

**ANNUAL REPORT
ON ANTI-DOPING ACTIVITIES**

25

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2014



IWF

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Introduction Message of the IWF Anti-Doping Commission Chairman

Dear Friends of IWF,



2014 has just finished, and it was a very fruitful and successful year under the leadership of its President, Dr. Tamás Aján. Our activities have always been supported by a strong Executive Board and a very comprehensive membership.

As for the fight against doping, during the past year the work of the new independent Anti-Doping Commission started and proved to be very efficient.

We have a new Anti-Doping Policy which is fully compliant with the new WADA Anti-Doping Code.

The missions, while their number increased slightly, were more targeted in order to be more competent. The ADC has focused on quality more than on quantity. The ADC has also started to build an intelligence network, in relation with other anti-doping organisations, in order to be able to target the cheaters.

The entourage of the athletes was also carefully looked at and severe sanctions will be applied if their responsibility is proved in a doping case.

The ADC, in close relation with the IWF Educational Program, has developed educational courses in all continents and on the occasion of all major events with the help of local or regional experts.

We have seen our number of positive cases decreasing quite significantly and we do hope this trend will be confirmed in 2015.

As the Chairman of the ADC, I would like to thank my two colleagues for their help and I would like to express personal thanks to Dr Magdolna Trombitas for her dedication to the fight against doping.

It also goes without saying that I thank our President and his Executive Board for all the support they gave us to achieve our mission.

We are proud of our sport and we would like to show the world how beautiful weightlifting is.

A handwritten signature in black ink, appearing to read 'Patrick Schamasch'.

Dr. Patrick Schamasch
IWF Anti-Doping Commission Chairman



New independent Anti-Doping Commission



2014 was one of the most successful years in the entire history of the IWF Anti-Doping Program. A new and independent Anti-Doping Commission was established under the leadership of Dr. Patrick Schamasch, former IOC Medical Director.

The other two members are Ms. Zakia Bartagi from Tunisia and Dr. Michael Petrou from Cyprus.



The new Commission has defined the Test Distribution Plan for the year and elaborated the short term and long term strategy for the sport.

The motto of the Commission is *“Do it well and let it know”!*

The ADC tries to implement the quality testing instead of quantity and puts special attention to the usage of various intelligence sources.

According to the regulations the ADC works independently from the IWF governing body and have a neutral decision making process in deciding *who* to test, *when* and *how* (Testing authority, Laboratory etc...).

The execution of the TDP after the ADC decision goes through the IWF Anti-Doping Administrator who is Dr. Magdolna Trombitás, Legal Counsel.



Since weightlifting is a very complex and unique sport the ADC tries to implement the relevant sport specific features into the tactics and uses all the top sport experts from all the fields (medical, coaching) of weightlifting.

To protect the youth age category and considering the Youth Olympic Games the IWF Anti-Doping commission has increased the number of the youth athletes in its International Registered Testing Pool in the year of 2014.

In line with the requirements of the new WADA Code the IWF has strengthened its cooperation with the Anti-Doping Community all around the World.

The IWF that may rightly call itself as one of the pioneers and flag bearers of the anti-doping fight is proud to have its President Dr. Tamás Aján on the WADA Foundation Board since the creation of the World Anti-Doping Agency. Dr. Aján is representing ASOIF in the Board along with Prof. Ugur Erdener and Mr. Francesco Ricci Bitti. Furthermore, the IWF keeps a close cooperation with all WADA Departments and participates in major events and seminars of the Anti-Doping Community.



Besides the strong cooperation with the respective Medical Commissions during the Games and other major Sport Events, the IWF has tightened the cooperation with the IOC Medical and Scientific Department to cooperate and communicate on the latest researches and share the relevant experiences in

the field of doping and medical issues. By combining strategies, and seeking new ones to address emerging threats, the global fight against doping became more effective thanks to the enlarged communication between the anti-doping community.

