



- *Doping in sport is the complete antithesis of the Spirit of Sport.*
- *Doping destroys all that is good and noble about sport.*
- *Doping jeopardizes the health and well-being of athletes and erodes public confidence.*
- *In addition to risking serious health consequences, athletes who test positive for doping ruin their good name and reputation, and may lose their employment.*
- *Because out-of-competition tests can be conducted anytime, anywhere, and without notice to athletes, they are the most effective means of deterrence and detection of doping and are an important step in strengthening athlete and public confidence in doping-free sport.*

Questions & Answers

On the new

World Anti-Doping Code 2009

&

AIBA Anti-Doping Rules 2009

**coming into effect
on 1.1.2009**

Athletes, like all others, may have illnesses or conditions that require them to take particular medications.

For international-level athletes:

Athletes who are part of an international registered testing pool (IRTP) need an approved Standard TUE for asthma prior to using the substance.

For athletes who are not part of an IRTP but are taking part in an international event, it is at the discretion of the IF either to deliver a TUE prior to the event or to provide a retroactive TUE in case of an adverse analytical finding (AAF). The granting of a retroactive TUE must comply with the criteria set forth in the revised ISTUE, particularly with regards to the athlete having an existing and current medical file.

What athletes need to know about what's prohibited

What substances and methods are banned?

The List of Prohibited Substances and Methods (List), updated annually by WADA, is the International Standard defining what is prohibited in- and out-of-competition. The List also indicates whether particular substances are banned in particular sports. The list effective 1.1.2009 is available online on the AIBA Website at www.aiba.org.

What is the «strict liability» principle?

Athletes should know that, under the Code, they are strictly liable whenever a prohibited substance is found in their bodily specimen. This means that a violation occurs whether or not the athlete intentionally or unintentionally, knowingly or unknowingly, used a prohibited substance or was negligent or otherwise at fault. It is very important therefore for athletes to understand not only what is prohibited, but also what might potentially cause an inadvertent doping violation.

What else should athletes know about banned substances and methods?

Athletes should always check with their National Federation and/or AIBA to find out what additional substances and methods are prohibited in their sport. Also, athletes should always make their doctor aware that they are bound by the specific rules of their sport. Those who are unsure of what a product contains should not take it until they are sure it is not prohibited. Ignorance is never an excuse.

Extreme caution is recommended regarding supplement use. It is WADA's position that a good diet is of utmost importance to athletes. The use of dietary supplements by athletes is a concern because in many countries the manufacturing and labeling of supplements may not follow strict rules, which may lead to a supplement containing an undeclared substance that is prohibited under anti-doping regulations. A significant number of positive tests have been attributed to the misuse of supplements, and taking a poorly labeled dietary supplement is not an adequate defense in a doping hearing.

Duties of the boxers on the AIBA RTP

Whereabouts

The revised International Standards for Testing as well as the World Anti-Doping Code and the AIBA Anti-Doping Rules effective as of 1.1.2009 require athletes in the AIBA RTP:

1. To provide whereabouts and be subject to testing 24 hours a day/7 days a week/365 days a year;
2. To provide residential, training and competition information, as well as an overview of regular activities and plans for travel;
3. To submit quarterly whereabouts information and regular updates;
4. To specify one hour each day (between 6 a.m. and 11 p.m.) during which they can be located at a specified location for testing. This does not limit the time in which an athlete may be tested; he or she may still be tested at any time, 24 hours a day. But, to mitigate the difficulty of accounting for one's whereabouts 24 hours a day one quarter in advance, the athlete's exposure to the risk of a missed test is limited to the 60-minute time-slot each day. The athlete is also responsible to inform AIBA of any change in schedule and location by filling the appropriate form.

NEW in the 2009 World Anti-Doping Code & AIBA Anti-Doping Rules

In the new World Anti-Doping Rules (Article 2.4) and the new AIBA Anti-Doping Rules (Article 2.4) effective as of 1.1.2009, any combination of **three missed tests and/or failures to provide accurate whereabouts information within an 18-month period as determined by AIBA over the athlete in its RTP shall constitute an anti-doping rule violation.**

Sanction – Article 10.3.3. of the AIBA Anti-Doping Rules:

“For violations of Article 2.4 (Filing Failures and/or Missed Tests), the period of Ineligibility shall be: **at a minimum one (1) year and at a maximum two (2) years** based on the Athlete’s degree of fault”.

