



INTERNATIONAL  
WEIGHTLIFTING  
FEDERATION

# NEW YEAR, NEW RULES - INTRODUCTION TO THE NEW IWF ANTI-DOPING RULES AND USEFUL INFORMATION FOR MEMBER FEDERATIONS

## INTERNATIONAL TESTING AGENCY

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# AGENDA

## 1. MAIN CHANGES TO WORLD ANTI-DOPING CODE AND INTERNATIONAL STANDARDS

- ADRVs and Sanctions
- The 2021 Prohibited List and re-analysis
- Disciplinary and Results Management
- Protected Persons and Recreational Athletes

## 2. 2021 IWF ANTI-DOPING RULES

- Whereabouts Obligations
- Member Federations Obligations
- Sanctions to Member Federations

## 3. SUPPLEMENTS

## 4. TUE APPLICATION PROCESS

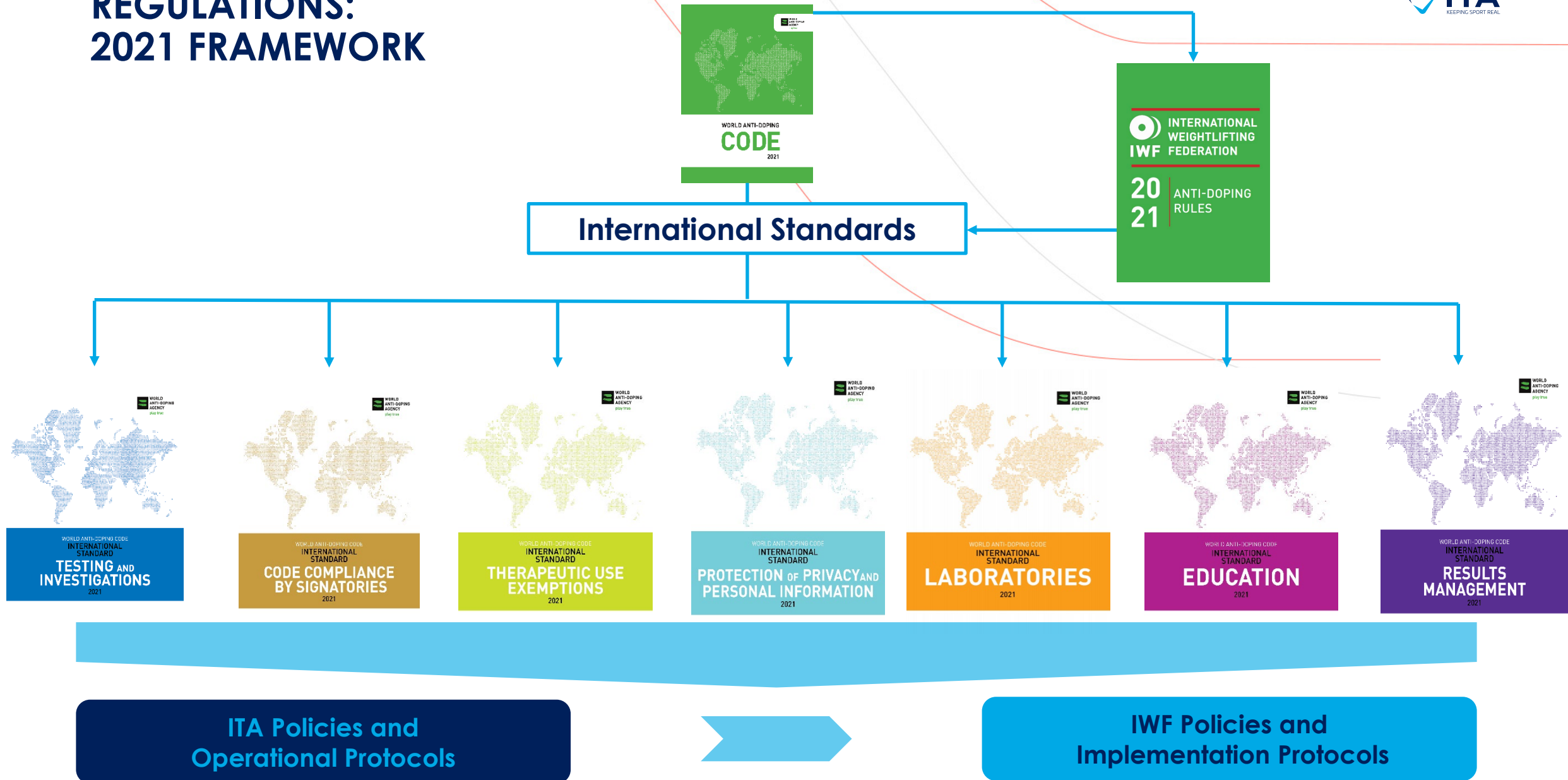
## 5. CONTACT INFORMATION AND RESOURCES



# MAIN CHANGES TO THE 2021 WORLD ANTI-DOPING CODE AND INTERNATIONAL STANDARDS



# REGULATIONS: 2021 FRAMEWORK



## MAIN CHANGES – GENERAL PRINCIPLES

- ✓ **Health** is now the top rationale of the Code
- ✓ A new document: the **Athletes' Anti-Doping Rights Act** summarizes the rights of the Athletes as outlined in the Code
- ✓ An IF's or a Delegated Third Party's **board members, directors, officers, employees** involved in the Doping Control process are now **bound** by the Anti-Doping Rules as 'Persons'
- ✓ New increased requirements of **independence** for NADOs
- ✓ **Delegation** of Doping Control activities to **Delegated Third Parties**



# ADRVs AND SANCTIONS



- ✓ A **new ADRV** protects those who **report doping** or non-compliance with the Code or Standards – sanction from 2 years to a lifetime ban  
Anyone who tries to stop or discourage someone from reporting doping or retaliates against them can be sanctioned
- ✓ **Complicity** – now includes **attempted** complicity