2014 was a special year for the IWF in terms of the cooperation with the NADOs as well. There were several joint missions and numerous intelligence sharing actions between the Stakeholders. The IWF will continue and increase its endeavour to

feasibly divide the missions between the Anti-Doping Community in order to enable the relevant Parties to use their budget sources in the most effective way.

Among others the IWF worked with USADA, IDTM, HUNADO, RUSADA, UKAD, KAZ NADO, ORADO, trained DCOs from PANAM, CYP NADO etc. and intends to devote special attention to the cooperation with the RADOs in the future.

Regarding the Games and major event organisations' result management authorities, the IWF has cooperated and intends to increase the pre-competition testing coordination in order to be as effective as possible.

Taking into consideration the aforementioned facts, it is obvious that the new ADC can register perceptible progress in the relentless war on doping.

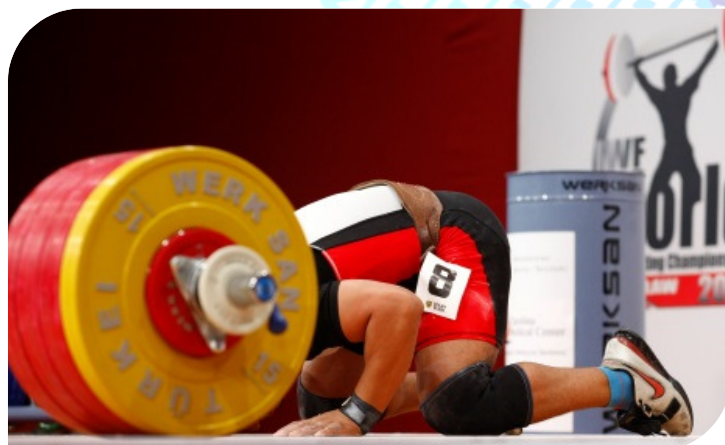


Statistics

Recent years have shown the International Weightlifting Federation making tremendous efforts to fight against doping.

With the new ADC and the sport specific strategy and higher level of education the IWF has put the standards high in the doping fight.

The statistics outlined below justify these efforts.



In 2014 the International Weightlifting Federation carried out over 1,800 anti-doping controls in more than 110 countries all around the world. All controls were performed according to the International Standards for Testing. The number is rather higher if you calculate the shared and joint missions into the statistics.

Several aspects of the Test Distribution Plan have been profoundly and carefully analysed, therefore the final test distribution plans are very complex and include the Athletes' history, geographical areas, the history of the Member Federations, Information on the entourage etc.

Testing statistics for 2014 (IC/ OOC)

	Women	Men	Total
Number of tests	726	1101	1827
Number of tests performed out-of-competition (OOC)	306	506	812
Number of tests performed in-competition (IC)	420	595	1015

*Missed tests/unsuccessful attempts are not included

The recent out-of-competition tests have shown that they had been performed in the most unexpected moments, and they are deemed to have incorporated the sport specific timing.

The OOC tests proved to be a very effective tool to protect the athletes against health and ethical hazards and it is worth mentioning that the IWF was among the first International Federations to start the OOC testing decades ago.

In addition to these numbers the IWF has cooperated with multiple NADOs and RADOs to share the missions and to be able to conduct as many tests as possible.

With the help of the respective NADOs and other stakeholders of the Anti-Doping Community the IWF has managed to elaborate several procedures which facilitate the visa application for the DCOs and managed to conduct numerous OOC missions to countries difficult to reach, including North Korea.

