

RUSSIAN ANTI-DOPING AGENCY “RUSADA”

**Anti-doping rules.  
Key points.**

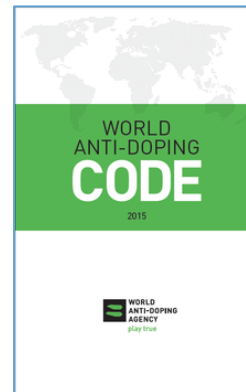


## VITA Chat bot

@RusadaVitaBot  
in Telegram

- Obtaining credible and most up-to-date information on anti-doping
- Ascertaining the permissibility of use of specific drugs under the current anti-doping ruled within less than a minute

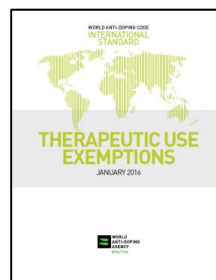
## World Anti-Doping Code



## International Standards



Prohibited List



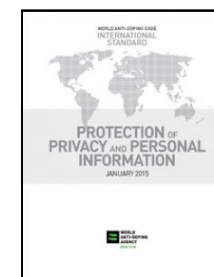
Therapeutic Use Exemptions



Testing and Investigations



Laboratories



Protection of Privacy and Personal Information



Code Compliance by Signatories

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# Types of Anti-Doping Rules Violations

## Art. 2 of the World Anti-Doping Code

- Presence of a prohibited substance in a sample
- Use or attempted use of a prohibited substance or a prohibited method
- Evading, refusing or failing to submit to sample collection
- Any combination of 3 missed tests and/or filing failures within 12 months
- Tampering or attempted tampering
- Possession of a prohibited substance or a prohibited method
- Trafficking or attempted trafficking
- Administration or attempted administration
- Complicity
- Prohibited association

Presence of a prohibited substance in a sample

Use or attempted use of a prohibited substance or a prohibited method



**Prohibited List -**

list of substances and methods prohibited in sport

**IS REVIEWED AT LEAST ONCE PER YEAR**

# Presence of a prohibited substance in a sample

## Main groups of substances:

- Substances prohibited at all times
- Substances prohibited only in-competition
- Substances prohibited in particular sports



## IMPORTANT!

- ✓ athlete is responsible for everything, that enters his/her body

# Prohibited List

## CRITERIA FOR INCLUSION OF SUBSTANCES AND METHODS IN THE PROHIBITED LIST



ENHANCING SPORT PERFORMANCE

HEALTH RISK TO THE ATHLETE

VIOLATING THE SPIRIT OF SPORT

MASKING USE OF OTHER PROHIBITED SUBSTANCES AND METHODS

# Refusal and other evading to submit to sample collection



**РУСАДА** DOPING CONTROL NOTIFICATION  
УВЕДОМЛЕНИЕ О ПРОХОЖДЕНИИ ПРОЦЕДУРЫ ДОПИНГ-КОНТРОЛЯ

TEST AUTHORIZED BY: TEST COLLECTION OFFICIAL

ATHLETE COLLECTION AGENCY: УВЕДОМЛЯЮЩАЯ ОРГАНИЗАЦИЯ

**1. ATHLETE INFORMATION • ИНФОРМАЦИЯ О СПОРТСМЕНЕ**

FAMILY NAME: *Макаров* GIVEN NAME: *Макар* DATE OF BIRTH: [ ][ ]/[ ][ ]/[ ][ ][ ][ ]  
 NATIONALITY: *Россия* SPORT: *Лыжные гонки* ADDRESS: [ ][ ][ ][ ] STREETS [ ][ ][ ][ ] CITY/TOWN: [ ][ ][ ][ ] STATE: [ ][ ][ ][ ]  
 ADDRESS: [ ][ ][ ][ ] STREETS [ ][ ][ ][ ] CITY/TOWN: [ ][ ][ ][ ] STATE: [ ][ ][ ][ ]  
 COUNTRY: [ ][ ][ ][ ] CONTACT TELEPHONE: [ ][ ][ ][ ]- [ ][ ][ ][ ]- [ ][ ][ ][ ]- [ ][ ][ ][ ] FAX: [ ][ ][ ][ ]- [ ][ ][ ][ ]- [ ][ ][ ][ ]- [ ][ ][ ][ ]  
 E-MAIL: [ ][ ][ ][ ] @ [ ][ ][ ][ ] . [ ][ ][ ][ ] COACH'S NAME: [ ][ ][ ][ ]- [ ][ ][ ][ ]- [ ][ ][ ][ ] DOCTOR'S NAME: [ ][ ][ ][ ]- [ ][ ][ ][ ]- [ ][ ][ ][ ]

