



EUROPEAN WEIGHTLIFTING  
FEDERATION

**ANTI-DOPING**  
**FAIR - PLAY EDUCATION**



## **PRINCIPLES AND FAIR PLAY OF CLEAN SPORT!**

- *Health*
- *Character and Education*
- *Athlete's fundamental rights as per Code*
- *Full awareness and Respect for Rules and Laws*
- *Ethics, Integrity and Honesty*
- *Fun and Joy*
- *Friendship & Team player*
- *Dedication and Commitment*
- *Courage*
- *Excellence in Performance*





**BE THE  
LIVING EXAMPLE  
YOU WANT TO SEE IN  
OUR SPORT**





# What Athletes & Coaches **NEED TO KNOW!**

## The 9 Anti Doping key points:

1. How and when to fill out a complete **three** (3) months WADA WHEREABOUTS?
2. **What is DOPING AND ITS POSSIBLE CONSEQUENCES?**
3. The WADA PROHIBITED LIST & 2024 MODIFICATION
4. **How to be informed about medication intake.**
5. The IWF Needle/Injection Policy
6. **What is a WADA THERAPEUTIC USE EXEMPTION FORM?**
7. How to protect yourself from contaminated supplements?
8. **EDUCATE YOURSELF.**
9. Where to find help and support?





# How to fill out a complete (3) three month **WADA ADAMS WHEREABOUTS?**



Technical support +  
any modifications  
[iwf@ita.sport](mailto:iwf@ita.sport)



**Athlete Central**  
is now available in:

- Bulgarian
- Chinese
- English
- French
- Italian
- Japanese
- Korean
- Russian
- Serbian
- Suomi
- Turkish

**WADA HELP AND GUIDANCES LINK:**  
<https://adams-help.wada-ama.org/hc/en-us>

[www.iwf.sport/anti-doping/whereabouts-irtp/](http://www.iwf.sport/anti-doping/whereabouts-irtp/)





## ***WADA ADAMS WHEREABOUTS REQUIREMENTS FOR ATHLETES WHO ARE REGISTERED IN THE TESTING POOL FOR NATIONAL AND INTERNATIONAL EVENTS.***

### **WHAT INFORMATION MUST BE SUBMITTED AND ACCURATE**

- **Current Home address, email address and phone number**
- **A current overnight accommodation address**
- **Regular activities, such as training, work, school or University and their locations plus time frame you are actually there**
- **Competition schedules including when they are taking place and where. Including travel information like for this championship!!**
- **A 60-minute time slot for each day where you are available and accessible for out-of-competition-testing.**

**Within 12 months 3 times missed to provide a doping test leads to a possible ban.**





# THE SUBMISSION DEADLINES for each quarter are as follows:

- Q1 – 15 December 2023
- Q2 – 15 March 2024
- Q3 – 15 May 2024
- Q4 – 15 September 2024

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## **HOWEVER BE AWARE**

**The submission deadlines for all IWF events:  
At least three (3) months before the start of the  
Championship!!**

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# WHAT IS DOPING?

## The 11 Anti-Doping Rule Violations

**Presence** of a prohibited substance in an Athlete's sample  
**Use or attempted use** of a prohibited substance or method

**Refusal** to submit to sample collection after being notified

**Failure** to file Athlete whereabouts information & missed tests

**Tampering** with any part of the doping control process

**Possession** of a prohibited substance or method



### Athlete Whereabouts:

### Filing Failures and Missed Tests

| Jan 2015 | Feb 2015 | Apr 2015 | May 2015 | Sept 2015 | Nov 2015 | Dec 2015 |    |
|----------|----------|----------|----------|-----------|----------|----------|----|
|          |          |          |          |           |          |          |    |
| Month 1  | 1        | 3        | 4        | 8         | 9        | 10       | 11 |

ANTI-DOPING RULE VIOLATION

Test completed

Missed Test

Filing Failure

WADA

play true







# The 11 Anti-Doping Rule Violations

**Trafficking** a prohibited substance or method

**Administering** or attempting to administer a prohibited substance or method to an Athlete

**Complicity**= Knowing and turning a blind eye!!

**Prohibited association** with sanctioned Athlete Support Personnel

**Discourage or manipulate** other Persons from reporting relevant Anti-Doping information to the authorities.





# THE 2024 WADA PROHIBITED LIST



Download  
(PDF 2.69 MB)

