

IFBB Pocket Guide for Doping Control



CONTROL • IFBB POCKET GUIDE FOR DOPING CONTROL • IFBB POCKET GUIDE



International Federation
of BodyBuilding & Fitness



Via email: internacional@santonja.com

Montreal, October 29, 2008

Dr. Rafael Santonja
International President
International Federation of Body Building & Fitness
Calle Jaén No. 8
28020 Madrid
Spain

Subject: Compliance with the 2009 World Anti-Doping Code.

Dear Dr. Santonja,

Thank you for submitting a revised copy of the International Federation of Body Building & Fitness's ("IFBB") anti-doping rules and giving us the opportunity to provide you with our comments. We have revised your rules and are happy to inform you that they are now in line with the 2009 World Anti-Doping Code.

This correspondence therefore constitutes your assurance that the IFBB anti-doping rules are in line with the 2009 World Anti-Doping Code.

After this important step, it is fundamental that the International Federation of Body Building & Fitness's enforce its regulations in accordance with the World Anti-Doping Code. If you require any assistance in enforcing your anti-doping rules or programs, please do not hesitate to contact us at:

Emiliano.Simonelli@wada-ama.org or by fax +1 514 904 4450

We thank you once again for your efforts in this legal exercise and your continued commitment to drug-free sport.

Yours Sincerely,

Rune Andersen
Director
Standards and Harmonization

Emiliano Simonelli
Senior Manager - Code Compliance
Standards and Harmonization

cc: Jean-Pierre Moser
Director, WADA European Regional Office & Relations with International Federations



DOPING, THE ROAD TO NOWHERE

Bodybuilding is both Sport & Healthy Lifestyle.

The International Federation of Bodybuilding & Fitness is signatory in full compliance with the 2009 WADA Code.

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 anti-aging 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 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 Tony Blinn for their efficient work achieved in the preparation of this pocket guide. Special thanks to our Medical Commission, Chairman Dr. Bob Goldman, Prof. Dr. Friedhelm Beuker, to IFBB Special Medical Adviser Prof. Dr. Eduardo de Rose, Pamela Kagan, Javier Pollock, Marco Bosco, members of the Anti-Doping Commission, and to all of the IFBB officials who through their daily contributions, coordinating and implementing our anti-doping programs; serve our mission to promote clean sport and healthy lifestyle.

Yours in sport,

Rafael Santonja
IFBB President



IFBB POCKET GUIDE FOR DOPING CONTROL

CHAPTER I – DEFINITIONS

THE WORLD ANTI-DOPING AGENCY (WADA)

On 4 February 1999, a Lausanne declaration on Doping in Sport was presented to the IOC and international sport federations that an independent International Anti-Doping Agency should be established and fully operational by the Olympic Games in Sydney 2000. The result of the Lausanne Declaration was the establishment of the World Anti-Doping Agency WADA on 10th of November 1999 to promote and coordinate the fight against doping in sport.

The IFBB was present at the 1999 Foundational Meeting in Lausanne. Composed and funded equally by the sports movement and governments of the world, *WADA* coordinated the development and implementation of the World Anti-Doping Code (Code), the document harmonizing anti-doping policies in all sports and all countries.

WADA is a Swiss private law Foundation. Its base is in Lausanne, Switzerland, and its headquarters are in Montreal, Canada.

WADA works towards a vision of the world that values and fosters doping free sport. *WADA's* motto is "Play True".

THE WORLD ANTI-DOPING CODE (CODE)

The *Code* is the core document that provides the framework for harmonized anti-doping policies, rules, and regulations within sport organizations and among public authorities.

The *Code* works in conjunction with four International Standards aimed at bringing harmonization among anti-doping organizations in various areas: testing, laboratories, therapeutic use exemptions (TUEs) and the List of Prohibited Substances and Methods.

The Code and the International Standards entered into force on January 1st, 2004.



The purposes of the World Anti-Doping Program and the Code are:

- To protect the Athletes' fundamental right to participate in doping-free sport and thus promote health, fairness and equality for Athletes worldwide; and
- To ensure harmonized, coordinated and effective anti-doping programs at the international and national level with regard to detection, deterrence and prevention of doping.

On January 1st, 2009 a new version of the World Anti-Doping Code will come into force.

THE UNESCO CONVENTION

On October 19, 2005, it was adopted the first International Convention against Doping in Sport by the General Conference of UNESCO, at its plenary session.