**2. NOTIFICATION • УВЕДОМЛЕНИЕ**

TYPE OF TEST REQUESTED: [ ][ ][ ][ ] DATE: [ ][ ][ ]/[ ][ ][ ]/[ ][ ][ ][ ] CITY: [ ][ ][ ][ ] TIME: [ ][ ][ ][ ]

I HEREBY ACKNOWLEDGE THAT I HAVE RECEIVED AND READ THIS NOTICE (INCLUDING SECTION 1 OVERLEAF), 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).  
 Я ПРАВДИТЕЛЬНО ПОЛУЧИЛ И ПРОЧЕЛ ЭТО УВЕДОМЛЕНИЕ (ВКЛЮЧАЯ Л. 1 НА ОБРАТНОЙ СТОРОНЕ), И Я СОГЛАСЕН НА СДАЧУ ПРОБЫ УСТАНОВЛЕННЫМ ПОРЯДКОМ (Я ПОНИМАЮ, ЧТО НАРУШЕНИЕ ПРОЦЕДУРЫ СДАЧИ ПРОБЫ НИЖНО ИЛИ ОТКАЗ ОТ СДАЧИ ПРОБЫ ЯВЛЯЮТСЯ НАРУШЕНИЕМ АНТИДОПИНГОВЫХ ПРАВИЛ).

TEST COLLECTION TESTING: [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ] EVENT: [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ] SELECTION: [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]  
 COLLECTOR'S NAME: [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]  
 NAME OF THE TEST COLLECTION AGENCY: [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]  
 COLLECTION AGENCY: [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]- [ ][ ][ ][ ][ ]

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*“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)”.*

**2015 WADA Code clearly specifies the athlete’s obligation to be available for testing at all times**



# Doping control procedure. Athlete's rights and responsibilities.

## Athlete notification



### Athlete has a right for:

- having a representative
- having an interpreter
- confidentiality
- obtaining additional information on the sample collection process
  - a delay in reporting to the doping control station for valid reasons (at DCO's discretion)
  - request for modification of sample collection procedure (for athletes with impairments or minor athletes)

### Athlete has the following responsibilities:


- remain within direct observation of the DCO/Chaperone at all times from the point initial contact/notification is made until the completion of the Sample collection procedure
- produce identification
- report immediately to the doping control station, start sample collection procedure and comply with all the requirements related to the doping control procedure, unless there are valid reasons for a delay
- comply with the sample collection procedure requirements – failure to comply with the rules can constitute an anti-doping rules violation (athlete may not take a shower and go to the bathroom until the completion of the doping control procedure)

# Violation of the availability rules

**ADAMS** – athletes whereabouts database

is filled by athletes who are part of the national testing pool or the testing pool of International Sports Federations

Incomplete, untimely provided information = Filing Failures 

Inavailability of the athlete for testing at the specified address during the 60-minute time slot = Missed test 

Any combination of 3 missed tests and/or 3 cases of failure to provide information within 12 months :

 +  +  = **anti-doping rules violation**

## Tampering or attempted tampering

- providing fraudulent information during the testing procedure
- altering the identification code
- breaking sample bottle



# Possession of prohibited substances and methods

Possession by an athlete / coach of a drug containing a prohibited substance or a prohibited method, is prohibited

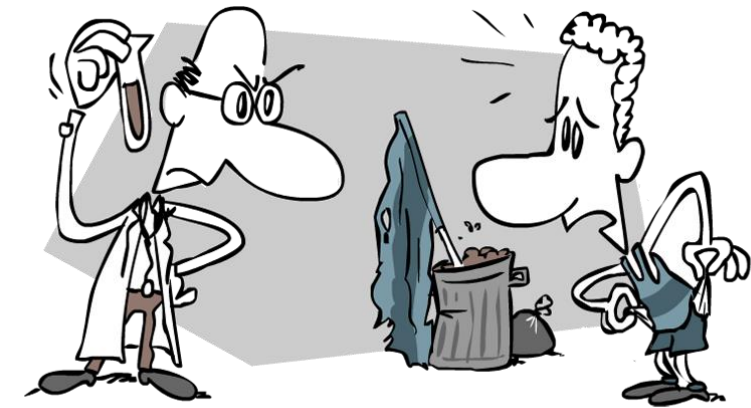
**ONLY A DOCTOR for dealing with acute and emergency medical situations!**



**Exception – when  
the Athlete has  
been granted TUE!**

## Trafficking or attempted trafficking

Disqualification period can  
be lifelong!