- ✓ **Tampering** – now includes giving **false statements, evidence or documents**
- ✓ For cases of **Prohibited Association**, ADOs **no longer have to provide** athletes **advanced notice** that a support person is ineligible
- ✓ New **Aggravating Circumstances**: can increase the ban up to 2 years
- ✓ Sanctions **apply worldwide** and must be recognized **globally and in all sports**

# PROHIBITED LIST AND RE-ANALYSIS

- ✓ **Prohibited List**: a working group has been established to create **thresholds** for certain substances
- ✓ New category: **Substances of Abuse** - substances often abused in society (cocaine, heroine, MDMA / ecstasy, THC)
  - Athletes who can prove use not related to sport and OOC can receive a **3-month sanction** – reduced to **1 month** if they attend a **rehabilitation** program
- ✓ New definition of **'in-competition'**: the period starting at **23:59pm** on the **day before** competition until the **end of competition** and the related sample collection
- ✓ Samples can be re-analysed within 10 years - there is **no limit** to **the number of re-analyses** conducted on a sample before an athlete is notified of an AAF



# DISCIPLINARY AND RESULTS MANAGEMENT

- ✓ Hearing panels must be **operationally independent** and appeal panels must also be **institutionally independent**
  - Athletes, ASP and other Persons that they have a **right** to an **independent hearing**
- ✓ If a **Provisional Suspension** is imposed, this **must** be **recognized** by other ADOs and Signatories
  - If Athletes train or compete when they are provisionally suspended, they will not get credit for any time served
- ✓ As of 1<sup>st</sup> January 2021, the IWF has delegated the adjudication of ADRVs to the **Anti-Doping Division of the Court of Arbitration for Sport (CAS ADD)**





