



International Wheelchair Rugby Federation

ANTI-DOPING HANDBOOK

EDITION 1 / 2014



Content Notice - December 1, 2020:

This handbook is under review and will be updated to reflect the 2021 World Anti-doping code. Several sections including Doping Control Procedures, Therapeutic Use Exemptions, Supplements, and Consequences of Doping will be changed. For further information contact the IWRF Antidoping Manager at antidoping@iwrff.com.

INTRODUCTION

For the health and safety of our athletes, and to protect the integrity of our sport, the International Wheelchair Rugby Federation is committed to drug-free sport. IWRF is a signatory of the International Paralympic Committee's **Anti-Doping Code**, and has adopted anti-doping rules which are compliant with the **World Anti-Doping Code**.

Doping control plays an essential part in promoting and protecting drug-free sport. The IWRF has a zero tolerance policy for doping in Wheelchair Rugby. As a player you are solely responsible for any prohibited substances present in your body. It is not necessary that intent or fault on your part be shown in order for an anti-doping rule violation to be established. This is known as the 'strict liability' principle.

All the information contained in this handbook as well as additional resources can be found at www.iwrff.com/anti-doping.

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DOPING CONTROL PROCEDURES

Doping Control plays an essential part in promoting and protecting drug-free sport. Testing is conducted in accordance with the **World Anti-Doping Code** and the **International Standard for Testing**. Testing may take place at anytime, anywhere.

The following is a guide to the Urine Sample Collection process. Although slight variations may exist depending on the Anti-Doping Organisation, the principles are the same and will not affect the integrity of the process.

The **International Standard for Testing** recognizes that athletes with disabilities may have special needs related to the collection of a Sample. Doping Control Officers will consider these needs and can make modifications to Doping Control procedures where necessary and where this can be done without compromising the integrity of the Sample Collection

Notification

Selection for testing can be either random or targeted. A Doping Control Officer will notify you that you have been selected for Doping Control, showing you their identification and authority to test. They will inform you of your rights and responsibilities, ask you to sign a Doping Control form confirming your acceptance to complete the test, and will then escort you to the Doping Control Station.

Failure to comply with the request to provide a Sample may be considered an anti-doping rule violation and may result in a sanction of two years.

You are entitled to have a representative and/or an interpreter accompany you to the Doping Control Station.

You should report to the Doping Control Station as soon as possible. You may request a delay to complete any of the following activities, as long as you remain in direct view of a Doping Control Officer and report to the Station within one hour of being notified.

- Attend a victory ceremony;
- Fulfil media commitments;
- Perform a warm-down;
- Be medically assessed and receive any necessary medical attention;
- Attend a post-game team meeting in the change room;
- Change out of your playing uniform;
- Locate a representative and/or interpreter;
- Obtain relevant identification;
- Complete a training session, if you have been selected for Out of Competition Testing;
- Any other exceptional circumstances which may be justified and which shall be documented.

Selection of Collection Vessel

You will be provided with a choice of individually-sealed collection vessels in which to provide your Sample. After making your selection, check the collection vessel has not been tampered with and is clean inside.

Catheters and urine collection systems

You may use a catheter or urine collection or drainage system such as a leg bag to provide a urine sample. This personal equipment is considered an extension of you, the athlete, and the strict liability principle extends to it. You are responsible for any prohibited substances found in testing, including substances which originate from personal equipment you use for sample collection.

Doping Control Officers may offer a selection of sealed catheters for sample collection. You may choose a catheter provided by Doping Control, or you may use a catheter you have provided yourself. If you are using a personal catheter it is recommended that you use a new, sealed, sterile catheter for hygiene reasons and to avoid the possibility of contamination of the sample.

If you are using a urine collection or drainage system such as a leg bag, you will be required to eliminate all existing urine from the system before providing a urine Sample. If at all possible, the existing urine collection or drainage system should be replaced with a new catheter or drainage system before collection.

Provision of Sample

You are required to provide a Sample in direct view of a Doping Control Officer of the same gender. This means you should remove items of clothing from your knees to your midriff and from your hands to your elbows to provide an unobstructed view of the Sample leaving your body. You should also wash your hands prior to and after providing your Sample.

Volume of Urine

The minimum volume of urine required is 90ml however you should provide more if possible. If you provide less than 90ml it will be treated as a Partial Sample, temporarily sealed, documented and stored by the Doping Control Officer until you are ready to provide a further Sample which will be added to your Partial Sample to meet the minimum volume.