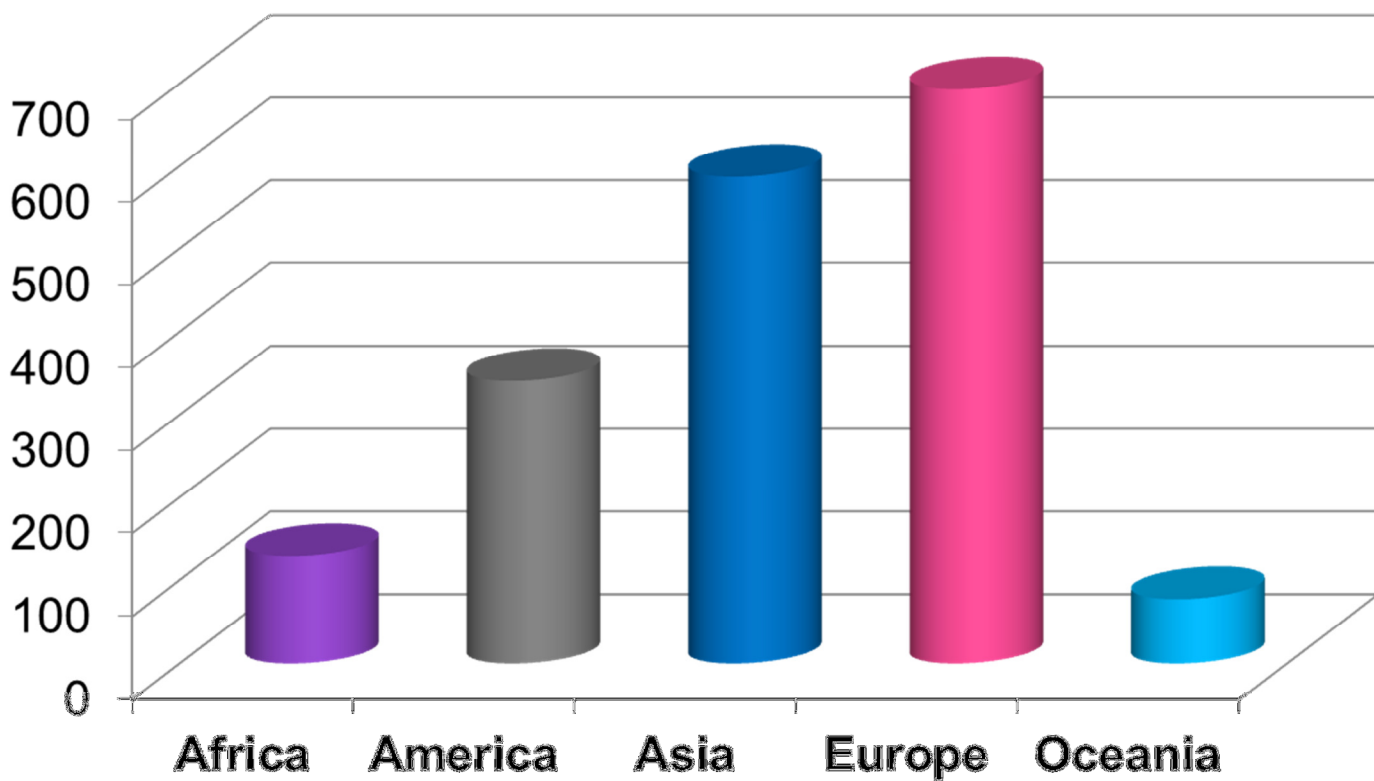
The Adverse Analytical Finding (AAF) reports have also confirmed the effectiveness of the OOC missions and owing to the very strict regulations of IWF Anti-Doping Policy, our results seem to verify that the weightlifting sport has been on the right path.