# PROTECTED PERSONS AND RECREATIONAL ATHLETES

- ✓ More flexible sanctioning rules are applied to **Protected Persons**:
  - (i) < 16 years
  - (ii) < 18 years and is not included in any RTP and has never competed in any International Event
  - (iii) for reasons other than age has been determined to lack legal capacity under applicable national legislation
- ✓ The same sanctioning flexibility applies to **Recreational Athletes** as defined by each NADO (with some limitations)
- ✓ Athletes in these categories **do not have** to show **how a prohibited substance entered their body** and the minimum sanction is a **reprimand** with no obligation of public disclosure





# 2021 IWF ANTI-DOPING RULES



# 2021 IWF ANTI-DOPING RULES

- ✓ New **IWF Anti-Doping Rules** (formerly “Anti-Doping Policy”) came into force on **1st January 2021**
- ✓ The **IWF ADR** apply to **ALL MFs** including:
  - Board Members, directors, officers and any employee who is involved in any aspect of Doping Control
  - Any Athlete affiliated to or member of any MF, or anyway competing in events by IWF or the MF, or participating or involved in the sport of weightlifting
  - Any Athlete Support Personnel or other Person subject to the authority of any MF
- ✓ **International-Level Athlete definition:**
  - Athletes who are part of the IWF **Registered Testing Pool** and **Testing Pool**
  - Athlete who participate in **IWF Events**
  - Athletes who are registered to participate in **IWF Events**. Such Athletes are already considered as International-Level Athletes starting **2 months** prior to the **event**; or **3 months** for **Youth, Junior or Senior World Championships**
- ✓ **IWF Events:** weightlifting competitions registered as “IWF Events” in the IWF Calendar (available on IWF website)

**Introduction  
of the ADR**

**Scope  
of the ADR**

**Definitions**

# WHEREABOUTS OBLIGATIONS

## REGISTERED TESTING POOL

- ✓ **Athletes** shall **submit accurate and updated** whereabouts information (**1-hour slot, overnight accommodation, regular activities, trainings, competitions, etc.**) in **ADAMS**
- ✓ **MFs** shall **support** athletes in the submission process and ensure **compliance** with the requirements

Art. 5.5.1

## WHEREABOUTS ELIGIBILITY SYSTEM

- ✓ **MFs** shall **provide** to IWF the list of the **national team each year** (before 31 Dec of the previous year) and any subsequent **update: SEND TO [MELODY.EXHENRY@IWFNET.NET](mailto:MELODY.EXHENRY@IWFNET.NET)**
- ✓ **MFs** shall **send the list of all athletes competing in IWF Events according to the following deadlines**
  - **2 months** prior to the event for any **IWF Event** (see IWF Calendar) – **SEND TO [ANTIDOPING@IWFNET.NET](mailto:ANTIDOPING@IWFNET.NET)**
  - **3 months** prior to the event for **IWF World Championships (Youth, Junior, Senior)** – **SEND VIA [E-ENTRY](#) OR AT [ANTIDOPING@IWFNET.NET](mailto:ANTIDOPING@IWFNET.NET)**
- ✓ Furthermore, **MFs or the concerned athletes** shall **submit** the following whereabouts information: a) **home address** and (b) **training location** of **each athlete** – **THIS IS A JOINT OBLIGATION OF THE MF AND THE ATHLETE**
  - If an athlete is included in the RTP: he/she needs to submit **FULL WHEREABOUTS** in ADAMS
  - If an athlete is NOT included in the RTP: he/she needs to submit the **ELIGIBILITY WHEREABOUTS** in ADAMS – if the athlete does not have an ADAMS account: **request support at [IWF@ITA.SPORT](mailto:IWF@ITA.SPORT)**
  - If it is not possible to submit the **ELIGIBILITY WHEREABOUTS** in ADAMS for valid reasons, the information can be exceptionally sent securely by the MF via e-mail at **[IWF@ITA.SPORT](mailto:IWF@ITA.SPORT)**