Selection of Sample Collection Kit

Once you have provided 90ml you will be asked to choose a tamperproof Sample collection kit in which to seal your Sample. Check the kit has not been tampered with, open the kit, remove the A and B bottles and verify that the numbers on the bottles are identical.

Splitting the Sample

The Doping Control Officer will instruct you to pour the correct amount of urine into the B bottle and then the A Bottle. You will be asked to leave a small amount of urine in the collection vessel.

Sealing the Sample

The bottles can now be sealed. The DCO should verify that both bottles have been sealed correctly.

If you need help with any steps of the Sample Collection process, such as removing collection bottles or splitting the sample, your representative is permitted to assist you. Any assistance must be provided in full view of the Doping Control official and should be noted on the Doping Control form.

Measuring Specific Gravity

The residual urine left in your collection vessel will be measured for specific gravity to ensure the quality of the Sample is suitable for analysis. If the Sample does not meet the minimum requirements i.e. it is too dilute, you may be asked to provide additional Samples. It is therefore very important that you do not over hydrate before you provide your Sample.

Paperwork

The Doping Control form must be completed, checked and signed by you, the Doping Control Officer and any representative you have with you. You should declare any medications you have taken in the last 7 days and can make any comments you have about the Doping Control process. You will receive a copy of the Doping Control form which completes the process.

Laboratory Analysis

Your Sample is then sent to a WADA-Accredited Laboratory for analysis. A section of the Doping Control form containing only your Sample details will accompany your Sample to the laboratory. The laboratory will report the results to the relevant authorities.

THERAPEUTIC USE EXEMPTIONS

A Therapeutic Use Exemption, or “TUE”, authorizes an athlete to use a prohibited substance or method to treat a legitimate medical condition or illness while continuing to play wheelchair rugby. Athletes with a documented medical condition requiring the use of a prohibited substance or method are required to obtain a TUE before beginning treatment.

Without a TUE, you risk committing an anti-doping rule violation, an offence that may result in a sanction regardless of the medical circumstances.

When should I apply for a TUE?

- a. When you are advised by your medical doctor or specialist that you require a Prohibited Substance to treat a medical condition or illness. You must have supporting medical evidence to prove this.

- b. When you are administered a prohibited substance in a medical emergency. In this case you are required to apply retroactively for a TUE. A retroactive TUE will only be granted in emergency situations or exceptional circumstances where there was insufficient time or opportunity to submit an application prior to doping control.

- c. In addition to the circumstances outlined above, you should only submit a TUE application to either IWRF or your National Anti-Doping Organization when they meet the required criteria.

What are the criteria for granting a TUE?

A TUE will be granted only in strict accordance with the following criteria:

- a. You would experience significant health problems without taking the prohibited substance or method.
- b. The therapeutic use of the substance will produce no additional enhancement of performance, other than that which is expected by a return to a state of normal health following the treatment of a legitimate medical condition.
- c. There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or method.

Who has to apply for a TUE and where do they submit it?

All wheelchair rugby athletes should obtain a TUE in advance of the administration of the prohibited substance or method.

Athletes who are not competing internationally should apply for and obtain TUEs in accordance with the procedures of their national IWRF member organization.

Athletes included in the IWRF Registered Testing Pool must apply for and obtain TUEs from the IWRF TUE Committee.

Athletes who are not in the IWRF Registered Testing Pool but who participate in IWRF-sanctioned international competitions should apply for and obtain TUEs in accordance with the procedures of their national IWRF member organization. A copy of all approved TUEs for these athletes must be forwarded to the IWRF TUE Committee for review.

Applications should be submitted at least 30 days prior to an athlete's participation in IWRF-sanctioned international competitions.

The **IWRF TUE Application Form** can be downloaded from the anti-doping section of the IWRF web site at www.iwrf.com/anti-doping. Applications can be submitted by email to tue@iwrf.com.

What about medical emergencies or acute medical situations?

In the case of medical emergencies, where a substance is required to be administered for a life-saving situation, an application can be submitted retroactively. If a medical emergency requiring a retroactive TUE arises within 30 days before an IWRF sanctioned international competition, this application should be submitted to the IWRF TUE Committee.

Failure to apply for a TUE for an existing medical condition prior to 30 days before a competition does not constitute an exceptional circumstance.