The adoption of the Convention by UNESCO was a strong signal of the commitment of the governments of the world to the fight against doping in sport.

Before the UNESCO Convention Against Doping in Sport, many governments could not be legally bound by a non-governmental document such as the World Anti-Doping Code, the document harmonizing regulations regarding anti-doping in all sports and all countries of the world. Governments accordingly drafted the International Convention under the auspices of UNESCO, enabling them to align their domestic legislation with the Code and thereby harmonizing the sport and public legislation in the fight against doping in sport.

The Convention is now available for UNESCO member states to ratify according to their respective constitutional jurisdictions. Under UNESCO procedures for this Convention, thirty countries must ratify it in order for it to become effective.

Some 192 countries have signed the Copenhagen Declaration on Anti-Doping in Sport, the political document through which governments show their intention to implement the World Anti-Doping Code



through ratification of the UNESCO Convention. More than 570 sports organizations have already adopted the World Anti-doping Code.

Below is the list of Governments that have already deposited their instrument of ratification, acceptance, approval, or accession for the UNESCO International Convention against Doping in Sports.

AFRICA

Algeria, Botswana, Burkina Faso, Burundi, Cameroon, Cap Verde, Chad, Côte d'Ivoire, Egypt, Eritrea, Ethiopia, Gabon, Ghana, Guinea, Kenya, Libyan Arab Jamahiriya, Malawi, Mali, Mauritius, Morocco, Mozambique, Namibia, Niger, Nigeria, Senegal, Seychelles, South Africa, Tunisia, Uganda, Zambia.

AMERICAS*

Argentina, Bahamas, Barbados, Bolivia, Brazil, Canada, Colombia, Cuba, Ecuador, El Salvador, Grenada, Guatemala, Jamaica, Mexico, Panama, Paraguay, Peru, Saint Lucia, Saint Kitts and Nevis, St Vincent and the Grenadines, Suriname, Trinidad and Tobago, United States of America, Uruguay, Venezuela (Bolivarian Republic of)

ASIA

Bahrain, Bangladesh, Brunei Darusalaam, Cambodia, China, India, Indonesia, Japan, Jordan, Kuwait, Malaysia, Mongolia, Oman, Pakistan, Qatar, Republic of Korea, Saudi Arabia, Singapore, Thailand, United Arab Emirates

EUROPE

Albania, Andorra, Austria, Azerbaijan, Belarus, Belgium, Bosnia and Herzegovina, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Monaco, Montenegro, The Netherlands*, Norway, Poland, Portugal, Republic of Moldova, Romania, Russian Federation, Slovakia, Slovenia, Spain, Sweden, Switzerland, The former Yugoslav Republic of Macedonia, Serbia, Turkey, Ukraine, United Kingdom** of Great Britain and Northern Ireland



OCEANIA

Australia, Cook Islands, Nauru, New Zealand, Palau, Samoa

*The Netherlands notified UNESCO on 11 July 2008 that the Convention was extended to Aruba and on 12 May 2009 to Netherlands Antilles also.

** When the United Kingdom ratified, it was extended to Bailiwick of Jersey Guernsey and Alderney, Isle of Man, Bermuda Cayman Islands Falkland Islands.

Note: Last updated 17 September 2009 (for updated list please go to: <http://www.wada-ama.org/en/dynamic.ch2?pageCategoryId=484>)

THE IFBB ANTI-DOPING RULES

The International Federation of Bodybuilding and Fitness (IFBB) first implemented doping controls at the Men's World Amateur Bodybuilding Championships in 1986, in Tokyo, Japan, under the guidance of the Olympic Movement Anti-Doping Code.

In subsequent years, controls were conducted at all IFBB world-level events using the IFBB's own Doping Control Policy and Anti-Doping Program [later renamed IFBB Anti-Doping Rules]. At the IFBB International Congress held on November 9, 2003 in Mumbai, India, the IFBB accepted the World Anti-Doping Code (the "Code") and, on November 12, 2003, the IFBB became an official Signatory to the Code.

The Code is implemented through the IFBB Anti-Doping Rules adopted at the IFBB International Congress held on November 27, 2005 in Shanghai, China.

The IFBB Anti-Doping Rules apply to the IFBB, each Affiliated Federation (National, Regional and Continental) 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.