Art. 5.5.15

Art. 5.5.16

Art. 5.5.16

# MEMBER FEDERATIONS OBLIGATIONS

- ✓ **MFs** shall **incorporate the IWF ADR** (directly or by reference) in their governing documents, constitution or rules and **bind** the **athletes, athletes support personnel (ASP)** and **other members** to the IWF ADR
- ✓ **MFs** shall **include** in their **policies** the necessary provisions to ensure that IWF and ITA can **enforce** the IWF ADR
- ✓ **MFs** shall **cooperate** with the IWF and ITA and **support** ITA in the implementation of the AD program
  - Always **RESPOND** in a **timely** manner to all requests sent by IWF/ITA: **proactive communication** is expected
  - If you receive an **RTP notification of inclusion** for one of your athletes, **respond quickly**, transmit the information to the athlete, **return to ITA the acknowledgment form signed by the athlete**
  - Provide valid **email address** of your athletes when so requested
  - For disciplinary cases, **transmit** without delay the **notification(s)** to the athletes and **cooperate** during the process: obtain **explanations** from the athlete, communicate the **identity of the ASP** of the athlete, etc.
  - Transmit the **list of your athletes** to the IWF
  - **Cooperate** with anti-doping **investigations: provide always accurate and truthful answers**
  - **Implement** the **decisions** (e.g. ADRV, provisional suspensions) issued by the IWF/ITA and monitor breaches

Art. 18.2  
Art. 18.5

Art. 18.1

Art. 18.3

IMPORTANT  
EXAMPLES

# MEMBER FEDERATIONS OBLIGATIONS - CONTINUED



- ✓ MFs shall **report** any information **suggesting or relating** to **an ADRV and cooperate with investigations**
- ✓ MFs shall **actively monitor ASP**, shall have rules to **prevent ASP using prohibited substances** to work with the athletes and shall ensure that athletes **do not associate themselves** with disqualified ASP
- ✓ MFs shall conduct **anti-doping education**:
  - Inform your athletes about the risks and detriment of doping by using all available resources
  - Conduct regular education activities / training for your athletes AND ASP
  - Foster a culture of clean sport and integrity across your entire organization
  - Contact IWF or ITA and your NADO to obtain support in your education activities
- ✓ MFs shall immediately **inform the ITA** if one of their athletes engages with **disqualified ASP**
- ✓ MF shall provide an **up-to-date list** (and regular updates) of the **ASP associated** with EACH of their (a) **RTP/TP athletes**; (b) **national team athletes** – TO BE SENT TO IWF BY 15 JANUARY EACH YEAR
- ✓ MFs shall use **best efforts** to provide to IWF a **statement signed** by each **coach** and **medical personnel** associated with RTP/TP athletes by which they agree to be bound by the IWF ADR

Art. 18.6

Art. 18.7  
Art. 18.9

Art 18.8

IMPORTANT  
EXAMPLES

Art. 18.9

Art. 18.14

Art. 18.15

## MEMBER FEDERATIONS OBLIGATIONS - CONTIUNED

- ✓ MFs shall investigate any ADRV when requested by IWF or ITA in order to **ascertain** the **persons involved**, and shall conduct an **automatic investigation** into ADRVs involving **minors** or where **more than one athlete** has committed an ADRV
  - MFs shall provide updates and promptly produce a report upon conclusion of the investigations
- ✓ MFs shall **ensure** that the athletes **comply** with their **whereabouts obligations (RTP + ELIGIBILITY)**
- ✓ If following an ADRV, medals are withdrawn MFs shall **ensure** that such **medals are returned** to IWF within **30 days** of the receipt of the final decision
- ✓ MFs are obliged to **notify** the ITA of any **decisions** regarding ADRVs committed at **national level** by their **affiliated athletes** or **ASP**
- ✓ MFs should **notify** the athletes of **any decision**: notifications sent to MFs are deemed to be delivered to the athletes

Art. 18.10

Art. 18.11

Art. 18.12

Art. 18.13

Art. 14.1.1

# POSSIBLE SANCTIONS TO MEMBER FEDERATIONS

✓ **Sanctions** for failing to comply with **any MF obligations** include:

Art. 12.3.1

- Member Consequences (suspension) for up to 1 year
- Fines up to 50'000 USD
- Withhold funding or other financial support to the MF

✓ If **3\* or more ADRVs** are found against MF athletes within a 12-month period, sanctions include:

Art. 12.3.2

- Member Consequences (suspension) for up to 4 years
- Fines up to 300'000 USD

✓ If **2 or more ADRVs (carrying sanctions of 4-years)** are found against MF athletes during the **Olympic Games: automatic ban** from entering athletes in the next ensuing Olympic Games

Art. 12.3.3

✓ For each ADRV committed by a MF athlete, an **automatic fine** of 5'000 USD is imposed on the MF

Art. 12.5.1

✓ Additional **sanctions** or **consequences** may be imposed under the IWF Constitution and other rules (e.g. Olympic Qualification System)



## SUMMARY – MAIN PRINCIPLES

- ✓ Bind your athletes, Athlete Support Personnel and employees to the IWF ADR
- ✓ Cooperate with ITA and IWF
- ✓ Investigate ADRVs
- ✓ Educate your athletes/ASP
- ✓ Notify your athletes of any decision
- ✓ Respond to anti-doping communications
- ✓ Support in the provision of whereabouts
- ✓ Actively monitor coaches and ASP
- ✓ Implement disciplinary decisions
- ✓ Report suspicious behaviors
- ✓ Report any decision at national-level
- ✓ Be proactive



# SUMMARY – INFORMATION TO BE PROVIDED TO ITA/IWF



INFORMATION	DEADLINE	HOW
List of national team composition (+ continuous updates)	31 Dec – previous year *deadline extended to 15 Feb 2021	<a href="mailto:MELODY.EXHENRY@IWFNET.NET">MELODY.EXHENRY@IWFNET.NET</a> <a href="mailto:ANTIDOPING@IWFNET.NET">ANTIDOPING@IWFNET.NET</a>
List of athletes competing at IWF Events	2-months prior to the event 3-months prior to the event for IWF World Championships	<a href="mailto:ANTIDOPING@IWFNET.NET">ANTIDOPING@IWFNET.NET</a> via E-ENTRY
Whereabouts for eligibility purposes (home address + training locations)	2-months prior to the event 3-months prior to the event for IWF World Championships	ADAMS or <a href="mailto:IWF@ITA.SPORT">IWF@ITA.SPORT</a>
List of athlete support personnel (coaches, trainers, medical personnel) for all RTP and national team athletes	15 January of each year  *it could be included in the national team composition	<a href="mailto:ANTIDOPING@IWFNET.NET">ANTIDOPING@IWFNET.NET</a>
List of athlete support personnel of an athlete having committed an ADRV	After the ADRV notification	<a href="mailto:IWF@ITA.SPORT">IWF@ITA.SPORT</a> <a href="mailto:LEGAL@ITA.SPORT">LEGAL@ITA.SPORT</a>
RTP acknowledgement forms signed by athletes	Immediately after receipt of RTP notification	<a href="mailto:IWF@ITA.SPORT">IWF@ITA.SPORT</a>
Statements signed by ASP (coaches, trainers, medical personnel) agreeing to be bound by the IWF ADR	Continuously	<a href="mailto:ANTIDOPING@IWFNET.NET">ANTIDOPING@IWFNET.NET</a>
Other information and documentation upon request	As per the provided instructions	<a href="mailto:IWF@ITA.SPORT">IWF@ITA.SPORT</a>



# SUPPLEMENTS



## SUPPLEMENTS

- ✓ **Extreme caution** is recommended regarding supplement use
- ✓ The risks of taking supplements should be weighed against the potential benefits
- ✓ **Many countries do not follow strict rules** in the manufacturing and labeling of supplements, which may lead to a supplement containing an undeclared substance that is prohibited under anti-doping regulations
- ✓ How ingredients are listed on supplement labels can be different to how they are listed on the WADA Prohibited List
- ✓ **Fake supplement products do exist** - particularly online! Not only can those contain prohibited substances, but they can also be **harmful to athletes' health**
- ✓ Some supplements might claim to be endorsed by WADA or another anti-doping organisation – **this is not true**. Others may say they are “safe for athletes to use” – **this may also be untrue**