## Administration or attempted administration

Exception – when the Athlete has  
been granted TUE!

## Complicity

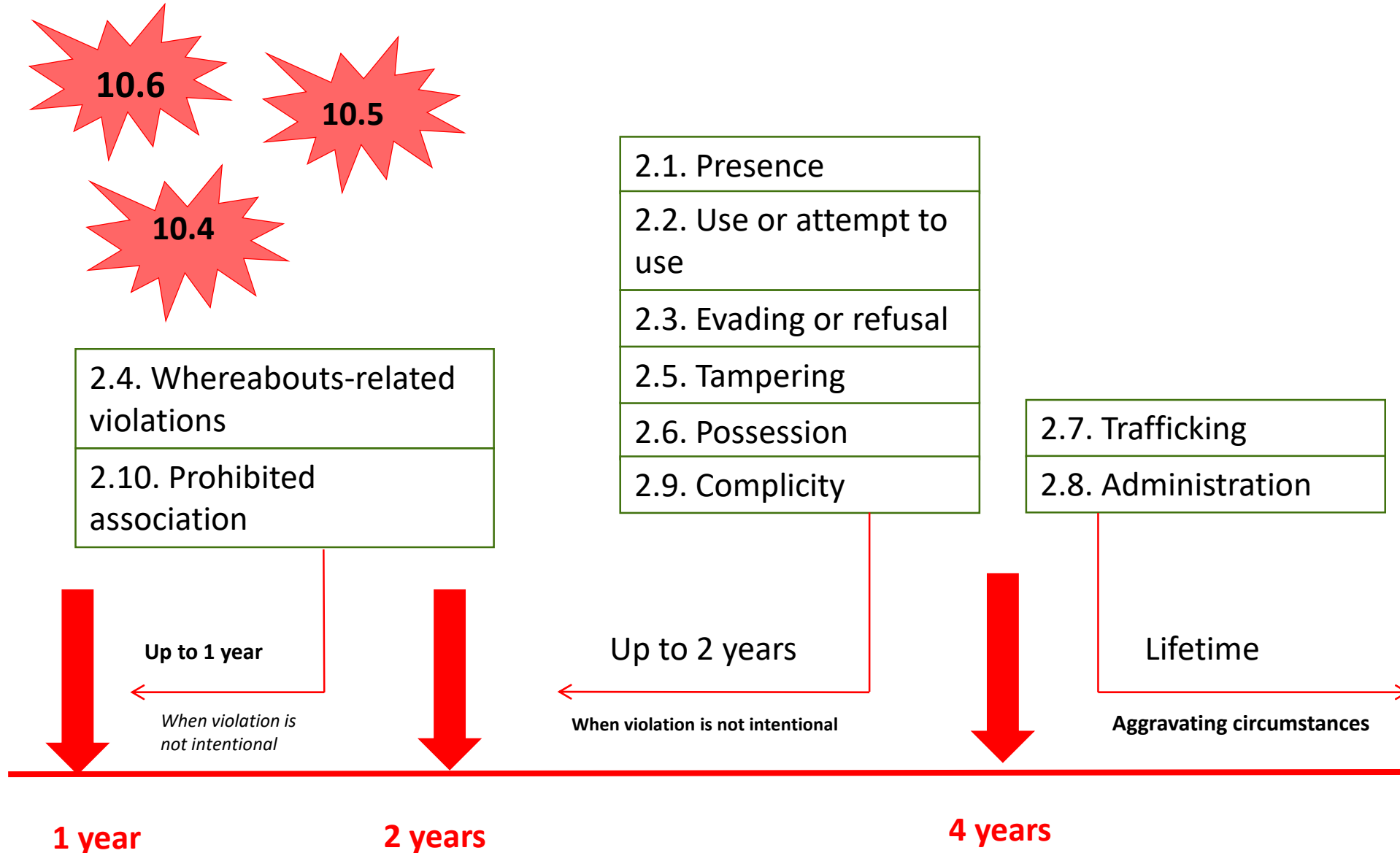
Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an anti-doping rule violation or attempted anti-doping rule violation

## Prohibited association

For example, association by an Athlete in a professional or sport-related capacity with any Athlete Support Person who is serving a period of Ineligibility



# SANCTIONS. THE FIRST VIOLATION



**THANK YOU FOR YOUR ATTENTION!**



PYCAD<sup>+</sup>