In March 04th, 2008, WADA officially confirmed that the IFBB Anti-Doping Rules were in full conformity with the WADA Code.

IMPORTANT LINKS ON THE INTERNET:

IFBB Anti-doping Rules:

http://www.ifbb.com/DopingControl/IFBBAntiDopingRules_2009Edition.pdf

World Anti-doping Code 2009 (English version):

http://www.wada-ama.org/rtecontent/document/code_v2009_En.pdf

World Anti-doping Code 2009 (Spanish version):

http://www.wada-ama.org/rtecontent/document/code_v2009_Sp.pdf

World Anti-doping Code 2009 (German version):

http://www.wada-ama.org/rtecontent/document/code_v2009_De.pdf

World Anti-doping Code 2009 (French version):

http://www.wada-ama.org/rtecontent/document/code_v2009_Fr.pdf

UNESCO – International Convention Against Doping in Sport (English version):

<http://unesdoc.unesco.org/images/0014/001425/142594m.pdf#page=2>

UNESCO – International Convention Against Doping in Sport (Spanish version):

<http://unesdoc.unesco.org/images/0014/001425/142594m.pdf#page=37>

UNESCO – International Convention Against Doping in Sport (French version):

<http://unesdoc.unesco.org/images/0014/001425/142594m.pdf#page=20>

UNESCO – International Convention Against Doping in Sport (Russian version):

<http://unesdoc.unesco.org/images/0014/001425/142594m.pdf#page=56>

UNESCO – International Convention Against Doping in Sport (Arab version):

<http://unesdoc.unesco.org/images/0014/001425/142594m.pdf#page=75>





CHAPTER II. A QUICK GUIDE TO UNDERSTAND NF'S OBLIGATIONS

The 2009 edition of the World Anti-Doping Code and IFBB Anti-Doping Rules that will come into force on January 1st, 2009 states the following regarding the obligations of the National Federations to be in compliance with WADA and IFBB rules:

ARTICLE 14 - NATIONAL FEDERATIONS' INCORPORATION OF IF RULES, REPORTING AND RECOGNITION

14.1. INCORPORATION OF IFBB ANTI-DOPING RULES

All National, Regional and Continental Federations shall comply with the IFBB Anti-Doping Rules. The IFBB Anti-Doping Rules shall also be incorporated either directly or by reference into each National, Regional and Continental Federations Rules. All National, Regional and Continental Federations shall include in their regulations the procedural rules necessary to effectively implement the IFBB Anti-Doping Rules. Each National Federation shall obtain the written acknowledgement and agreement, in the form attached as Appendix 1, of all Athletes subject to Doping Control and Athlete Support Personnel for such Athletes. Notwithstanding whether or not the required form has been signed, the Rules of each National Federation shall specifically provide that all Athletes, Athlete Support Personnel and other Persons under the jurisdiction of the National Federation shall be bound by the IFBB Anti-Doping Rules.

14.2. STATISTICAL REPORTING

14.2.1. National Federations shall report to IFBB at the end of every year results of all Doping Controls within their jurisdiction sorted by Athlete and identifying each date on which the Athlete was tested, the entity conducting the test, and whether the test was In-Competition or Out-of-Competition. IFBB may periodically publish Testing data received from National Federations as well as comparable data from Testing under IFBB's jurisdiction.



14.2.2. IFBB shall publish annually a general statistical report of its Doping Control activities during the calendar year with a copy provided to WADA.

14.3. DOPING CONTROL INFORMATION CLEARINGHOUSE

When a National Federation has received an Adverse Analytical Finding on one of its Athletes it shall report the following information to IFBB and WADA within fourteen (14) days of the process described in Article 7.1.2 and 7.1.3 of the World Anti-doping Code: the Athlete's name, country, sport and discipline within the sport, whether the test was In-Competition or Out-of-Competition, the date of Sample collection and the analytical result reported by the laboratory. The National Federation shall also regularly update IFBB and WADA on the status and findings of any review or proceedings conducted pursuant to Article 7 (Results Management), Article 8 (Right to a Fair Hearing) or Article 13 (Appeals) of the World Anti-doping Code, and comparable information shall be provided to IFBB and WADA within 14 days of the notification described in Article 7.1.9, with respect to other violations of these Anti-Doping Rules. In any case in which the period of Ineligibility is eliminated under Article 10.5.1 (No Fault or Negligence) or reduced under Article 10.5.2 (No Significant Fault or Negligence), IFBB and WADA shall be provided with a written reasoned decision explaining the basis for the elimination or reduction. Neither IF nor WADA shall disclose this information beyond those persons within their organisations with a need to know until the National Federation has made public disclosure or has failed to make public disclosure as required in Article 14.4 below.