**SAY NO!  
TO DOPING**

**WORLD ANTI-DOPING AGENCY**

**Other available languages:** العربية,  
Español, Français, Ελληνικά,  
Deutsch, Русский, 日本語,  
Български, Eesti, Dansk,  
Latviešu, Lietuvių,  
Portuguese, International,  
Hrvatski, Polski, Português,  
Slovenščina, Türkçe, Azərbaycan



EUROPEAN WEIGHTLIFTING  
FEDERATION



## **THE 3 CRITERIAS THAT DETERMINE A SUBSTANCE TO BE LISTED ON THE WADA PROHIBITED LIST**

- A) It has the potential to enhance sport performance**
- B) It represents an actual or potential health risk to the athletes**
- C) It violates the spirit of sport = FAIR PLAY**



- Not everything on the Prohibited List is a medicine**
- Not every prohibited medicine is listed**
- Other substances with similar chemical structure or effect can also be prohibited**
- Only the ingredient/substance names are listed, not brand names**
- Check the route of administration of the medicine**
- Check male or female use**
- Check dose restrictions**
- Many natural products are not specifically listed**
- Regularly check for updates to the Prohibited List**







# Summary of Major Modifications and Explanatory Notes



## ***2024 Prohibited List***

Subclasses of sections S1, S2, S4, M1, M2, M3 and S6 of the *Prohibited List* were renumbered for better clarity throughout the document to avoid any misinterpretation of subclasses but there was no change in classification.

## **S0. Non-Approved Substances**

- 2,4-Dinitrophenol (DNP) and troponin activators (e.g. Reldesemtiv and Tirasemtiv) were listed as examples.

## **S1. Anabolic Agents**

- Trestolone (7 $\alpha$ -methyl-19-nortestosterone, MENT), dimethandrolone (7 $\alpha$ ,11 $\beta$ -Dimethyl-19-nortestosterone) and 11 $\beta$ -methyl-19 nortestosterone were added as examples of nandrolone (19-nortestosterone) analogues.





## S2. Peptide Hormones, Growth Factors, Related Substances, and Mimetics

- S2.2.1 was reworded under the heading of “Testosterone-stimulating peptides in males” for clarity. This specifies that busserelin, deslorelin, goserelin, histrelin, leuprorelin, nafarelin and triptorelin are examples of Gonadotrophin-Releasing Hormone (GnRH) agonist analogues, with histrelin added as a new example.  
Kisspeptin and its agonist analogues, which act to stimulate GnRH secretion, and consequently testosterone, were also added.
- S2.2.2 : Tetracosactide (ACTH 1-24) was added as an example, as it is the first 24 amino acid portion of natural corticotrophin (ACTH), and possesses the full biological activity of the natural hormone.
- S2.2.4: Capromorelin and ibutamoren (MK-677) were added as examples of growth hormone secretagogues (GHS), which are mimetics of the natural hormone, ghrelin, that stimulates the production of growth hormone (GH) and, in turn, insulin-like growth factor 1 (IGF-1).
- S2.3: The INN name for recombinant human IGF-1, mecasermin, was added.

## S4. Hormone and Metabolic Modulators

- S4.4.1 was updated to include Rev-Erb- $\alpha$  agonists and as example, SR9011 was added and SR9009 was relocated.

## S5. Diuretics and Masking Agents

- Editorial changes were made to section S5 to improve clarity. Conivaptan and mozavaptan were added as further examples of vaptan drugs.



\*The World Anti-Doping Code (Article 4.5) states: "WADA, in consultation with Signatories and governments, shall establish a monitoring program regarding substances which are not on the Prohibited List, but which WADA wishes to monitor in order to detect potential patterns of misuse in sport."



## The 2024 Monitoring Program\*



The following substances are placed on the 2024 Monitoring Program:

### 1. Anabolic Agents:

*In* and *Out-of-Competition*: Ecdysterone

### 2. Peptides Hormones, Growth Factors, Related Substances, and Mimetics:

*In* and *Out-of-Competition*: Gonadotrophin-releasing hormone (GnRH) analogues in females under 18 years only.

### 3. Hypoxen (polyhydroxyphenylene thiosulfonate sodium):

*In* and *Out-of-Competition*

### 4. Stimulants:

*In-Competition only*: Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol and synephrine.

