

IFBB

FEDERATION

INTERNATIONAL FITNESS AND BODYBUILDING FEDERATION

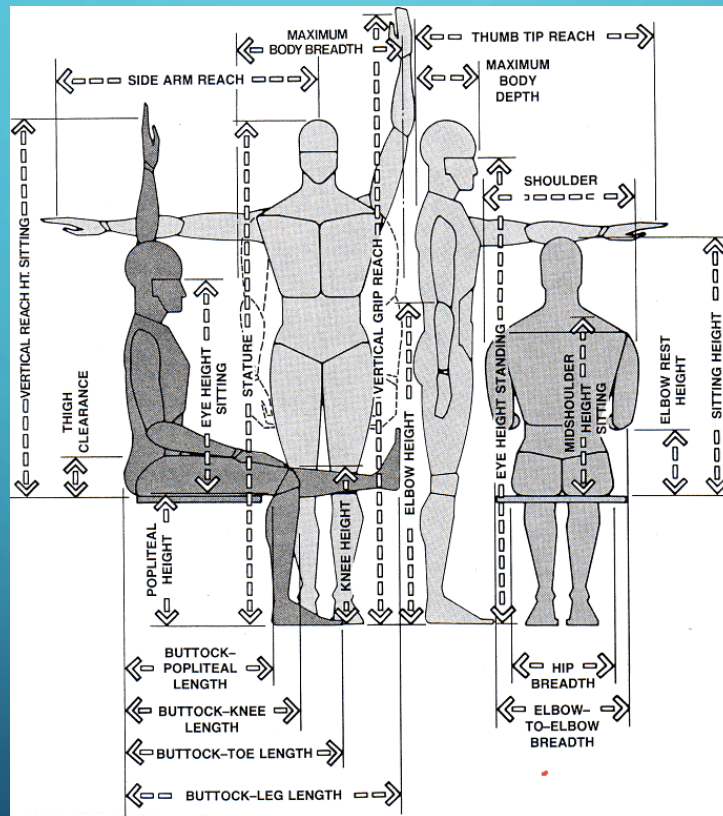
UPDATES ABOUT ANTIDOPING IN SPORT

Anthropometric and Physiologic characteristics of the human body

cannot be changed by drugs



Anthropometric proportions of the human body cannot be changed by drugs



Anthropometric Patterns of the human body cannot be changed by drugs



Why some substances and methods are prohibited?

For one substance or method to be considered prohibited it should fit at least 2 of the following criteria:

- Improve performance
- Risky to health
- Against the spirit of Sport

Strict Liability Principle

Athletes are held strictly responsible for any substance found in their body, regardless of how it got there.

Ignorance is no excuse under the World Anti-Doping Code!

Violations of Antidoping Rules

There are 8 types of violations of the Antidoping Rules that are related to the athletes and their support personnel:

1. The presence of a prohibited substance detected in an urine sample (or blood).
2. Use or trying to use a prohibited substance or method.
3. Fail to agree to participate in a doping control test.
4. To manipulate or the intention to manipulate a Doping Control Procedure.

Violations of Antidoping Rules

5. Fail to provide whereabouts or being unavailable for a Doping Control Test.
6. Administration, Assistance, involvement o any other type of complicity.
7. Possession.
8. Trafficking.

The Prohibited List of Substances

AT ALL TIMES

SUBSTANCES

Non-approved substances

Anabolic agents

Peptide hormones, growth factors
and related substances

Beta-2 agonists

Hormone and metabolic
modulators

METHODS

Manipulation of blood and
blood components

Chemical or physical
manipulation

Gene Doping

IN-COMPETITION

SUBSTANCES

Stimulants

Cannabinoids

Narcotics

Glucocorticosteroids

Checking Substances

Australian Government
Australian Sports Anti-Doping Authority

Search **GO**

PURE
PERFORMANCE

SITE MAP

Home Testing Whereabouts Substances Rules & Violations Education Media About


prohibited
or
 permitted?