14.4. PUBLIC DISCLOSURE

14.4.1. Neither IFBB nor its National Federations shall publicly identify Athletes whose Samples have resulted in Adverse Analytical Findings, or who were alleged to have violated other Articles of these Anti-Doping Rules until it has been determined in a hearing in accordance with Article 8 that an anti-doping rule violation has



occurred, or such hearing has been waived, or the assertion of an anti-doping rule violation has not been timely challenged [or the Athlete has been Provisionally Suspended]. Once a violation of these Anti-Doping Rules has been established, it shall be publicly reported within 20 days. IFBB or its National Federations must also report within 20 days appeal decisions on an anti-doping rule violation. IF or its National Federation shall also, within the time period for publication, send all hearing and appeal decisions to WADA.

14.4.2. In any case where it is determined, after a hearing or appeal, that the Athlete or other Person did not commit an anti-doping rule violation, the decision may be disclosed publicly only with the consent of the Athlete or other Person who is the subject of the decision. IFBB or its National Federations shall use reasonable efforts to obtain such consent, and if consent is obtained, shall publicly disclose the decision in its entirety or in such redacted form as the Athlete or other Person may approve.

14.4.3. Neither IFBB nor its National Federation or WADA accredited laboratory, or official of either, shall publicly comment on the specific facts of a pending case (as opposed to general description of process and science) except in response to public comments attributed to the Athlete, other Person or their representatives.

14.5. RECOGNITION OF DECISIONS BY IFBB AND NATIONAL FEDERATIONS

Any decision of IFBB or a National Federation regarding a violation of these Anti-Doping Rules shall be recognized by all National Federations, which shall take all necessary action to render such results effective.

HardCore

Sport Nu





APPENDIX I – ACKNOWLEDGMENT AND AGREEMENT

I the undersigned, as a Member of an IFBB affiliated National Federation and as a participant in an IFBB sanctioned competition or event, do hereby acknowledge and agree:

1. That the IFBB has constitutional power and authority to conduct both In-Competition and Out-of-Competition doping controls.
2. That I am solely responsible to remain current with the IFBB Anti-Doping Rules that are published by the IFBB on its official website www.ifbb.com.
3. That I am solely responsible to remain current with the Prohibited List as published by the World Anti-Doping Agency (WADA) on its official website www.wada-ama.org; that I may be tested for substances and methods on the Prohibited List.
4. That I will comply with and be bound by all of the provisions of the IFBB Anti-Doping Rules, including but not limited to, all amendments to the Anti-Doping Rules and all International Standards incorporated in the Anti-Doping Rules.
5. That I will cooperate fully with the IFBB, its Medical Commission and its doping control officials during the doping control procedures; that I will freely and faithfully submit a proper sample of my urine for analysis at a WADA accredited laboratory selected by the IFBB.
6. That the IFBB has constitutional power and authority to impose sanctions for anti-doping rule violations as provided in the IFBB Anti-Doping Rules.
7. That, if found guilty of an anti-doping rule violation, and if I choose to appeal, I agree to exercise my right of appeal pursuant to the IFBB Anti-Doping Rules, to include exhausting all avenues of appeal open to me within the IFBB before I exercise my right of appeal to the Court of Arbitration for Sport (CAS).
8. That the decisions of the arbitral appellate body referenced above shall be final and enforceable, and that I will not bring any claim, arbitration, lawsuit or litigation in any other court or tribunal.

I have read and understand this Acknowledgement and Agreement.

Date

Print Name (First Name, Last Name)

Date of Birth
(Day/Month/Year)

Signature (or, if a minor, signature of legal guardian)

Note: if a person is considered a minor or an adult be determined by Spanish law, the law under which the IFBB is construed.





CHAPTER III. 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:

http://www.wada-ama.org/rtecontent/document/code_v2009_En.pdf

Link to International Standard for Testing document:

http://www.wada-ama.org/rtecontent/document/IST_En_2009.pdf

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 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 equip-



ment 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.