STATISTICAL DATA OF THE CONTINENTS AND COUNTRIES TESTED



Test distribution by continents



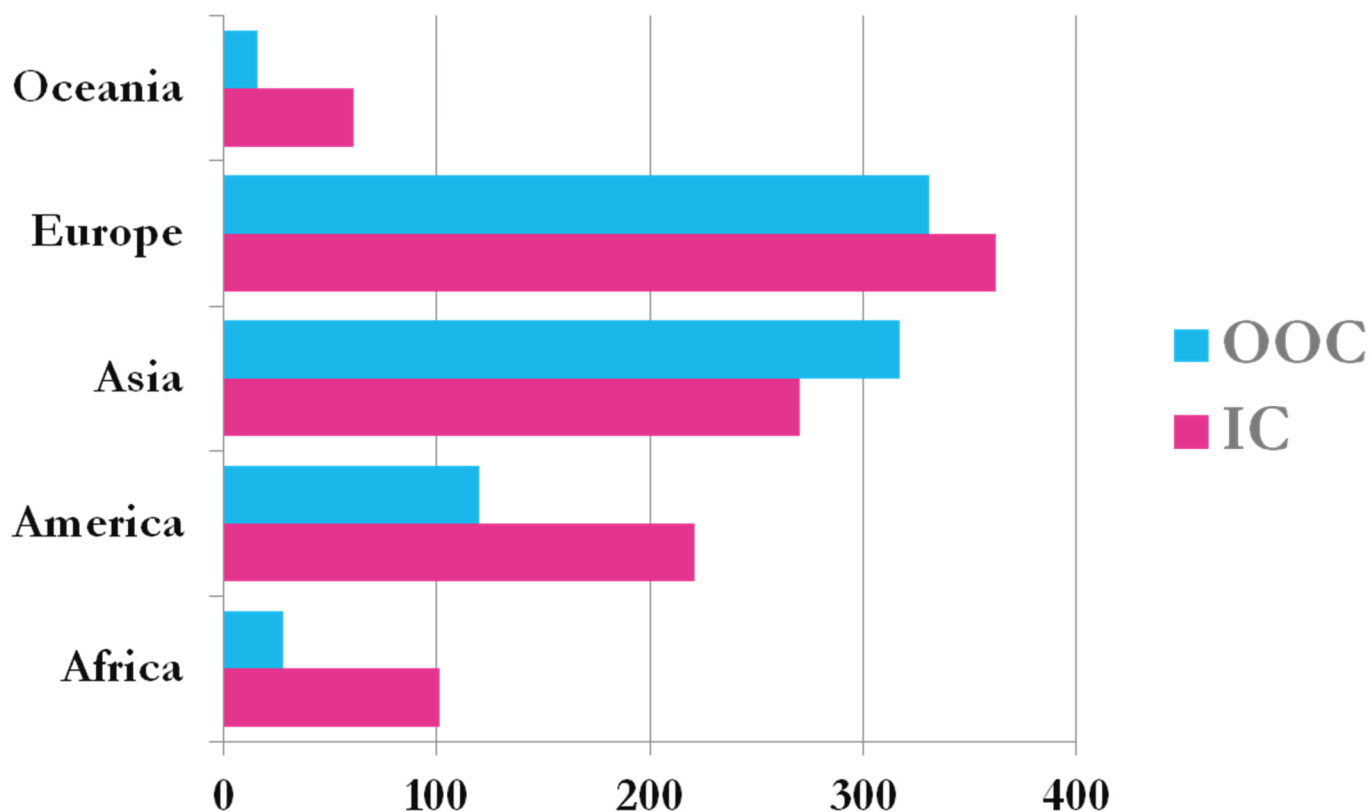
During the elaboration of the respective Test Distribution Plan the ADC considers multiple criteria. Certainly the allocation of the high level international competitions are reflected in the IC Test Plan.

Being one of the basic and ancient sports weightlifting can be practiced by everybody.

The IWF wishes to promote this message all over the world and tries to develop the sport facilities also in countries with difficult economic situation.



