharing of information among relevant organizations and aims to promote efficiency, effectiveness and transparency.

IFBB and National Anti-Doping Organizations use ADAMS as a central information base for athlete whereabouts information, TUEs and test results. ADAMS has been developed to make your life easier.

You have access to your own information in ADAMS. IFBB is responsible for giving you access to ADAMS. Only restricted personnel within Anti-Doping Organizations have access to your data. ADAMS' multi-level access system protects data security and confidentiality.

Consequences of anti-doping rule violations

The consequences of an anti-doping rule violation may include the disqualification of results, the imposition of a period of ineligibility, mandatory publication of your violation and, perhaps, financial sanctions.



The disqualification of results

An anti-doping rule violation in connection with a competition automatically results in disqualification of the results of that competition.

What does disqualification mean?

It means the loss of results, medals, points and prize money.

Generally, results are disqualified retroactively from the date of the anti-doping rule violation (for instance, the date of collection of the positive sample) until the commencement of any provisional suspension or ineligibility period.

Ineligibility

Ineligibility means exactly what it says – you cannot take part in any competition or the **activities** of IFBB, its member national federations or their member clubs. This includes training with your club or team or using facilities that are linked with your club or team.

Similarly, you cannot take part in any competitions authorized or organized by any of the other signatories of the Code or their affiliated entities.

Likewise, you cannot take part in any professional league or any international- or national-level event organization



or any elite- or national-level sports activity funded by a governmental organization.

The period of ineligibility may range from a reprimand to a life-time ban. For Anti-Doping Rule Violations of presence or use of a prohibited substance, this period is generally as follows:

- If you intended to cheat, the period is 4 years;
- Otherwise, it is 2 years – unless you can show that you had no significant fault no negligence, in which case ineligibility may be reduced to a minimum of one year;
- If the violation involves a specified substance or a contaminated product, and you can establish “No Significant Fault”, ineligibility may range from 2 years to a reprimand, depending on your level of fault.

In case there are multiple Anti-Doping Violations or aggravated circumstances, the period of ineligibility may be more than 4 years up to a maximum of a life-time ban.

Quick guideline to doping control procedures

These Doping Control Procedures, as well as the IFBB Anti-Doping Rules shall apply to the IFBB, each Affiliated



Federation¹ of the IFBB, and each participant in the activities of the IFBB or any of its Affiliated Federations by virtue of the participant's membership, accreditation, or participation in the IFBB, its Affiliated Federations, or their activities or events.

Each Affiliated Federation must guarantee that all of its Athletes agree to be bound by the IFBB Anti-Doping Rules compiled in accordance with the World Anti-doping Code.

The IFBB and each Affiliated Federation are responsible for applying these Rules to all doping controls over which the IFBB and each Affiliated Federation has jurisdiction.

IFBB Worldwide doping controls must be carried out in accordance with the World Anti-Doping Code and the International Standard for Testing.

Athletes who compete at the international and national level may be tested anytime, anywhere. The test can be conducted at a competition or away from a competition situation, such as at an athlete's home or training venue, with no advance notice. Urine and/or blood may be collected. Specially trained and accredited IFBB doping control personnel or Doping Control Officers from National Antidoping Organizations carry out all tests.

¹ "Affiliated Federation" is defined as a National, Regional or Continental Federation that has been duly recognized by the IFBB pursuant to the IFBB Constitution and that has the constitutional power and authority to act as an anti-doping organization.



Understanding doping control procedures

Athlete Selection

The selection of athletes is based on the requirements of the IFBB or a specific Anti-Doping Organization (ADO). The selection may occur in three ways: random, based on established criteria (e.g. finishing position), or targeted.

Notification

A Doping Control Officer (DCO) or Chaperone will notify the athlete of his or her selection for doping control. In general, this notification is done in person. The official identification and the authority under which the sample collection is to be conducted are shown to the athlete.

The DCO or Chaperone will inform the athlete of his or her rights and responsibilities, including the right to have a representative present throughout the entire process. The athlete will be asked to sign the form confirming that he or she has been notified for doping control.

Reporting to the Doping Control Station

The athlete should report to the doping control station as soon as possible after notification, and within the time period specified by the doping control personnel. The DCO may allow the athlete to delay reporting to the doping control station for activities such as a press conference; however, the athlete will be accompanied by a DCO or a Chaperone from the time of notification until the completion of the sample collection process.



The athlete will be asked to provide photo identification and be given the opportunity to hydrate. **Athletes are responsible for what they decide to drink.**

They may drink their own beverage or choose from a selection of sealed, caffeine free, non-alcoholic beverages.

When can the athlete be tested?

A urine or blood sample can be collected on an athlete anytime and anywhere for doping control, and either in-competition or out-of-competition.