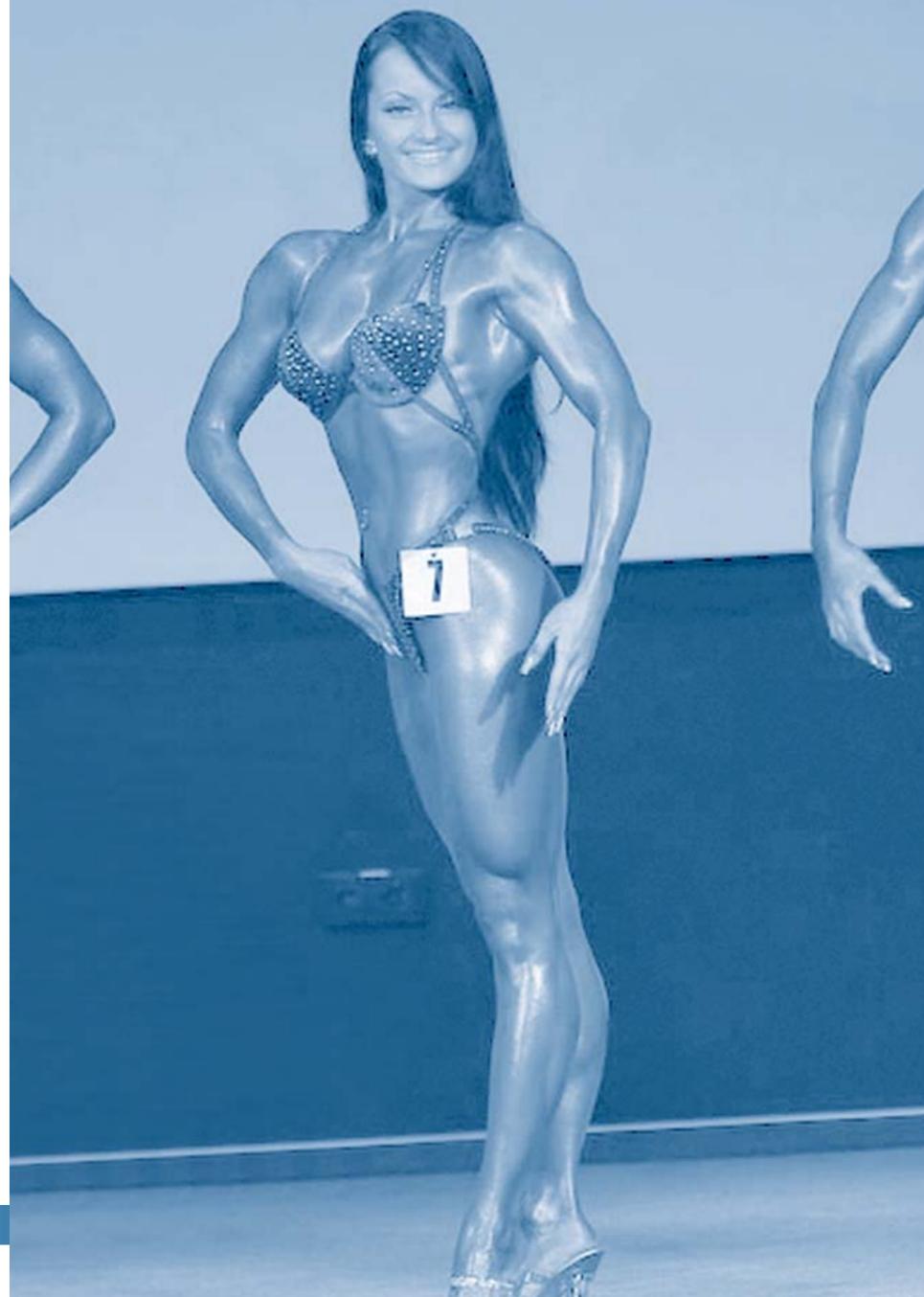
The Process when the samples arrive to the Laboratory

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.





FREQUENT ASKED QUESTIONS

What is the Prohibited List?

- The Prohibited List (List) was first published in 1963 under the leadership of the International Olympic Committee. Since 2004, as mandated by the World Anti-Doping Code (Code), WADA is responsible for the preparation and publication of the List.
- The List is a cornerstone of the Code and a key component of harmonization.
- It is an International Standard identifying Substances and Methods prohibited in-competition, out-of-competition, and in particular sports.
- Substances and methods are classified by categories (e.g., steroids, stimulants, gene doping).
- The use of any Prohibited Substance by an athlete for medical reasons is possible by virtue of a Therapeutic Use Exemption.