IC/ OOC testing by continents



Countries tested in 2014



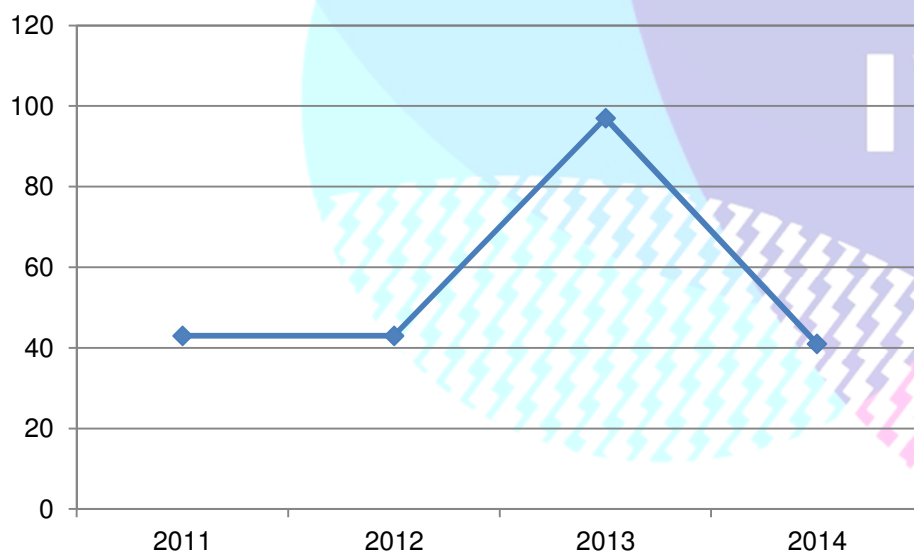
ALB ALG ARG
 ARM ARU ASA
 AUS AUT AZE
 BAN BAR BEL
 BIH BLR BOL
 BRA BUL, CAN,
 CHI, CHN, CMR,
 COL, CRC, CRO,
 CUB, CYP, CZE,
 DEN, DOM, ECU,
 EGY, ESA, ESP,
 EST, FIJ, FIN,
 FRA, GBR, GEO,
 GER, GRE, GUA,
 GUY, HAI, HON,



HUN, INA, IND, IRI, IRQ, ISL, ISR, ITA, JPN, KAZ,
 KEN, KGZ, KIR, KOR, KSA, KUW, LAT, LBA, LIB, LTU, LUX, MAR, MAS, MDA,
 MEX, MGL, MHL, MLT, MRI, NCA, NCL, NED, NIU, NOR, NRU, NZL, OMA, PAN,
 PER, PNG, POL, PRK, PUR, QAT, ROU, RSA, RUS, SAM, SLO, SMR, SOL, SOM,
 SRB, SUI, SVK, SYR, TGA, THA, TKM, TPE, TUN, TUR, TUV, UAE, UGA, UKR,
 URU, USA, UZB, VEN, VIE



REPORT ON ADVERSE ANALYTICAL FINDINGS, SUBSTANCES AND LABORATORIES



Due to the severe sanctions and the strict testing and thanks to the increased educational courses the number of the adverse analytical findings dramatically decreased in 2014.

Comparing to last year the number dropped by more than 40%.

During its result management procedures the IWF offers multiple Hearing possibilities to the Athletes or to the persons who are notified about a possible doping violation.

The members of the actual Panel are selected from the Pool of Experts. The Chair is always a lawyer and the other members are weightlifting experts with specific anti-doping experience.