2011 Prohibited List released

The World Anti-Doping Agency has released the World Anti-Doping Code 2011 Prohibited List which will come into effect on 1 January 2011.

There are some very important changes that athletes and support personnel need to be aware of.

[FIND OUT MORE](#)

Check your substances  [>](#)

Log your Whereabouts  [>](#)

Therapeutic Use Exemptions  [>](#)

Australian Sports Anti-Doping Authority (ASADA)

[Direct access](#) [Our purpose](#)

News

8 NOVEMBER 2010

Check Your
Substances

DOPING CONTROL PROCEDURES

4 Phases:

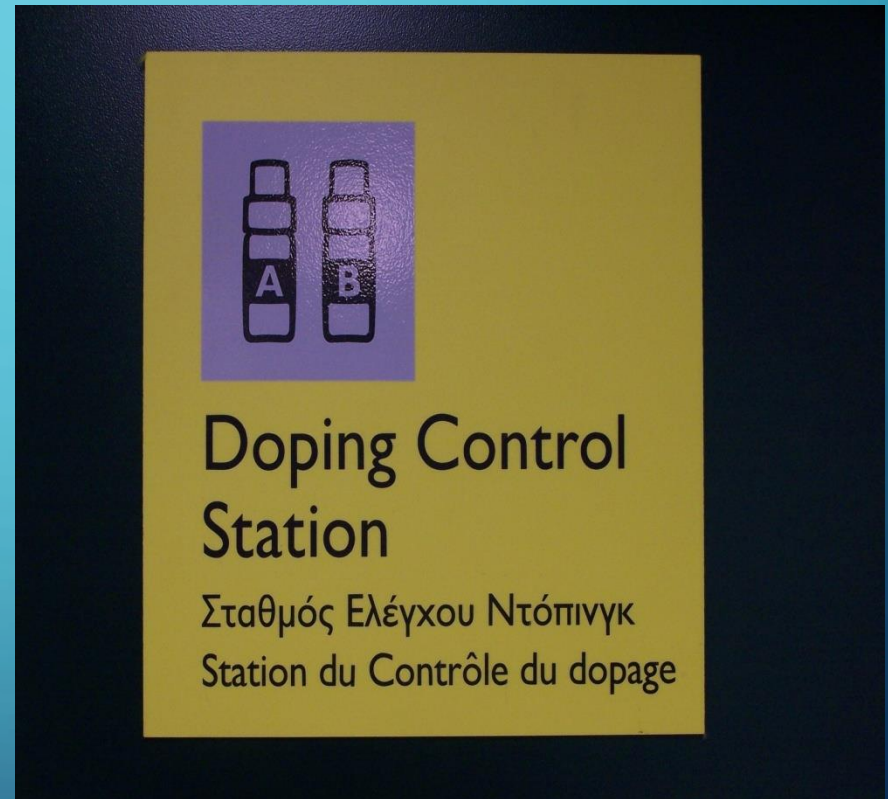
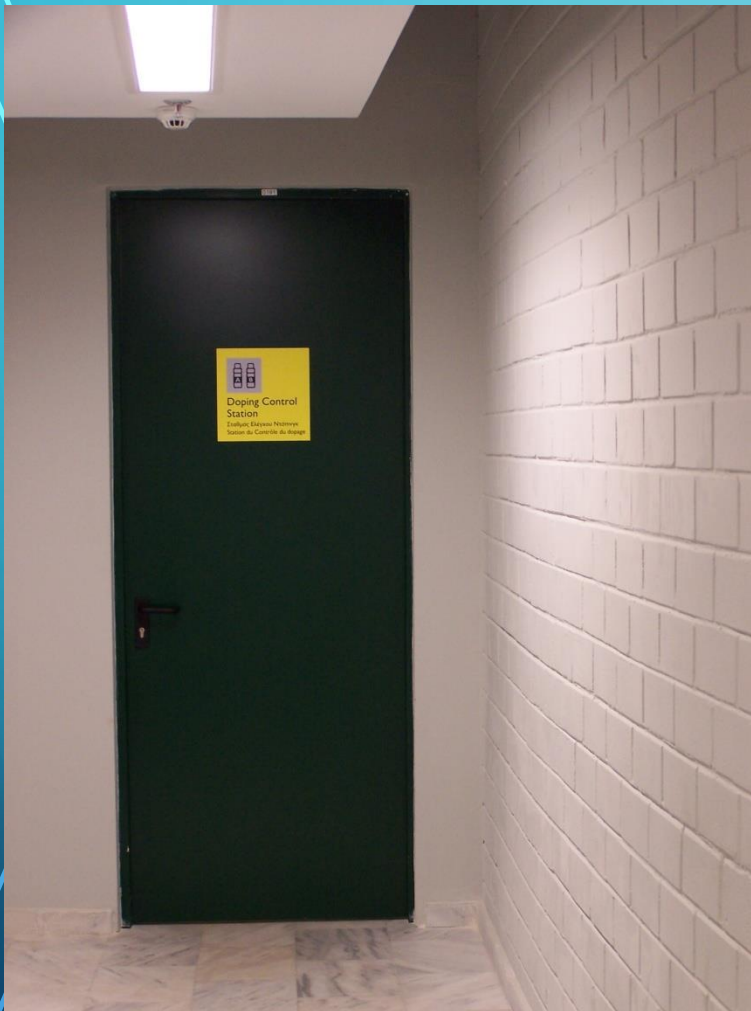
- **Selection of the athletes**
- **Notification of the athletes**
- **Analysis by the laboratory (WADA Accredited)**
- **Results Management**