In exceptional circumstances, where an acute medical situation arises that requires treatment with a prohibited substance or method within 30 days before an IWRF sanctioned international competition, a TUE

application should be submitted to the IWRF TUE Committee. In this situation, treatment with the prohibited substance or method must not begin until the application has been approved.

What is Mutual Recognition of TUEs?

IWRF will recognise TUEs granted by other Anti-Doping Organisations under the mutual recognition provision of the **WADA Code** upon submission of a current and valid copy of the TUE application and Certificate of Approval, subject to the approval of the IWRF TUE Committee. The Committee has the right to review and appeal all TUE approvals granted by another Anti-Doping Organisation.

How do I know if my application has been approved?

The TUE Committee reviewing the application will issue you a Certificate of Approval. This will specify the medication, the defined route of administration, the dose and the expiry date. Athletes must comply with all the treatment conditions outlined in their Certificate of Approval and should reapply well in advance of their current TUE expiring.

What if my TUE is denied?

If you are part of IWRF's Registered Testing Pool or you are going to participate in an IWRF-sanctioned international competition and your TUE is denied by the IWRF TUE Committee, you may appeal this decision to WADA.

Any decision by WADA reversing the granting or denial of a TUE may be appealed exclusively to the Court of Arbitration for Sport by the athlete or IWRF. Decisions by IWRF TUE Committee which are not reversed by WADA may be appealed by the athlete to CAS.

When do I have to send my TUE to IWRF?

If you are participating in the following IWRF-sanctioned international competitions, you must send your TUE application or a copy of your Certificate of Approval to IWRF:

- IWRF World Championship
- All IWRF Zone Championships
- Qualifying events for IWRF Championships and Paralympic Games

For all other wheelchair rugby events and tournaments, you should submit your TUE application to your National Anti-Doping Organization. If you do not have one then the TUE application may be submitted to IWRF.

If you take any medication - prescribed or otherwise - or any dietary supplements, you should be certain it does not contain a prohibited substance. To check the ingredients of specific substances, the Global Drug Reference Online at www.globaldro.com may be of assistance, for products purchased in Canada, the UK or the USA. If in doubt, or for any other country, contact your National Anti-Doping Organisation.

Always advise your doctor or pharmacist before you are prescribed a medication that you may be subject to drug testing.

DIETARY SUPPLEMENTS

You are advised to exercise extreme caution regarding the use of any dietary supplement. No guarantee can be provided that any particular supplement, including vitamins and minerals, ergogenic aids and herbal remedies are totally free from Prohibited Substances.

The biggest risk associated with dietary supplements is cross contamination or lacing with substances that are prohibited. A product could also contain ingredients that are also not listed on the label which are prohibited or are listed under an alternate name which may not be listed on the prohibited list.

Products marketed under the same brand in different countries may contain different ingredients which may not always appear on the product label.

Under the principle of Strict Liability, you are solely responsible for any Prohibited Substances found to be present in your body. It is not necessary that intent or fault on your part be shown in order for an anti-doping rule violation to be established. Lack of intent is not a defence to testing positive for a Prohibited Substance because of a contaminated supplement.

The use of any nutritional or dietary supplement is at your own risk.

The principle of personal responsibility cannot be abdicated because of the actions of your coaches or medical advisers or any other person associated with your team or national organization.

If supplements are provided by your team or national organization, that does not absolve you of your responsibility for the consequences if the use of such supplements results in an anti-doping rule violation. This will be the case even if there was no reason to suspect that the supplement contained a prohibited substance.

The only way to completely eliminate the risk of dietary supplements is to not take them.

Athletes are more likely to benefit from a healthy, well balanced diet which should be put in place by an appropriately qualified nutritionist.

Dietary or nutritional supplements, ergogenic aids and herbal products should only be considered for use where the nutritional review and supplementation process is controlled and individually monitored by appropriately qualified medical practitioners or nutritionists and where the appropriate batches of the products have undergone the applicable tests to ensure that the products do not contain any prohibited substances.

Consider the following risk assessment prior to using any dietary supplement:

- Seek expert guidance to assess your dietary and performance needs from an appropriately qualified person.
- Is there any valid evidence that the supplement you feel you need to take really works? Many of the claimed benefits are not clearly supported by scientific research.
- Be wary of products that claim to increase strength, muscle mass, energy or weight loss
- Research well known products/brands.
- Read the label and list of ingredients very carefully and undertake a search on each ingredient to ensure that it is not linked to a substance on the WADA prohibited list.
- Avoid purchasing supplements over the internet.
- Avoid taking or sharing supplements with fellow athletes, friends, or athletes from other sports.
- Avoid purchasing supplements from a manufacturer who also produces supplements that contain or are known to contain Prohibited Substances.
- Seriously consider having a supplement tested by a laboratory to ensure the batch does not contain any Prohibited Substances prior to using it.