### 5. Narcotics:

*In-Competition only*: Codeine, demorphin (and its analogues), dihydrocodeine, hydrocodone and tapentadol

### 6. Semaglutide:

*In* and *Out-of-Competition*





## Medical justification of injections:

There is no justification for any Athlete, any coach or any other non-medically qualified person to administer an injection. Except those with an established clinical condition requiring auto-injection and a valid TUE...exp: **INSULIN INJECTION**



# GUIDELINES



NEEDLE  
POLICY



# IWF

## NEEDLE POLICY - INJECTION DECLARATION FORM

(Please complete legibly in block capital letters & in English)

Email to: [tue@iwfnet.net](mailto:tue@iwfnet.net)

### ATHLETE

|  |  |
|--|--|
| Name of the Athlete having received the injection: |  |
| National Federation of:                            | Competition:<br>Click here to enter text.                                |
| Date of Birth:<br>Click here to enter text.        | Gender:<br><input type="checkbox"/> Male <input type="checkbox"/> Female |

### INJECTION

|   |
|---|
| Substance(s) Injected:<br>Click here to enter text.       |
| Date and place of injection:<br>Click here to enter text. |

### MEDICAL JUSTIFICATION



**Please** remember,  
**YOU** as athlete **can**  
**be tested** anytime  
**and** anywhere –  
**not ONLY** in **YOUR**  
**60-minute** time slot!!!





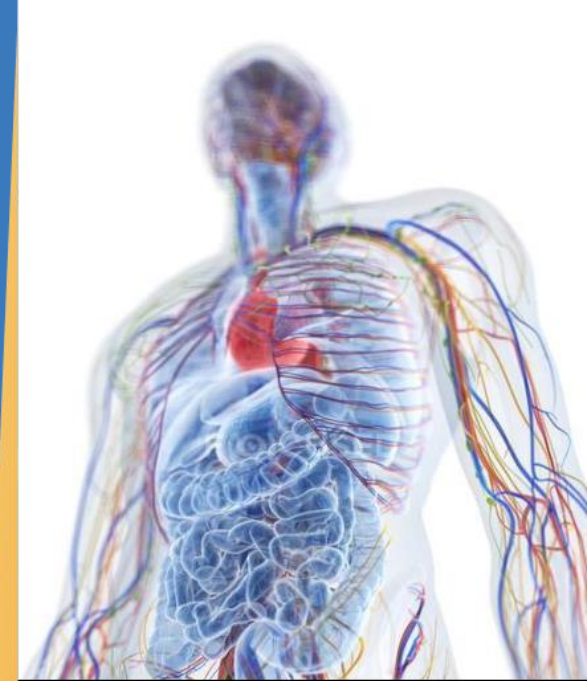




# STRICT ENFORCEMENT



The **ATHLETE** is ultimately responsible for what is found in his/her body. **ATHLETE Support Personnel** might be **INVESTIGATED** as well.





## **POSSIBLE CONSEQUENCES OF DOPING:**

- (1)Health**
- (2)Social**
- (3)Sanctions**
- (4)Financial**

**TO THE ATHLETE, ATHLETE'S SUPPORT  
PERSONNEL,  
TO THE NATIONAL FEDERATION**







An Anti-Doping Rule Violation (ADRV) will have an impact on an Athlete's ability to train and compete. For coaches and other Athlete support personnel, a ban may mean that they are no longer able to work with Athletes. A sanction resulting from an ADRV can range from a warning to a lifetime ban from all sport.

It is also important to note that individuals banned in the sport will also be prohibited from competing, coaching or working with Athletes in any other capacity in a different sport.

Beyond the legal consequences, an increasing amount of public authorities and governments have adopted legislations that treat doping as a criminal act. Consequently, in addition to being ineligible to coach or compete, you may face criminal charges in your country. Depending on the National legislation and the degree of the violation, charges can lead to fines, social service requirements and even incarceration.