DOPING CONTROL PROCEDURES

- **Tests can be performed In and Out-of-Competition:**
- **Target Tests, Random Selection, Finalists.**

Note: The Athlete can be requested to perform a Doping Control Test at home, on his/her training site or any other place (For example: Hotel, airport, etc.. During travels)

The Doping Control Station



Entrance

The Doping Control Station



Reception

The Doping Control Station



Waiting room

The Doping Control Station



Waiting room

The Doping Control Station



Toilet for Sample Collection

The Doping Control Station



Doping Control Room

The Doping Control Station



Doping Control Room

Equipments



Refractometer

Doping Control Kit



WADA / IOC Approved - Bereg Kit

DOPING CONTROL PROCEDURES



Urine collection vessel

DOPING CONTROL PROCEDURES



DOPING CONTROL PROCEDURES



DOPING CONTROL PROCEDURES



DOPING CONTROL PROCEDURES



DOPING CONTROL PROCEDURES

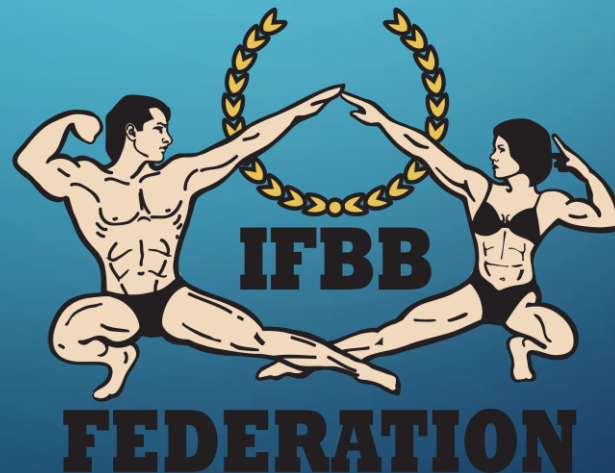


WORLD ANTIDOPING PROGRAM

- **International Standards for Testing**
- **International Standards for Laboratories**
- **ADAMS Program**
- **World Anti-Doping Code**
- **Prohibited list**
- **Therapeutic Use Exemptions - TUE**
- **TDSSA - Technical Document for Sport Specific Analysis**
- **UNESCO Convention Against Doping in Sport**

Updates about Antidoping in Sport

THANK YOU!



INTERNATIONAL FITNESS AND BODYBUILDING FEDERATION