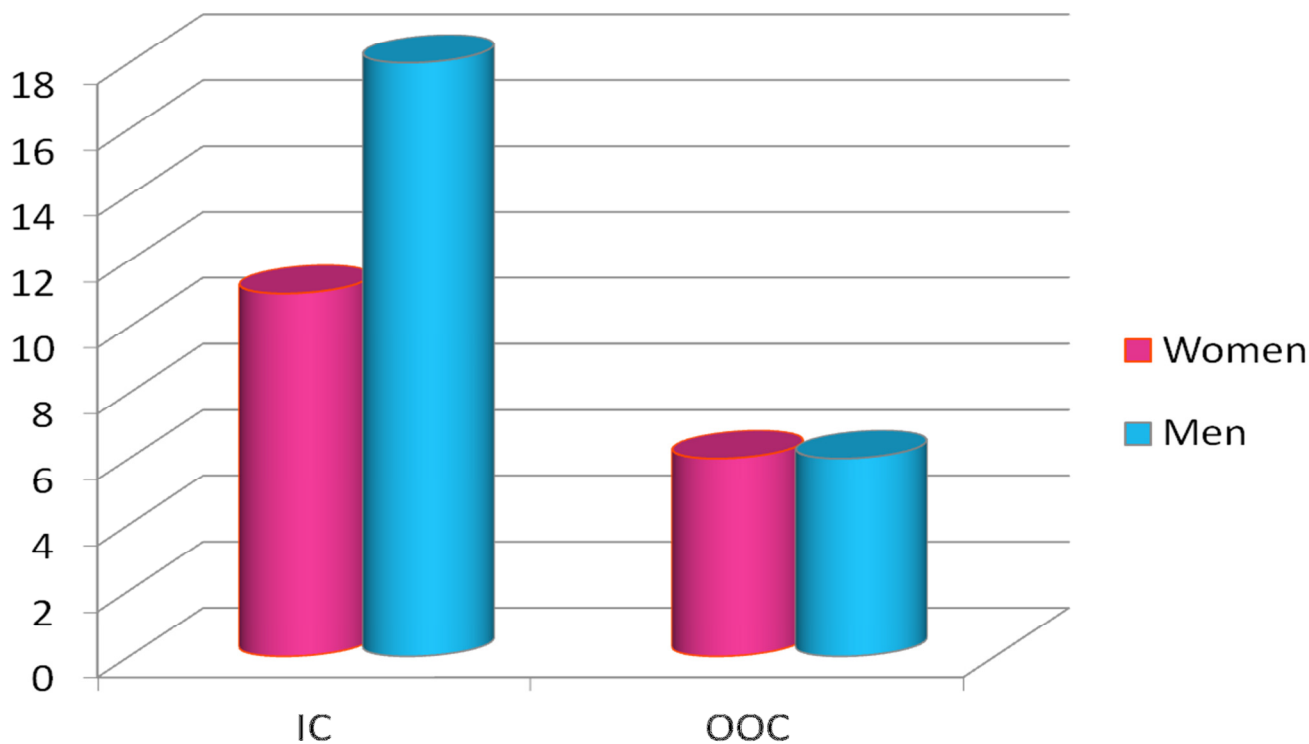
The Hearings that took place in 2014 were highly fruitful and the cases were very varying.

The closed sanctions are duly reported on the IWF website under the following link: (<http://www.iwf.net/anti-doping/sanctioned-athletes/>).

The ongoing cases were also reported according to the WADA Code, IWF Anti-Doping Policy and thanks to the newly accepted Public Disclosure guideline the latest AAFs are published on the website. As soon as the ongoing cases from 2014 are closed it will be communicated according to the relevant rules and regulations.

The allocation of the adverse analytical findings (see chart on the next page) are also proved the effectiveness of the OOC testing program of the IWF.

Positive cases / Men-Women



AAFs AND PROHIBITED SUBSTANCES

AMELORIDE	1 case
ANDROSTENEOLONE	Second substance in a case
ANDROSTERONE	Second substance in a case
BOLDENONE	1 case
CANRENONE	1 case
CLENBUTEROL	6 cases
CLOMIPHENE	2 cases
DEHYDROCHLOROMETHYLTESTOSTERONE	1 case
ETIOCHOLANOLONE	1 case
HYDROCHLOROTHIAZIDE	1 case and second substance in a case
METENOLONE	2 cases
METHANDIENONE	2 cases + second substance in one case
METHANDRIOL	1 case (or methyletestosterone)
METHYLPHENIDATE	1 case
METHYLTESTOSTERONE	1 case
MORPHINE	1 case
NANDROLONE	2 cases
NORANDROSTERONE	2 cases
STANZOLOL	14 cases
TESTOSTERONE/EPITESTOSTERONE>4	1 case

Comparing the statistics from the past years it can be easily reconfirmed that stimulants, especially methylhexanamine can be prevented by education and other preventive steps.

The IWF is working with WADA accredited laboratories all over the world. The Laboratories are selected by the IWF Anti-Doping Commission.