**DON'T BE YOUR BIGGEST OBSTACLE – EDUCATE YOURSELF ABOUT YOUR RIGHTS TOO!!!**

In case of a possible returned positive Doping result, the Athlete has

**RIGHTS**

and

**RESPONSIBILITIES**



**Athlete Rights and Responsibilities**

You have the **right** to:

- ▶ have a representative and, if available, an interpreter
- ▶ ask for additional information about the sample collection process
- ▶ request a delay in reporting to the Doping Control Station for valid reasons (as determined by the DCO)
- ▶ if you are an athlete with a disability, to request modifications to the sample collection procedure

You have a **responsibility** to:

- ▶ remain within direct observation of the DCO/chaperone at all times from the point of notification until the completion of the sample collection process
- ▶ produce appropriate identification
- ▶ comply with sample collection procedures (failure to do so may constitute an anti-doping rule violation)
- ▶ report immediately for doping control, unless there are compelling reasons for a delay

**DOPING CONTROL VIDEO**  
For a fun and informative review of the information presented in this flyer, check out WADA's Doping Control Video at: [www.wada-ama.org/en/Education-Awareness/Tools/Doping-Control-Video](http://www.wada-ama.org/en/Education-Awareness/Tools/Doping-Control-Video)

In the case of any discrepancy between this information and the World Anti-Doping Code, the Code prevails. This information is subject to change at anytime. Always check with your international Federation, National Anti-Doping Organization or National Federation for the most up-to-date anti-doping regulations. July 2010

**WADA** wada-ama.org • info@wada-ama.org  
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**Find out more at [wada-ama.org](http://wada-ama.org)**





# HOW TO BE INFORMED ABOUT MEDICATION INTAKE

Both prescriptions and over-the-counter medications should be checked against the Prohibited List. Athletes should also inform their doctors of their obligations as high-performance Athletes.



The WADA Prohibited List Explained

## CHOOSE YOUR SPORT NATIONALITY



Canada



United Kingdom



United States



Switzerland



Japan



Australia



New Zealand



Other

The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List.

Global DRO does not contain information on, or that applies to, any dietary supplements.

Visitors can search the Global DRO for specific information on products sold in Australia, Canada, Japan, New Zealand, Switzerland, the United Kingdom, and the United States.

Global DRO is brought to you through a partnership between Anti-Doping Switzerland (ADCH), the Canadian Centre for Ethics in Sport (CCES), UK Anti-Doping (UKAD), and the United States Anti-Doping Agency (USADA). Drug-Free Sport New Zealand (DFSNZ), the Japan Anti-Doping Agency (JADA) and Sport Integrity Australia are official Global DRO licensees.



## **AUSTRIAN NADA WEBSITE LINK:**

<https://www.nada.at/files/doc/Listen/List-of-examples-of-permitted-medications-2024.pdf>