How can something be banned if it is not listed specifically on the prohibited list?

The Code's prohibited list includes categories and specific substances that are prohibited in sport. A product that is not specifically mentioned on the list could still be prohibited as the product may be part of a category of prohibited substances, the product may be chemically similar to other substances on the list or it may include derivatives of a prohibited substance.

What substances are tested for?

Samples are analyzed in accordance with the list of prohibited substances from the WADA Prohibited List. The WADA prohibited list is reviewed and published annually.



What's the difference between out-of-competition and in-competition testing?

The World Anti-Doping Code defines in-competition and out-of-competition testing as:

In-competition: Unless provided otherwise in the rules of an International Federation or other relevant anti-doping organization, the period commencing twelve (12) hours before a competition in which the athlete is scheduled to participate through the end of such competition and the sample collection process related to such competition.

Out-of-competition: any doping control, which is not in-competition.

What is a TUE and how can I apply for one?

TUE stands for Therapeutic Use Exemption. It is required by athletes that need to use a prohibited substance for a legitimate medical reason. A standard TUE is required for the use of any prohibited medication.

Athletes must follow the steps listed below if advised that they need to apply for a standard TUE.

TUEs make sport fairer for athletes by allowing the use of otherwise prohibited substances for legitimate medical purposes.

Athletes should remember to check the status of all medications and substances prior to use.

Therapeutic Use Exemption (TUE) – 8 easy steps for athletes & support staff

1. Check status of the medication you intend to use, on the Prohibited List. You can find the updated prohibited list on the WADA website at: www.wada-ama.org . The 2009 Prohibited list can be found at:



http://www.wada-ama.org/rtecontent/document/2009_Prohibited_List_ENG_Final_20_Sept_08.pdf

2. You are advised the substance is prohibited and that you need to complete a TUE form.
3. Talk to your doctor and see if there is an alternate, permitted medication you can use.
4. If there is NO alternate permitted medication, you will need to fill out a TUE form.
5. Contact your National federation to request a TUE form and determine which organization the completed TUE form should be submitted to. This is usually to IFBB Medical Commission. If you are an international level athlete, contact IFBB Medical Commission to check if they have any special TUE requirements.
6. Complete and submit your TUE form, with supporting medical evidence, to the relevant organization (National Federation or IFBB Medical Commission).
7. Your TUE application is then considered by the relevant organization.
8. The relevant organization will tell you whether your TUE application has been approved or rejected. IFBB advises that athletes do not use a prohibited medication prior to a decision being communicated, unless it is in an emergency medical situation.

How are athletes selected for a test?

In order to select athletes to provide a sample, IFBB uses methods outlined in the Code's International Standard for Testing.

These methods include:

- Targeted testing based on intelligence
- Weighted testing based on athlete ranking
- Random selection



The random selection procedures used for in-competition testing may involve athletes being selected through a process involving final placing or through the drawing of competitor numbers.

At IFBB, the selection of athletes for out-of-competition testing can be determined by random draw, weighted draw or by direct targeting.

Can athletes under the age of 18 be tested?

Yes – an athlete under the age of 18 can be tested.

Out-of-competition testing: all athletes (regardless of age) entered onto IFBB's Registered Testing Pool (RTP) are eligible for testing. National Federations provide details to IFBB of all athletes who should be included in their RTP. When an athlete is entered onto the RTP they will be notified by IFBB.

In-competition testing: any athlete (regardless of age) competing at an event subject to doping control could be selected for a drug test. The National Federations should inform athletes competing at events where doping control may be conducted that they may be subject to testing.

If an athlete under 18 years of age is selected to provide a sample the Doping Control Officer (DCO) will notify the athlete's representative* of the athlete's selection and explain the athlete's rights and responsibilities to this person. The athlete can request their representative be in the toilet cubicle during the passing of the sample, however the representative will not witness the passing of the sample.

The athlete can request that their representative be explained the Doping Control Form. The athlete must be accompanied for the signing of the Doping Control Form. The athlete's representative will also be requested to sign the Doping Control Form.

*A representative may include the athlete's parent, guardian, coach, manager, a representative of the IFBB or an adult requested by the athlete.