The above points do not abdicate your responsibility. The consumption of any supplement remains at your own risk regardless of the precautionary measures you adopt.

CONSEQUENCES OF DOPING

What happens if I commit an anti-doping rule violation?

You will be provisionally suspended from all Wheelchair Rugby activities including training and playing with your team, pending the outcome of a hearing before a Judicial Committee. If your case involves a positive test you have the right to have your B sample analysed. You will be entitled to present your case before a Judicial Committee. The Committee will decide on any applicable sanction and provide a written decision, which will be published on the IWRF website. You have a right of appeal if you do not agree with the decision in the first instance.

Sanctions

Sanctioning depends on the substance and the type of anti-doping rule violation. In general the standard sanction for an anti-doping rule violation is 2 years which can be reduced or extended depending on the individual circumstances of each case.

Additional consequences

Besides a sanction the following could also apply to you as a result of committing an anti-doping rule violation:

- Being labelled a cheat or dooper
- Having your name published in the media
- Having your reputation tarnished
- Losing the respect of your peers or teammates

- Loss of standing in your local community
- Loss of sponsors
- May hinder your employment opportunities
- Isolation

What are the different types of anti-doping rule violations?

Testing positive for a prohibited substance is not the only way you can commit an anti-doping rule violation. There are eight different violations which apply to athletes as well as support personnel including coaches, managers, and medical staff. These include:

- Presence of a prohibited substance or method
- Use or attempted use of a prohibited substance or method
- Refusal or failure to comply with a request to provide a sample
- Possession of prohibited substances or methods
- Tampering or attempted tampering with any part of Doping Control
- Violation of whereabouts requirements
- Administration or attempted administration of a prohibited substance or method
- Trafficking or attempted trafficking of a prohibited substance or method

SUBSTANCE FACTS - CANNABIS

Cannabinoids are one of the most commonly used illicit drugs and can be found within the dried flowers, leaves or resin of the Cannabis plant. Cannabis may also be known as marijuana, pot, hash, ganja, green or weed. It is most commonly smoked but can also be eaten.

Cannabis use is most commonly associated with recreational or social settings. Cannabis is also used by some persons with disabilities for medicinal purposes, to control pain or other symptoms of their disability. Regardless of the environment in which it is taken or the reasons for its use, there can be serious consequences if it is found in your system.

Cannabinoids are listed on the WADA Prohibited List and are prohibited In-Competition in Wheelchair Rugby.

How does it affect the body?

The active ingredient in Cannabinoids, delta-9-tetrahydrocannabinol (THC) leads to feelings of euphoria and relaxation.

Other effects on the body include:

- Impaired balance, co-ordination, concentration
- Slowed reaction time
- Impaired motor skills
- Drowsiness
- Dryness of mouth

Long terms risks may include:

- Mood swings
- Feelings of anxiety or paranoia
- Memory impairment
- Chronic bronchitis
- Increased risk of lung, mouth, tongue, and throat cancer

What if I use cannabis for medical reasons?

If you have a legitimate medical reason for using cannabis, you can apply for a Therapeutic Use Exemption. You must meet all the criteria for TUE approval. You will need certification from a licensed medical practitioner that you require medical cannabis.

How long does Cannabis stay in your system?

Some athletes believe they can use it freely as long as they stop before going to an event where they may be tested. However, THC can be detected in the body up to several weeks after initial ingestion. It binds to the fatty tissue in the body where it is then released slowly. Clearance times are affected by the amount consumed, frequency of use, potency, and how physically active you are.

A threshold level of 15ng/ml has been set by WADA to rule out a positive result due to passive inhalation of Cannabis smoke. However, it is advisable that if you are in a room where Cannabis is being smoked you should remove yourself.

You can test positive even if you used Cannabis days or weeks prior to a game.

SUBSTANCE FACTS - ANABOLIC STEROIDS

Anabolic steroids mimic the effects of the male sex hormone testosterone. Testosterone plays a key role in the development of the testicles as well as promoting masculine characteristics such as a deeper voice, the growth of body hair and muscle mass.

