

IFBB

POCKET GUIDE FOR DOPING CONTROL



FOR DOPING CONTROL • IFBB POCKET GUIDE FOR DOPING CONTROL



**INTERNATIONAL FEDERATION
OF BODYBUILDING & FITNESS**



Doping, the road to nowhere

Bodybuilding is both Sport & Healthy Lifestyle.

Bodybuilding principles are based on the combination of proper nutrition and regular weight training; applied to achieve physical athletic excellence. Bodybuilding is therefore a sport clearly linked with health; being by itself one of 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 our 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, and currently, Prof. Dr. Eduardo de Rose.

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 full compliance with the 2015 WADA 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 and National Federations through conferences and brochures.
3. Teaching and encouraging our National Federation members to incorporate active anti-doping programs at the national level.

Very soon, following the directions of the 2009 WADA Code and the updated IFBB Anti Doping Rules, we will establish the out-of-competition controls implementing the ADAMS Program (more information about the ADAMS Program is contained in this book).



The goal of this booklet is to provide basic guidelines to athletes, officials and National Federations regarding the most usual concepts applied in the anti-doping procedures, regulations applied to them, and details in the performance of the collection of doping control samples.

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

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

I wish to thank Mauricio Arruda and to all of the IFBB officials through their daily contributions, coordinating and implementing our anti-doping programs; serve 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 170 governments, through the UNESCO Convention against Doping in Sport.

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

The Code first came into effect in July 2004. A first set of amendments took effect on 1 January 2009. A second set is now into effect since 1 January 2015.

The full text of the IFBB Anti-Doping Rules can be found on the IFBB website.

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?

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 antidoping 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, which can be found in the following link

<https://www.wada-ama.org/en/resources/science-medicine/prohibited-list>

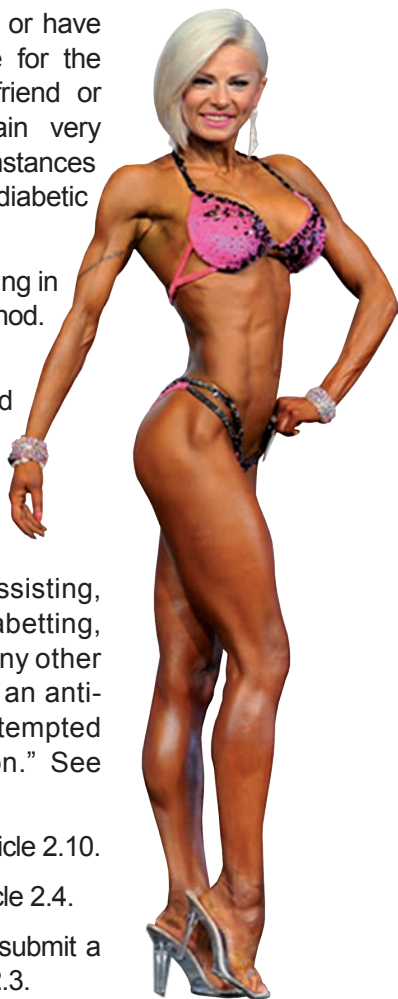


There are also other types of anti-doping rule violations:

- Tampering or attempted tampering with any part of doping control. 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 prohibited substance or method. 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 or attempted trafficking in a prohibited substance or method. See Article 2.7.
- Administration or attempted administration of a prohibited substance or method to an athlete. See Article 2.8.
- Complicity. This covers a wide range of acts: assisting, encouraging, aiding, abetting, conspiring, covering up or “any other type of complicity” involving an anti-doping rule violation or attempted violation by “another person.” See Article 2.9.
- Prohibited Association. See Article 2.10.
- Whereabouts Failure. See Article 2.4.
- Evading, refusing or failing to submit a sample collection. See Article 2.3.





Prohibited list

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

What substances and methods are prohibited?

WADA keeps a list of substances and methods that are banned. It updates this Prohibited Substances and Methods List periodically, and at least annually. The updated list normally applies from 1 January each year and is available a few months before on the WADA website.

The list is divided into substances that are:

1. banned at all times and
2. those prohibited during the in-competition period (as defined by each sport but often within 12 hours of the competition).

Those substances banned at all times would include (but are not limited to): hormones, anabolics, EPO, beta-2 agonists, masking agents and diuretics.

Those substances prohibited only in-competition would include but not be limited to: stimulants, marijuana, narcotics and glucocorticosteroids.

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



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.

Therapeutic use exemption (TUE)

It might happen that, 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,’ or 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.

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.

NOTE: A TUE must be obtained in advance, not retroactively.



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).



In order to establish a violation based on the presence of a prohibited substance in an athlete's sample, only those laboratories that have been accredited or specifically approved by WADA may analyze the samples.

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.

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.

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.



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.

Link to World Anti-Doping Code:

<https://www.wada-ama.org/en/resources/the-code/world-anti-doping-code>





Link to IFBB Anti-Doping Rules:

<https://www.ifbb.com/anti-doping-rules/>



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.





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.

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.



Splitting the Sample

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. 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. 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.



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