Do I have to provide a sample?

Yes – if you have been notified that you have been selected for doping control you are required to provide a sample. If you do not provide a sample it could be considered as a failure to comply (FTC) or an evasion which are anti-doping rule violations.

Under the Code, an FTC can occur through either the intentional or negligent conduct of an athlete. That is, an athlete refusing or failing to submit to sample collection, evading sample collection constitutes intentional conduct by the athlete.

Why does someone need to witness sample collection?

A Doping Control Officer (DCO) or chaperone will witness sample collection to ensure that the sample has not been tampered with in any way, and that the sample being collected is from the same person that was requested to provide a sample and has signed the doping control forms.

The International Standard for Testing requires that a DCO or chaperone witness the sample leaving the athlete's body and record the witnessing of that sample in writing.

For collection of urine samples the DCO or chaperone witnessing the provision of the sample will be the same gender as the athlete.

What happens to my sample after leaving the Doping Control Station?

Sample will be carefully packed and transported to the WADA-accredited laboratory. The transportation process will be well documented to ensure that the sample is secure. Upon arrival at the laboratory, the sample will be inspected for any evidence of tampering.

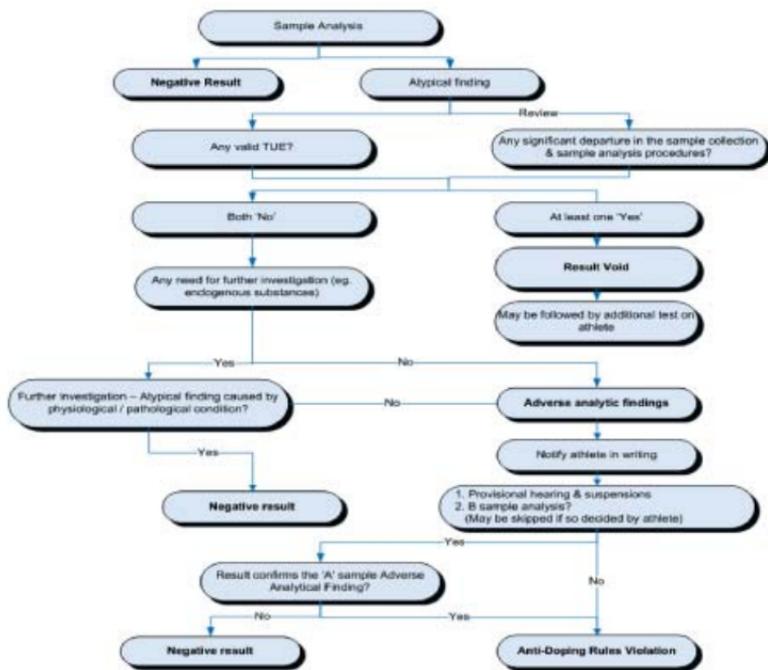


The 'A' sample will be analyzed for substances on the Prohibited List while 'B' sample will be securely stored and may be used later to confirm an Adverse Analytical Finding from the 'A' sample.

Does a positive laboratory result automatically lead to an Anti-Doping Rules Violation?

No.

A positive laboratory result will need to be under extensive review before assertion of an Anti-Doping Rules Violation. The diagram below illustrates the process in between sample analysis and assertion of an Anti-Doping Rules Violation.



Picture - Overview of Result Management



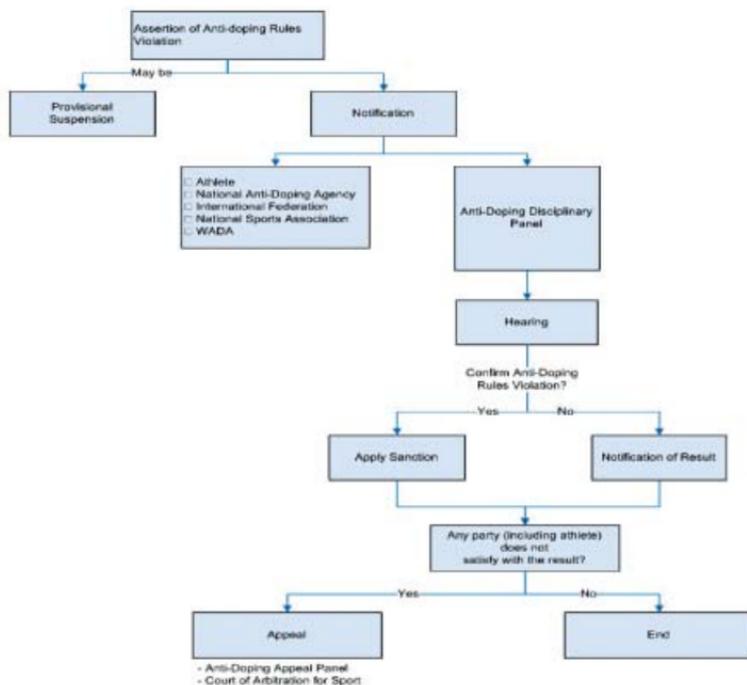
What will happen if my sample leads to the assertion of an Anti-Doping Rules Violation? Do I have any chance to present my case before sanction is applied to me?