To detect the smallest amount of performance enhancing drugs the IWF uses the latest methods elaborated by WADA Accredited Laboratories for the detection of anabolic steroids.

In the last years, the research in biomedical field has contributed to the progress of detection of steroids in urine samples, therefore even the smallest amount can be discovered for a long period.

Besides the anabolic agents the usage of the masking agents has increased in 2014.

These substances are easily detectable and the intention of covering the cheating can be counted as an aggravating factor during the result management procedure.

Clenbuterol and food contamination are a very common topic in the Anti-Doping World and the IWF follows the WADA statements regarding the result management procedures of these cases.

Clenbuterol is a prohibited substance and there is no threshold under which it can be declared as not prohibited. However it is possible that under certain circumstances (low level concentration) the presence can be a result of food contamination. In these cases the IWF Hearing Panel will carefully review the case and take every evidence into account during its decision making process.

The IWF will continue to coordinate with the Laboratories regarding the latest analysis methods and will do its best to eliminate cheating.



Rules and Regulations

IWF Anti-Doping Policy

As a signatory of the World Anti-Doping Code in line with the major changes which are effective from the 1st January 2015 with the New WADA Code the IWF has reviewed and modified its Anti-Doping Policy and relevant rules and regulation in close cooperation with the WADA Legal Department.

After the WADA approval the IWF Executive Board has approved the new Policy on the 5th November 2014 during its Executive Board meeting in the World Championships.

As an Olympic Core sport the IWF considers it highly relevant to have its Code compliant rules which are fitted for the sport itself.

The speciality of the sport had to be taken into consideration during the elaboration of the rules. A great example is the constantly changing list of the high level athletes which aggravates the definition of the international athletes and also challenges the out-of competition test plan. Thanks to close cooperation of sport experts and legal experts the IWF has elaborated a new system which will help the ADC to conduct an even smarter testing program and to the Athletes to easily comply with the relevant regulations.

The new IWF Anti-Doping policy is designed to better protect the fair competition and the rights of clean athletes meanwhile contain tougher regulations for those who intentionally cheat.

Besides the sport specific IRTP definition and the strong sanctions towards the entourage the IWF ADP will hold its sanction system against the Member Federations as well which proved to be very effective in the past year. This system requires a strict monitoring system and further investigations but also has got a huge retaining effect.

The New Anti-Doping Policy brings revolutionary novelties by extending the anti-doping fight especially in a case of a Minor Athlete.

New Calendar structure

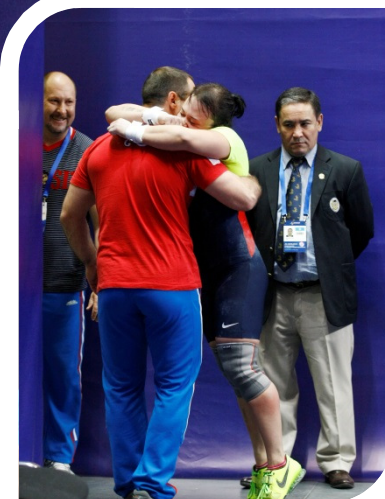
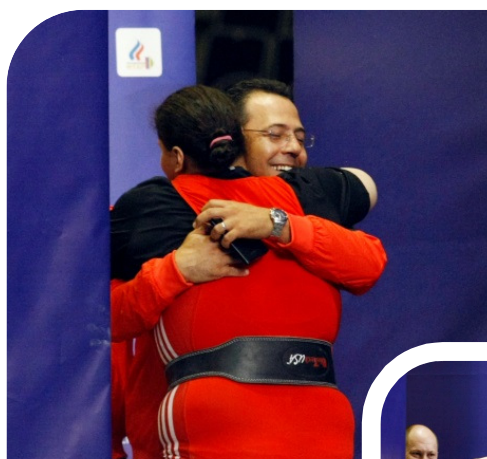
A reform of the IWF Calendar Events has been implemented for 2015 which will reflect also the testing strategy and the definition of the international level athletes by differentiating between the various international events.

