



# Updates about Antidoping in Sport

**Prof. Mauricio de Arruda Campos**  
**IFBB Anti-Doping Commission - Chairman**



# **Anthropometric and Physiologic characteristics 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

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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:

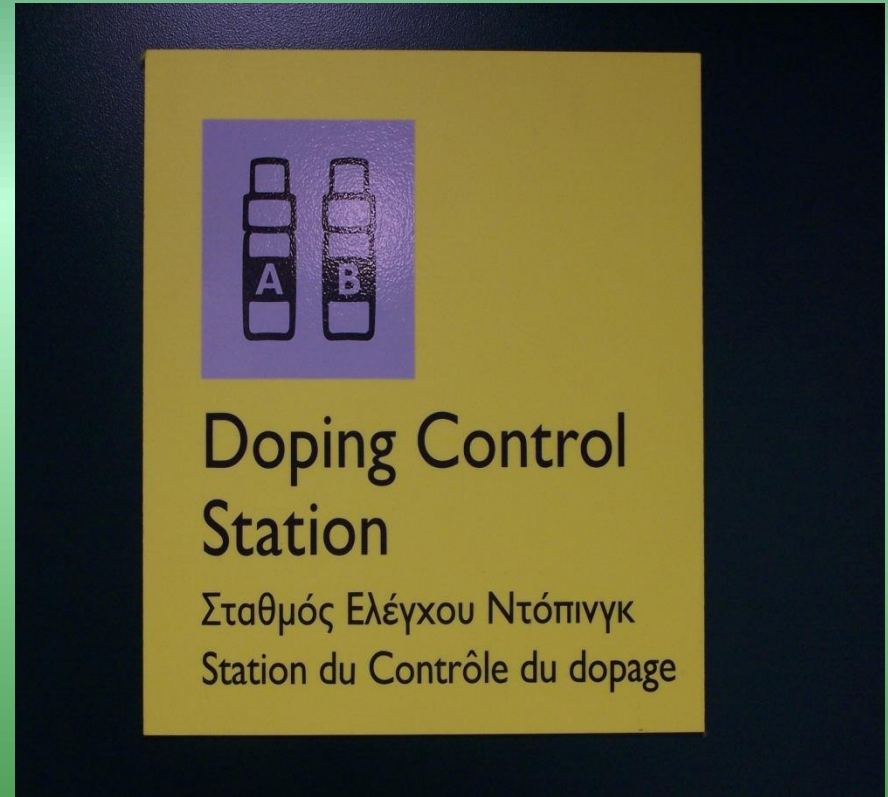
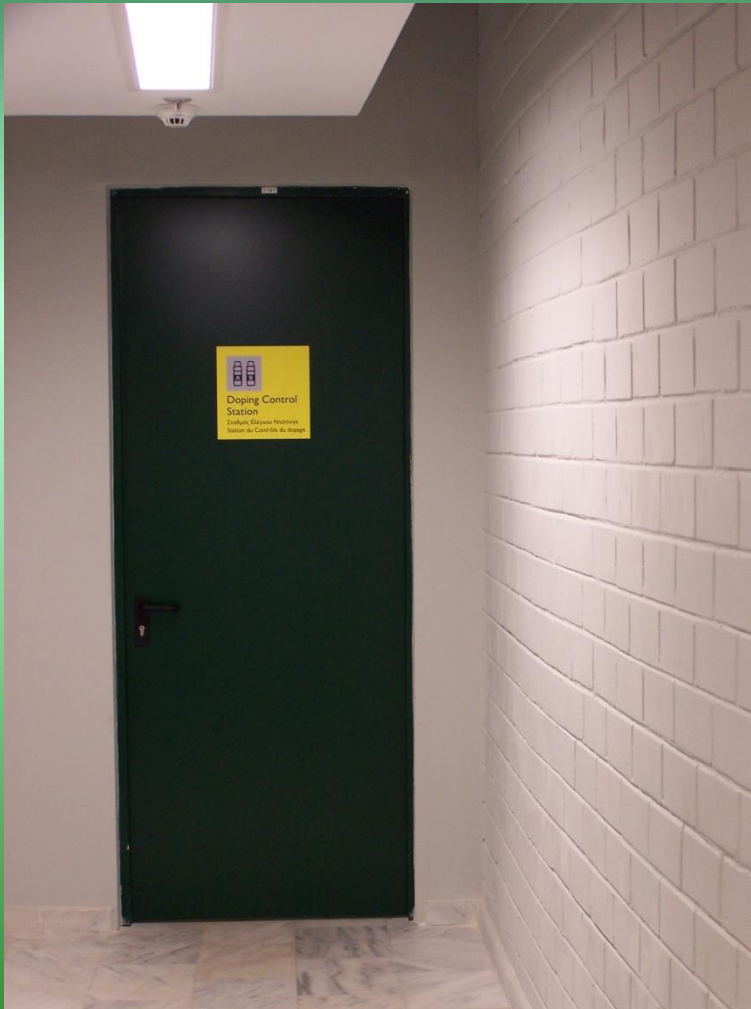
- **Selection of the athletes**
- **Notification of the athletes**
- **Analysis by the laboratory (WADA Accredited)**
- **Results Management**