## **List of examples of permitted medications**

**(for mild illnesses, minor ailments or injuries etc.)**







# WHAT IS A **WADA** THERAPEUTIC USE EXEMPTION FORM?



### Therapeutic Use Exemptions (TUE)

*Recognition of an athlete's right to best medical treatment*

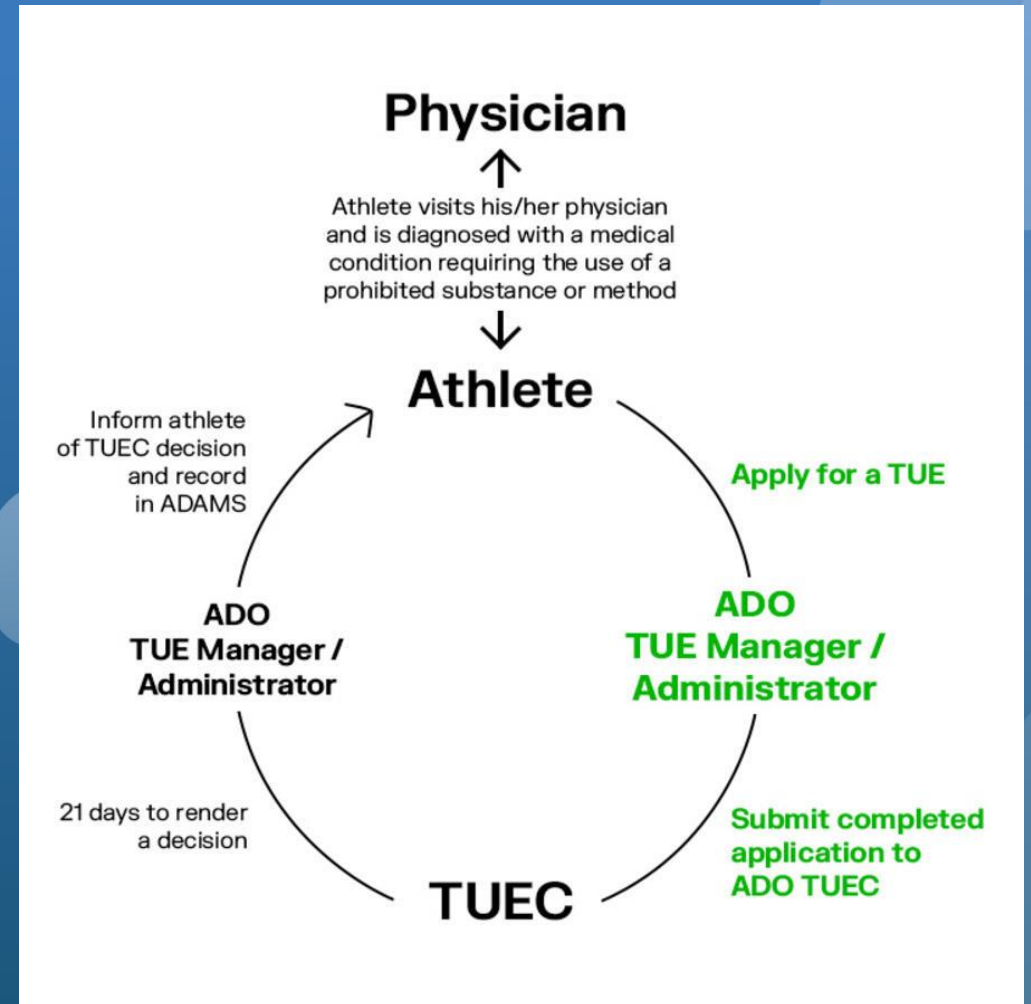
- Use of prohibited substance or method for a legitimate medical condition
- Managed by NADO or IF
- Doctor fill out application form
- At least 30 days before next competition
- Wait for TUE to be granted

International Standard  
International Standard for Therapeutic Use Exemptions (ISTUE)

Download (PDF 709.05 KB)

Other available languages:  
Français, Español, Portuguese, International, Русский, Hrvatski

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# ! HOW TO PROTECT YOURSELF FROM ! CONTAMINATED SUPPLEMENTS ! CHECK OUT THE 3 SPECIALIZED WEBSITES





## Risks of Supplements:

# The Athlete's Nightmare!!

*Extreme caution is recommended regarding supplement use. A number of positive tests have been attributed to the misuse of supplements, poor labelling or contamination of dietary supplements and there is no guarantee that a supplement is free from prohibited substances.*



- **Manufacturing standards, which are often less strict compared with medicines. These lower standards often lead to supplement contamination with an undeclared prohibited substance;**
- **Fake or low-quality products which may contain prohibited substances – and be harmful to health;**
- **Mislabelling of supplements with ingredients wrongly listed and prohibited substances not identified on the product label;**
- **False claims that a particular supplement is endorsed by Anti-Doping Organisations or that it is “safe for Athletes”. Remember, Anti-Doping Organisations do not certify supplements and the product label may contain misleading messaging.**





# EDUCATE YOURSELF IT IS YOUR RESPONSIBILITY!!



## Anti-Doping e-Learning (ADEL)

- e-Learning courses and learning material for athletes, coaches / administrators, medical staff, parents and anyone interested in learning more about anti-doping and protecting the values of clean sport.



## WADA's Anti-Doping Education and Learning Platform NOW AVAILABLE IN MANY LANGUAGES!!



Athlete Webinar\_Anti-Doping Education: How athletes can contribute to clean sport

ID: E-6027N1

Language: English - ★★★★★5



[www.adel.wada-ama.org/learn](http://www.adel.wada-ama.org/learn)





# WADA EDUCATION OPPORTUNITIES



Various publications

**Play True Quiz Handouts**



**Download**

(PDF 250.75 KB)

