

THE ANTI-DOPING RULES & VIOLATIONS

What would sport be without rules? What if the volleyball court didn't have a net, sidelines or end lines? Rules help a sport to be played fairly with equal chances for teams to be successful. Anti-doping rules help protect athletes' sporting performances so we can believe in the sport we watch. By following the Anti-doping rules, you are demonstrating values associated with clean sport.

What is an anti-doping rule violation?

"Doping" is what happens when a violation of the anti-doping rules has taken place. **The WADA Code and World ParaVolley Anti-Doping Rules list 11 categories of anti-doping rule violations.** The typical violation is a positive test, but not all violations are about taking prohibited substances, and athletes are not the only ones involved in sport who can commit anti-doping rule violations. Some violations can be committed by non-athletes, for example coaches, medical staff, parents, officials or any other member of an athlete's entourage or persons involved in paravolley sport.

There are 11 Categories of Anti-Doping Rule Violations.

All 11 apply to athletes and 7 (in blue) apply also to Athlete Support Personnel. A brief description in brackets is given for each ADRV category.

1. **Presence** of a prohibited substance, its metabolites or markers in an athlete's sample (a "positive" test)

The principle of "strict liability" applies. This means that an athlete is responsible for any banned substance found in their system, regardless of how it got there, or whether they had any intention to cheat. Even if an athlete is prescribed medication by a medical professional or is instructed to take something by their coach, if it contains a banned substance the athlete will be responsible and could receive an ADRV for presence.

WARNING : Be wary of supplements – there are risks associated with the use of supplements. See the section on "Risks of Supplement Use" for more information.

2. **Use or Attempted use** by an athlete of a banned substance or method. This includes Athlete Biological Passport (ABP) cases.
(Using or trying to use a prohibited substance)
3. **Evading, refusing or failing to submit** to sample collection
(Not going to the Doping Control Station when notified, or refusing to take a test, or not giving a complete sample)

Always take the test – if an athlete is approached by a Doping Control Officer (DCO) they should always take the test and provide a sample. Refusing to do so could lead to an ADRV for evasion. If an athlete has a concern about the sample collection process, they should still complete the test, and mention any issues on

the Doping Control Form before they sign it. Refusing to submit a sample because the process did not go well can still be an ADRV for the athlete.

4. **Whereabouts failures** by an athlete.
(Not being where you say you will be, or missing a test during your 60-minute time slot, not submitting your whereabouts on time, or submitting incomplete or wrong whereabouts information). In the Code, a Whereabouts ADRV can occur if there are 3 whereabouts or filing failures by an athlete in a 12-month period. Athletes in a Registered Testing Pool (RTP) need to submit Whereabouts information so that they can be located for testing Out-of-Competition.
5. **Tampering or attempted tampering** with any part of doping control by an athlete or other person *(Interfering with the testing or doping control process, including during the prosecution of a case).* In the Code, tampering or attempted tampering with any part of doping control by an athlete or other person includes fabricating evidence or adding a liquid other than urine to the sample bottle.
6. **Possession** of a prohibited substance or method by an athlete or athlete support person. *(Having a prohibited substance in your possession).*
7. **Trafficking** or attempted trafficking of any prohibited substance or method by an athlete or other person. *(Handling, transporting, selling or attempting to sell a banned substance)*
8. **Administering** or attempted administration by an athlete or other person to any athlete of any prohibited substance or method. *(Giving or trying to give a prohibited substance to an athlete).*
9. **Complicity or attempted complicity** by an athlete or other person. *(Helping or trying to help cover up an ADRV in any way)*
In the Code, complicity includes assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity or attempted complicity by an athlete or other person.
10. **Prohibited Association** by an athlete or other person. *(Working with or seeking help/services from someone who is serving a period of ineligibility).*
11. **Acts by an Athlete or other person to discourage or retaliate against reporting to authorities** *(Actions that frighten someone from reporting suspected doping, or acts of revenge against those who have reported doping).*

What you should do to prevent ADRVs

- Make sure you, your fellow athletes and your support personnel know what the ADRV's are and who they apply to
- Make sure if you are taking medication, that you tell your doctor or other medical professional that you are bound by the anti-doping rules. Together with them you need to check the Prohibited List for medications and any alternatives that may be an option if a prescribed medication is prohibited, or apply for a TUE if no alternative is possible.
- Review your current sporting and life habits to check you are not at risk of inadvertent (unintentional) doping
- Be fully aware of the consequences of “not doing” something – whether it's checking your medications, managing the risks with supplements, not taking/refusing to take a test, or not understanding that social drugs are banned too. All these could lead to a ban from sport
- Protect your reputation and your sport career by recognizing you are a role model and other sports fans and athletes look up to you

References:

WADA Code

World ParaVolley Anti-doping Rules

UKAD website

FEI