# 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

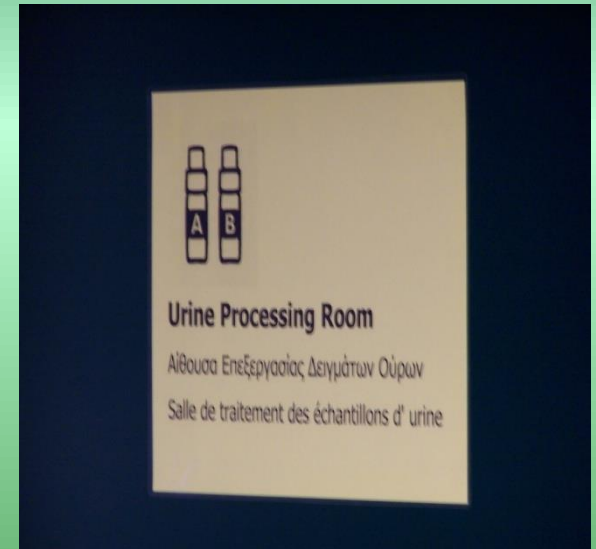
# The Doping Control Station



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



# Doping Control Procedures

INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS					
 <b>CONFIDENTIAL</b> <b>DOPING CONTROL FORM</b>					
Name of Championships					
Name of athlete to be tested (Print Name)			Telephone		
Address		Sex	Nationality		
		<input type="checkbox"/> M <input type="checkbox"/> F			
		<input type="checkbox"/> Out-of-competition <input type="checkbox"/> Competition			
Name of the organisation requesting the test			<input type="checkbox"/> International Federation <input type="checkbox"/> National Federation		
<b>1. Notification of testing and acknowledgement</b>					
Date	Time of notification	Place	Height/Weight category	Placing	
I hereby acknowledge that I have received and read this notice, and I consent to provide sample(s) as requested (I understand that failure or refusal to provide a sample may constitute an anti-doping rule violation).					
Signature of athlete to be tested			Signature of notifier		
Country of Athlete			Print name of notifier		
<b>2. Test completion</b>					
Time of arrival (IFBB Control Station)	Sampling date	Sampling time	Identification		
			<input type="checkbox"/> Passport <input type="checkbox"/> ID	Other	
Sample A tests code number	Sample B tests code number	Total amount of urine, ml	Specific gravity	pH	
<b>3. Partial Sample</b>					
Intermediary seal number(s) (for use in the case of an insufficient sample, less than 90 ml of urine).			First no.	Tested initials	Second no.
<b>4. Declaration of medication/supplements:</b>					
List any prescription/non-prescription medications or supplements, including vitamins and minerals, taken over the past 7 days.					
<hr/> <hr/> <hr/>					
<b>5. Confirmation of procedure for Urine Testing</b>					
I declare that the information I have given on this document is correct. I declare that sample collection was conducted in accordance with the relevant procedures for sample collection. I accept that all information related to Doping Control, including but not limited to laboratory results and possible sanctions, shall be shared with relevant bodies in accordance with the World Anti-Doping Code.					
Signature of tested athlete			Witness		
Signature of doping officer			Print name of doping officer		
Signature of accompanying person (if any)			Print name of accompanying person (if any)		
Remarks					
<hr/> <hr/>					
COPY 1 INTERNATIONAL FEDERATION OF BODYBUILDING & FITNESS					

## Doping Control Form



# **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**

# Main changes on the 2015 World Antidoping Code

- NOTE:

**IFBB already has its Antidoping Rules in line with 2015 WADC**

- The new Code has stronger sanctions (4 years of Period of Ineligibility for a first offense), but it is as well more flexible with possibilities of softer sanctions in specific situations.



# Main changes on the 2015 World Antidoping Code

- The new Code has increased the awareness to the athletes support personnel (coaches, trainers, medical doctors, nutritionists, etc...) with possible sanctions to them.

# Updates about Antidoping in Sport

# THANK YOU!