Selection of Collection Vessel

The athlete is given a choice of individually sealed collection vessels and selects one. The athlete verifies that the equipment is intact and has not been tampered with. The athlete should maintain control of the collection vessel at all times.





Provision of Sample

Only the athlete and a doping control official of the same gender are permitted in the washroom during the provision of the sample. Minors or athletes with a disability may also have their representative present in the washroom. However, this representative is not permitted to view the provision of the sample. The objective here is to ensure that the doping control official is observing the sample provision correctly.

Athletes are required to remove any clothing from the knees to mid-chest and from the hands to the elbows. This provides the doping control official with a direct observation of the urine leaving the athlete's body. These provisions are meant to ensure that it is the athlete's own urine and help prevent possible manipulation of the urine sample.

The Athletes maintain control of their samples at all times during the process, unless assistance is required due to an athlete's disability.

Volume of Urine

The DCO shall use the relevant laboratory specifications to verify, in full view of the athlete, that the volume of the urine sample satisfies the laboratory's requirements for analysis (90ml). If the amount of urine does not meet the minimum requirements of 90 ml, the athlete will proceed with the Partial Sample Process.



Selection of the Sample Collection Kit

If the athlete has provided the required volume of urine, the athlete will be given a choice of individually sealed sample collection kits, from which to choose one. The athlete verifies that the equipment is intact and has not been tampered with. The athlete will open the kit and confirm that the sample code numbers on the bottles, the lids and the container all match. A DCO or chaperone (of the same gender as the athlete) will observe the athlete during the sample production.





Splitting the Sample

The athlete chooses a sample collection kit from the selection provided. The athlete splits the sample, pouring the urine him or herself, unless assistance is required due to an athlete's disability. The athlete pours the required volume of urine into the "B" bottle. Then the remaining urine is poured into the "A" bottle. The athlete will be asked to leave a small amount of urine in the collection vessel so the Doping Control Officer can measure the specific gravity and/or pH of the sample according to the relevant laboratory guidelines.



Sealing the Samples

The athlete seals the "A" and "B" bottles. The athlete representative and the doping control officer should verify that the bottles are sealed properly.





Measuring Specific Gravity and/or pH

The DCO measures the specific gravity and/or pH using the residual urine left in the collection vessel to ensure it is not too diluted to analyze. The values are recorded on the doping control form. If the sample does not meet the specific gravity or pH requirements, the athlete may be asked to provide additional samples as required by the Anti-Doping Organization.





Completion of Doping Control Form

The athlete is asked to provide information about any prescription/non-prescription medications or supplements he or she has taken recently. These medications are recorded on the doping control form. The athlete has the right to note comments and concerns regarding the conduct of the doping control session. The athlete should confirm that all of the information on the doping control form is correct, including the sample code number.

The person who witnessed the passing of the sample, the athlete representative, the Doping Control Officer and the athlete will sign the doping control form at the end of the sample collection process. The athlete is given a copy of the doping control form. The laboratory copy of the doping control form does not contain any information that could identify the athlete.

The Process when the samples arrive to the Laboratory

Samples are packaged for shipping to ensure that the security of the sample is tracked. The samples are sent to a WADA-accredited laboratory in strict confidentiality and will be tracked to ensure their security. The laboratory will inspect the samples upon their arrival to ensure there is no evidence of tampering.

The WADA-accredited laboratory will adhere to the International Standard for Laboratories when processing a sample, ensuring the chain of custody is maintained at all times.



The “A” sample will be analyzed for substances on the Prohibited List. The “B” sample is securely stored at the laboratory and may be used to confirm an Adverse Analytical Finding from the “A” sample.

The laboratory will report the results of the sample analysis to the responsible Anti-Doping Organization and WADA.

Registered Testing Pool (RTP)

Registered Testing Pool is the pool of highest-priority athletes established at the international level by IFBB and at the national level by National Anti-Doping Organizations, who are subject to focused in-competition and out-of-competition testing.

The IFBB maintains a Registered Testing Pool of those athletes who are required to provide up-to-date whereabouts information. Each athlete in the RTP must file reports to the IFBB specifying on a daily basis where and when he or she will be. This has to be done through the WADA’s Anti-Doping Administration and Management System (ADAMS).

Who is included?

Very few athletes are in the Registered Testing Pool (RTP), according to the chart below, and need to provide accurate and current whereabouts information. International Federations and National Anti-Doping Organizations are responsible for determining if the athlete is required to provide whereabouts information or not.



Required information for athletes included in a registered pool testing:

- Home address;
- Training information and locations;
- Competition schedules;
- Regular personal activities such as work or school.

For those athletes included in a RTP, one 60-minute time period a day, where they will be available for testing, must also be provided. Remembering that all athletes can still be tested anytime and anywhere. However, for RTP athletes, a missed test may be recorded if the athlete is unavailable during the declared 60-minute window.



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