The effects on muscle growth make steroids attractive to athletes where strength, speed, and size may be of an advantage. It may also be tempting for athletes to use them to recover from injury more quickly.

Anabolic steroids are prohibited both In and Out of Competition. The starting point for a sanction related to steroid use is a two-year ban from all sport.

What are the risks?

The use of anabolic steroids has the potential to cause a number of harmful side effects including:

- Acne
- Increased risk of heart disease, cancer
- Liver and kidney damage
- Increased aggression
- Extreme mood swings (“Roid Rage”)

Male specific side effects:

- Breast growth
- Shrinking of testicles
- Decreased sperm production
- Impotence

Female specific side effects:

- Deeper voice, facial and body hair
- Enlarged clitoris
- Abnormal menstrual cycles
- Infertility

Other considerations

Steroids purchased over the internet or from other unknown or unregulated suppliers can be potentially fatal - they could be fake or mixed with other dangerous chemicals.

In most countries the possession or sale of anabolic steroids without a prescription is a criminal offense. Importation of steroids or any prohibited substance including items carried in your personal luggage when travelling may also be considered a criminal offence.

Information resulting from the seizure of steroids or any prohibited substance at the border by Customs (including items purchased over the internet) will be passed on to your National Anti-Doping Organisation to investigate as an anti-doping rule violation for attempted use. This may occur even if you don't physically receive the substances you paid for.

SUBSTANCE FACTS - COCAINE

Cocaine is extracted from the leaves of the Coca plant predominately found in South America and is one of the most addictive and abusive illegal drugs that exists. Its common names include Coke, Blow, Snow, Crack and Nose Candy. Cocaine can be eaten, injected and smoked, however insufflation or snorting is the most common method.

Cocaine is classified as a Non-Specified Stimulant and is prohibited In Competition. The starting point for a sanction related to cocaine use is a two-year ban from all sport.

How does it affect the body?

Cocaine directly affects the central nervous system by creating an intense high or sense of euphoria. The initial rush is short-lived and leaves addicts on a “downer” as it wears off.

Other short term effects on the body include:

- A loss of weight due to suppressed appetite
- Dilated pupils
- Increased temperature, heart rate and blood pressure
- Constricted blood vessels

Long term effects may include:

- Irregular heart beat
- Loss of memory and concentration

- Headaches and nausea
- Chest pain and respiratory problems
- Strokes and possible heart attacks

How long does Cocaine stay in your system?

Metabolites of cocaine can be detected in the body several days after ingestion. The clearance times of this drug are affected by variable factors, such as the amount consumed, frequency of use, gender, age, purity of the cocaine and an individual's metabolism.

You can test positive for Cocaine even if it was used a few days prior to being tested.

SUBSTANCE FACTS - ECSTASY

Ecstasy is a synthetic drug with psychedelic and stimulant effects, known to chemists as MDMA or 3, 4-Methylenedioxymethamphetamine. It is most commonly found in tablet form and is often mixed with other toxic chemicals such as ephedrine, ketamine, cocaine, methamphetamine, caffeine and even rat poison, increasing the potential health risk to unsuspecting users.

Ecstasy use is typically associated with night clubs and dance parties. However, regardless of the social environment in which it is consumed, there are serious consequences if it is detected in your system following a drug test.

Ecstasy is classified as a Non-Specified Stimulant and is prohibited In-Competition. The starting point for a sanction related to ecstasy use is a two-year ban from all sport.

How does it affect the body?

Ecstasy directly affects the central nervous system by releasing chemicals such as serotonin and oxytocin. These create a sense of euphoria and restlessness, followed by a rapid comedown period.

Other short term effects on the body may include:

- Increased energy and endurance
- Increased drive and motivation
- Decreased appetite

- Short term memory loss
- Urinary retention / dehydration
- Increased heart rate, body temperature
- Involuntary teeth grinding
- Blurred vision and nausea
- Severe anxiety, paranoia and depression

Long term effects may include:

- Clinical depression
- Low self-esteem and self-confidence
- Liver damage
- Impaired memory, learning and attention span
- Excessive wear of teeth

How long does Ecstasy stay in your system?

Ecstasy can be detected within the body for several days after ingestion. The clearance times of this drug are affected by variable factors such as the amount consumed, frequency of use, gender, age, purity of the Ecstasy and an individual's metabolism.

You can test positive for Ecstasy even if its use was days before being tested.

NOTES

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FOR MORE INFORMATION REGARDING ANTI-DOPING
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