Various relevant parties will be notified about the Anti-Doping Rules Violation.

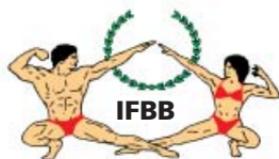
Hearing will be arranged during which you will be provided with the chance to present your case.

If you are not satisfied with the result of the hearing, you can request for an appeal.

The diagram below summarizes the processes after a case has been asserted as Anti-Doping Rules Violation.



Picture - Overview of the Disciplinary and Appeal procedures



International Federation
of BodyBuilding & Fitness

IFBB Head Office in Madrid

Calle Jaén, 8 - Madrid - 28020

Tel.: +34 91 535 2819

Fax: +34 91 535 0320

Website: www.ifbb.com

IFBB EXECUTIVE COMMITTEE

IFBB FOUNDER

BEN WEIDER, O.C., C.Q.,
C.St.J, Ph.D.
Canada (1924 - 2008)

INTERNATIONAL PRESIDENT

DR. RAFAEL SANTONJA
Spain

EXECUTIVE ASSISTANT TO THE PRESIDENT

DR. ENG. ADEL FAHIM EL
SAYED
África

EXECUTIVE DIRECTOR

PAMELA KAGAN
Canada

GENERAL SECRETARY

ERIC WEIDER
USA

ASSISTANT GENERAL SECRETARY

WILLIAM TIERNEY
United Kingdom

VICE PRESIDENTS

JIM MANION
North America
ALBERT BUSEK
Europe
JAVIER POLLOCK
Caribbean
AQUILES DE CESARE
South America

PAUL GRAHAM
South Pacific & Oceania
DR. ENG. ADEL FAHIM EL
SAYED
África
MALIH ALAYWAN
Middle East
SHEIKH ABDULLA
AL KHALIFA
Asia

JUDGES COMMITTEE

PAWEL FILLEBORN
Poland, Chairman
CAROLE GRAHAM
Australia, Secretary

TECHNICAL COMMITTEE

TONY BLINN
Canada, Chairman
MAURICIO DE ARRUDA
Brazil, Secretary

WOMEN'S COMMITTEE

WANDA TIERNEY
United Kingdom,
Chairwoman

MEDICAL COMMISSION

DR. BOB GOLDMAN
USA, Chairman
Prof. DR. FRIEDHELM
BEUKER
Germany, Secretary
Prof. DR. EDUARDO H. DE
ROSE
Brazil, Special Advisor

RESEARCH & DEVELOPMENT COMMITTEE

DR.TOM ROSANDICH
USA, Chairman
LEE LABRADA
USA, Secretary

TREASURER

JOSÉ RAMOS
Spain

LEGAL COUNSEL

STEPHEN R. STERN
USA
RICK COLLINS
USA
MARCO BOSCO
Italy

PATRONS

JOE WEIDER
USA
KIM NAM HAK
South Korea
FRANCO FASS
Italy
MALIH ALAYWAN
Lebanon
HITOSHI TAMARI
Japan
JOAN CAMPOLIER
Spain
IFBB SPECIAL ADVISOR
HRH. PRINCESS KALINA OF
BULGARIA



POCKET GUIDE FOR DOPING CONTROL • IFBB POCKET GUIDE FOR DOPING CONTROL

IFBB Head Office in Madrid
Calle Jaén, 8 - Madrid - 28020
Tel.: +34 91 535 2819 - Fax: +34 91 535 0320
Website: www.ifbb.com