**Other available languages:**

Français, العربية, azərbaycan, Português, Български, Burmese, Hrvatski, Čeština, Dansk, Nederlands, Eesti, فارسی, Suomi, Georgian, Deutsch, Ελληνικά, Magyar, Íslenska, Bahasa Indonesia, Italiano, 日本語, Қазақ, Cambodian, 한국어, Laotian, Latviešu, Lietuvių, Bahasa Melayu, Maldivian, Mongolian, Nynorsk, Polski, Portuguese, International, Română, Русский, Slovenčina, Slovenščina, Español, Tagalog, ภาษาไทย, Türkçe, Tiếng Việt



EUROPEAN WEIGHTLIFTING  
FEDERATION





## Reveal - ITA's reporting platform <https://www.reveal.sport/>

Your information helps to uncover doping and catch cheaters. REVEAL is a platform that enables you to report what you have seen, heard or experienced in a completely anonymous and secure manner while actively supporting the investigation of anti-doping rule violations or criminal behaviour.





# WHERE TO FIND **HELP AND SUPPORT?** **2024 monthly IWF/ITA LIVE WEBINARS**

**AVAILABLE FREE ON 'YOUTUBE' IN DIFFERENT LANGUAGES**



**CONTACT : [education@ita.sport](mailto:education@ita.sport)**  
**or YOUR NATIONAL ANTI DOPING ORGANISATION**





FOR MORE INFORMATION **IN YOUR LANGUAGE**  
**PLEASE CONTACT YOUR**

**NATIONAL ANTI DOPING ORGANIZATION AND/OR :**

**education@ita.sport**

**iwf@ita.sport**







# LISTED WEBSITES AND CONTACTS:

1. [www.ita.sport](http://www.ita.sport) - <https://iwf.sport/anti-doping>

2. WADA ADAMS WHEREABOUTS: [www.iwf.sport/anti-doping/whereabouts-irtp/](http://www.iwf.sport/anti-doping/whereabouts-irtp/)  
<https://www.wada-ama.org/en/resources/glance-athlete-whereabouts>

3. WADA ADEL EDUCATION PLATFORM: [www.adel.wada-ama.org/learn](http://www.adel.wada-ama.org/learn)

4. WADA PROHIBITED LIST & GENERAL INFORMATION:  
[www.wada-ama.org/en/what-we-do/adams/adams-next-gen/athlete-central](http://www.wada-ama.org/en/what-we-do/adams/adams-next-gen/athlete-central)

5. MEDICATION/SUBSTANCE CHECK: [www.globaldro.com](http://www.globaldro.com)

6. CHECK FOR CLEAN SUPPLEMENTS AGAINST CONTAMINATION:

[www.nsfs.sport.com](http://www.nsfs.sport.com)

<https://sport.wetestyoutrust.com/>

[www.koelnerliste.com](http://www.koelnerliste.com)

7. CHECK EWF WEBSITE PAGE: <https://ewf.sport/doping-control/>





## Categorization of MFs:

As of 1st January 2024, the IWF's Member Federations will be categorised based on the doping risk to the sport and are required to fulfil specific anti-doping requirements for athletes to be eligible to compete at the IWF World Junior Championships, IWF World Senior Championships and the Olympic Games.

YOU CAN FIND ALL DETAILED INFORMATION AT:

<https://iwf.sport/anti-doping/categorization-of-mfs/>



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ANTI-DOPING

# CATEGORIZATION OF MFS



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As of 1st January 2024, the IWF's Member Federations will be categorised based on the doping risk to the sport and are required to fulfil specific anti-doping requirements for athletes to be eligible to compete at the IWF World Junior Championships, IWF World Senior Championships and the Olympic Games.

With the introduction of Articles 18.8, 18.9, and 18.10 to the 2024 IWF Anti-Doping Rules, Category 'A' and 'B' Member Federations are required to ensure all athletes competing in the IWF World Junior Championships, IWF World Senior Championships, and Olympic Games, known as "Selected Events", who



**Categorisation of IWF  
Member Federations**

Member Federations  
Categorisation of IWF





# CLEAN and FAIR

# WEIGHTLIFTING

**FOR ALL**  
**WE CAN'T**  
**DO IT**



# WITHOUT YOU







EUROPEAN WEIGHTLIFTING  
FEDERATION

**ANTI-DOPING**  
FAIR - PLAY EDUCATION

**THANK YOU** FOR YOUR **ATTENTION.**

**OUR SPORT APPRECIATES YOUR EFFORTS AND SUPPORT**

