




WADA Prohibited List 2022
Single List World Wide
Revised every year by WADA



- **Prohibited at All Times:** Substances and methods with potential to enhance performance in future competitions or have masking potential
- **Prohibited in-competition only:** Substances considered to have a relative short-lived effect, useful during/around competition time
- **Prohibited in Particular Sports:** substances only useful for doping in very few sports, and would negatively affect performance in all others (e.g. beta-blockers)




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Prohibited Substances - In-competition

S6. Stimulants

S7. Narcotics

S8. Cannabinoids

S9. Glucocorticosteroids

Substances Prohibited in Particular Sports

P1. Beta-blockers



Athlete's Selection



- Athlete can be selected for doping control anytime, anywhere by NADA.

Selection may occur in three ways:

- ✓ Medal
- ✓ Random
- ✓ Target



Sample Collection Process



- Two types of Dope Samples
 - - Urine
 - - Blood
- Currently NADA have more than 100 trained Dope Control Officers for dope sample collection
- Mostly located around important Sports Centres across India.



Notification



- Athlete once selected for a doping control test is notified by Doping Control Officer (DCO).
- DCO will ask athlete to sign the receipt of notification form and agreement to undergo for the test.
- Athlete may be advised of their rights and responsibilities





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Reporting to Doping Control Station (DCS)



- Athlete are required to report to the DCS as soon as possible after notification (maximum of 15 minutes for out-of-competition and 60 minutes for In-Competition testing).
- Failure to report may result in an ADRV.

Getting Ready for Dope Sample

Drink Water

Selection of Collection Vessel

When Athlete is ready to urinate or feels sufficient pressure may select a sealed and sterile container, wrapped individually in a plastic bag.



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Provision of Urine Sample



- The DCO, who is the same gender as Athlete must witness direct passing out of urine from athlete.
- Athlete is required to remove any clothing/obstruction from the mid-chest to knees and from the hands to the elbows.

Volume of Urine Sample

Minimum volume of 90 ml. of urine, in case of Erythropoietin (EPO) testing volume is 120 ml.

Remember that athlete are the only one who handles the sample

Selection of Doping Control Kit

Athlete is asked to select a dope kit, consisting of labeled containers, which will hold, identify and secure urine sample.

Again, Athlete are responsible for handling their sample until it is sealed.



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Splitting of Sample



- Athlete splits the sample, pours urine himself, unless assistance is required by athlete.
- Athlete pours the required volume of urine in the 'B' bottle i.e. 30 ml and then remaining urine is poured into the 'A' bottle i.e. 60 ml.

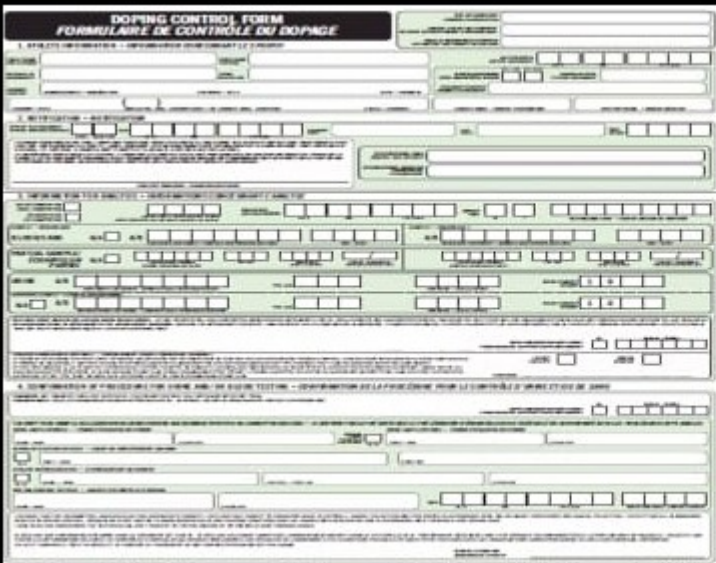
Sealing of Sample

Athlete is asked to leave a small amount of urine in the collection vessel so that the DCO can measure the specific gravity and/ or pH of the urine according to the relevant laboratory guidelines

Documentation

Athlete must provide information on the doping control form about any prescription or nonprescription medication or any supplements consumed recently.







DOPING CONTROL FORM



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Check Information and Sign



- Athlete also have the right to put comments on the form regarding the conduct of DCO during the doping control session. Be sure to confirm that all of the information is correct, including the dope kit number.
- Athlete receives a copy of the doping control form in the end.