## SUPPLEMENTS – MINIMISING THE RISKS

1. Athletes should seek professional medical advice before using supplements.
2. Athletes should **only use batch-tested supplements** screened by an independent company. This does not guarantee that an athlete will not test positive, but it will **greatly reduce the risk**.
3. Athletes should **keep the original supplement packaging**, or a photo of it. Most important information to keep on file is the name of the supplement, the brand name and the batch number. If athletes received medical advice to take supplements, they should also keep a record of it.

### INDEPENDENT SUPPLEMENT CERTIFICATION COMPANIES:

[sport.wetestyoutrust.com](http://sport.wetestyoutrust.com)



[nsfsport.com](http://nsfsport.com)



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





# THERAPEUTIC USE EXEMPTIONS – APPLICATION PROCESS



## TUE APPLICATION PROCESS

Athletes, like all others, may have illnesses or conditions that require them to take medications. If the medication an athlete is required to take is on the WADA Prohibited List, a Therapeutic Use Exemption (TUE) can give the athlete authorization to take the needed medicine.

- ✓ Before applying for a TUE, verify the status of the medication using Global DRO ([www.globaldro.com](http://www.globaldro.com))
- ✓ TUEs for **International-Level Athletes** should be submitted through the ITA
- ✓ TUEs for **National-Level Athletes** should be submitted through the NADO
- ✓ TUEs granted by NADOs at national-level are **automatically recognised** by IWF for international competitions

**MORE INFORMATION: [ITA.SPORT/TUE](http://ITA.SPORT/TUE)**



# CONTACT INFORMATION AND RESOURCES





# RESOURCES

- ✓ Checking medications

[GLOBALDRO.COM](https://www.globaldro.com)

- ✓ Checking supplements

[SPORT.WETESTYOUTRUST.COM](https://www.sport.wetestyoutrust.com)

- ✓ 2021 IWF Anti-Doping Rules

[IWF.NET/ANTI-DOPING/RULES-DOCUMENTS](https://www.iwf.net/anti-doping/rules-documents)

- ✓ International Testing Agency – *new website coming soon*

[ITA.SPORT](https://www.ita.sport)

- ✓ REVEAL – ITA Reporting Platform

[REVEAL.SPORT](https://www.reveal.sport)

- ✓ WADA Anti-Doping Education and Learning (ADEL)

[ADEL.WADA-AMA.ORG](https://adel.wada-ama.org)

- ✓ WADA Code Implementation Support Program (CISP)

[WADA-AMA.ORG/EN/WHAT-WE-DO/EDUCATION-PREVENTION/2021-CODE-IMPLEMENTATION-SUPPORT-PROGRAM](https://www.wada-ama.org/en/what-we-do/education-prevention/2021-code-implementation-support-program)



A collage of four athletes in action, set against a dark blue background with a large, light blue abstract shape on the right. The athletes are: a woman in a white and blue outfit holding a bow, a man in a blue and white outfit in a dynamic pose, a man in a white and blue outfit in a dynamic pose, and a woman in a blue and black outfit in a dynamic pose.

# BY ATHLETES FOR ATHLETES: THE ITA CONTINUES RAISING CLEAN SPORT AWARENESS WITH PUBLIC WEBINAR SERIES

#KEEPINGSPORTREAL

## CONTACT INFORMATION

- ✓ General inquiries: [IWF@ITA.SPORT](mailto:IWF@ITA.SPORT)
- ✓ Therapeutic Use Exemptions: [TUE@ITA.SPORT](mailto:TUE@ITA.SPORT)
- ✓ Education: [EDUCATION@ITA.SPORT](mailto:EDUCATION@ITA.SPORT)





**THANK YOU!**

**QUESTIONS?**