If an athlete needs medication: Therapeutic Use Exemption (TUE)

What is a Therapeutic Use Exemption (TUE)?

If the medication an athlete is required to take to treat an illness or condition happens to fall under the WADA Prohibited List, a TUE may give that athlete the authorization to take the needed medicine.

What are the criteria for granting a TUE?

The criteria are:

- The athlete would experience significant health problems without taking the prohibited substance or method;
- The therapeutic use of the substance would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition; and
- There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or method.

The TUE will be taken into consideration if the substance is detected in the athlete’s sample, and it will protect the athlete from sanctions if the medical justification is confirmed. International competing athletes who need to apply for a TUE should request information about the TUE application process to AIBA through their National Federation.

What happens if I am granted a TUE?

TUEs are granted for a specific medication with a defined dosage. They are also granted for a specific period of time and do expire. The athlete needs to comply with all the treatment conditions outlined in the TUE Application. Once a TUE has been granted by an IF or a NADO, it will inform WADA, who will then have the opportunity to review this decision. If the decision does not conform to the International Standard for TUEs, WADA may reverse it and deny the TUE.

What can I do if WADA reverses the original decision granting me a TUE?

You or your granting authority can appeal to the Court of Arbitration for Sport (CAS) for a final decision.

What should I do if I am notified for doping control while using a prohibited substance under a granted TUE?

When filling out the doping control form, make sure that you declare the substance or medication being used and that you specify that a TUE has been granted. If you have easy access to a copy of the TUE Approval form, it is preferable but not mandatory that you show it to the doping control official.

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?

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.

Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as «the spirit of sport», it is the essence of Olympism; it is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is characterized by the following values:

- *Ethics, fair play and honesty*
- *Health*
- *Excellence in performance*
- *Character and education*
- *Fun and joy*
- *Teamwork*
- *Dedication and commitment*
- *Respect for rules and laws*
- *Respect for self and other Participants*
- *Courage*
- *Community and solidarity*

Doping is fundamentally contrary to the spirit of sport.

What will happen if the prohibited substance is detected during the analysis?

When the doping control authority receives the report from the laboratory, an initial review will take place to verify that the TUE is still in effect and that the results of the analysis are consistent with the TUE granted (nature of substance, route of administration, dose, time frame of administration, etc.). If the review proves satisfactory, the result of your test will be recorded as negative.

What are the major changes as of 1.1.2009?

The only revisions requested concerned the **Abbreviated TUE** process (as opposed to Standard TUEs), due to the administrative workload it generates. This concerns a limited number of identified substances. **The concept of the Abbreviated TUE is eliminated as of January 1, 2009.**

Asthma (inhaled Beta-2 agonists and inhaled Glucocorticosteroids)

The revised ISTUE (International Standards for Therapeutic Use Exemption), which takes into consideration stakeholder feedback and current medical perspectives such as the International Olympic Committee Consensus on Asthma issued in February 2008 (calling for strict control of use of controls of these drugs by athletes) is based on the premise that for the process to be manageable while at the same time deterrent enough for elite athletes, different requirements can be requested of athletes depending on their level (international or national level). All athletes needing to use inhaled Beta-2 agonists and inhaled Glucocorticosteroids for asthma must have a medical file and must declare these substances to AIBA and on the doping control form.

For international-level athletes:

Athletes part of an international registered testing pool (IRTP) need an approved Standard TUE for asthma prior to using the substance. For athletes who are no part of an IRTP but are taking part in an international event, it is at the discretion of the IF either to deliver a TUE prior to the event or to provide a retroactive TUE in case of an adverse analytical finding (AAF). The granting of a retroactive TUE has to comply with the criteria set forth in the revised ISTUE.

For national-level athletes:

▪ It is at the discretion of the NADO (National Anti-Doping Organization) either to approve the TUE or to provide a retroactive TUE in case of an Adverse Analytical Finding.

In any case, all athletes may request a TUE if they wish to do so.

Non-Inhaled, Non-Systemic Glucocorticosteroids (GCS)

In the case of non-inhaled, non-systemic GCS, the athlete must provide a minimum declaration that includes the diagnosis, the substance taken, and contact information of the medical doctor who administered the treatment. It is at the discretion of the ADO to ask for more than this minimum declaration. For topical use of GCS, neither a TUE nor a declaration is requested.

The revised ISTUE will come into force on January 1, 2009, at the same time as the revised Code and the revised AIBA Anti-Doping Rules.