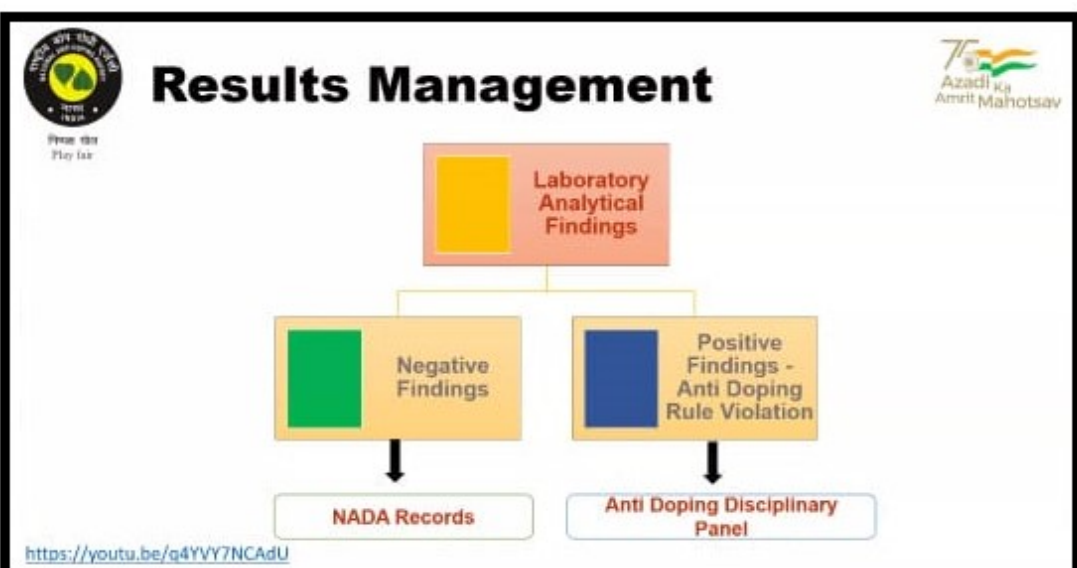
Sending Sample to Laboratory

- NADA submit samples to Laboratory located at New Delhi.

Laboratory Analysis

- The sample are packed for shipping to ensure that the security of the samples is tracked.
- The samples are sent to a WADA accredited laboratory. The laboratory then analyze sample 'A' for the presence of prohibited substance or methods.







SANCTIONS FOR ADRVs



- Disqualification of results in Event during which an Anti Doping rule violation occurs.
- Imposition of ineligibility for prohibited substances and prohibited methods except for the Specified substances as mentioned.
- **1st Violation:** Four (4) years ineligibility subject to further reduction of two years.
- **2nd Violation:** 8 years - Life time ineligibility.



Therapeutic Use Exemption (TUE)



- Athletes may have illnesses or conditions that require them to take particular medications.
- If the medication fall under the *Prohibited List*, a Therapeutic Use Exemption (TUE) may be given, which authorize the athletes to take the needed medicine.
- TUE certification is done by TUEC – based on the medical evidences produced before it.



b



CRITERIA FOR GRANTING TUES



If each of the following conditions is met:

- If treatment is denied a significant impairment to health will occur
- It should not produce any additional enhancement of performance than the return to normal state of health after treatment
- There is no reasonable therapeutic alternative
- The use is not a consequence of the prior use (without a TUE) of a prohibited substance or method



Responsibilities of Athletes



21.1 Roles and Responsibilities of Athletes

- 21.1.1 To be knowledgeable of and comply with all applicable anti-doping policies and rules adopted pursuant to the Code.
- 21.1.2 To be available for *Sample* collection at all times.
- 21.1.3 To take responsibility, in the context of anti-doping, for what they ingest and *Use*.
- 21.1.4 To inform medical personnel of their obligation not to *Use Prohibited Substances and Prohibited Methods* and to take responsibility to make sure that any medical treatment received does not violate anti-doping policies and rules adopted pursuant to the Code.
- 21.1.5 To disclose to their *National Anti-Doping Organization* and International Federation any decision by a non-Signatory finding that the *Athlete* committed an anti-doping rule violation within the previous ten years.
- 21.1.6 To cooperate with *Anti-Doping Organizations* investigating anti-doping rule violations.



Responsibilities of Athletes



- Apply for TUE each time, when ever the prohibited substance is prescribed
- Do not take prohibited substance without TUEC
- Athletes are responsible for violation of anti -doping rule



<https://youtu.be/Yp1xL5r4dGB>



TUE process



- Download a TUE form from NADA website
- Certified dully filled form by treating physician – submit to NADA
- TUEC will decide on your application
- **National level athletes-** Apply to NADA/ National Federation
- **International level athletes-** Apply to International Federation (IF)

Apply 30 days in advance





Criteria for Retroactive TUE



- Emergency treatment or treatment of an acute medical condition was necessary.
- Due to exceptional circumstances, there was insufficient time or opportunity for an applicant to submit, or a TUEC to consider an application prior to *Doping Control*
- *Athlete is neither National level nor International level.*



And don't forget supplements!



There are risks associated with supplement use.



- Athletes need to ensure that they fully understand the risks associated with supplement use and how to minimize these risks.
- Supplements that are not batch tested increase the risk of inadvertent doping.
- Athletes must undertake thorough research before using a supplement.