New Public Disclosure Policy

In line with the regulations of the new Code and IWF ADP the Executive Board decided to implement a new policy for the public disclosure of the adverse analytical findings in order to assure the transparency and the fair procedure for all Athletes.

Entourage registration

WADA sent a clear message to all stakeholders by defining new doping violations like „substantial assistance” which lead the IWF to implement new registration procedures for the Athletes entourage. This will facilitate the investigations and the respective result management procedures.



ADAMS

The IWF is using the Anti-Doping Administration & Management System (ADAMS) and puts special attention to the related education to help the Athletes fulfilling their responsibilities.

Education and Outreach



Education is a vital and efficient tool to fight against doping in sport and became one of IWF's first priorities.

2014 being the year of the Youth Olympic Games the IWF put special emphasis on the education of the youth athletes. The IWF made it obligatory to stage an Anti-Doping Symposium at every Continental YOG Qualification Event. We believe in the next generation and firmly think that with proper education we will help the Athletes to know their rights and responsibilities and make the right decision when it comes to doping.

From March to May these Symposiums duly took place - with high attendance and great interest from the athletes and coaches - in each of the Continental Championships.

The lecturers were selected by the IWF Anti-Doping Commission and the following Seminars were held for the qualification events.



ASIA - Bangsaen, Thailand:

- Dr. Meechai Inwood, (THA)
- Prof. Prapin Wilairat, (THA)
- Prof. Supornchai Kongpatanakul (THA)

AFRICA – Tunis, Tunisia

- Dr. Zakia Bartagi (TUN) – IWF ADC Member
- Dr. Khadija Jelliti (TUN)

PAN AMERICA – Lima, Peru

Dr. Patricia Sangenis (ARG)

EUROPE – Ciechanow, Poland

- Dr. Michael Petrou (CYP) - IWF ADC Member

OCEANIA – Mont Dore, NCL

Dr. Lisimoni Kami (THA) – IWF MC Member



Further to the above other seminars were held in other countries and the Education were held on different platforms and different formats.



Within the framework of the education program the IWF held two additional seminars at all of its major events. These seminars included lectures about ethics, the sport itself, and also gave medical and anti-doping information to the athletes and their entourage.

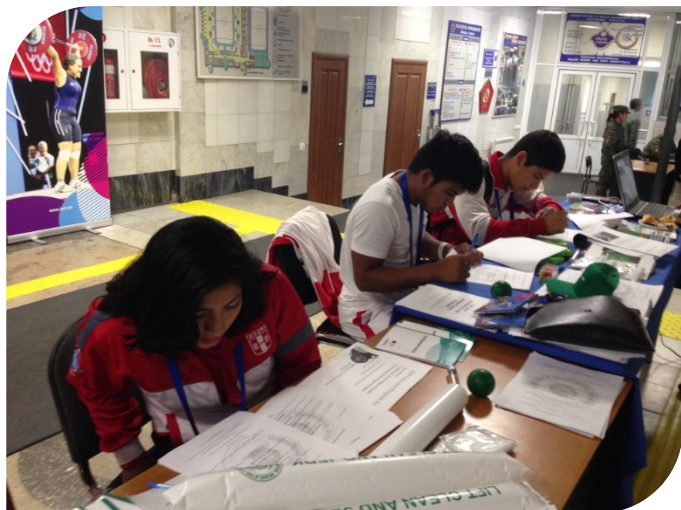
Outreach

In each and every Major Event the IWF sets up its Anti-Doping stand with the slogan “Lift **CLEAN** and Jerk”



In cooperation with WADA, NADOs, RADOs and NFs the IWF launched the Athlete's Outreach Program years ago and proudly reports that this educational program has highly increased and started to serve also as a joint mission with other anti-doping community stakeholders.

Just to present some statistical data:



During the 2014 Junior World Championships in Kazan, 124 out of the total of 244 competitors plus 58 coaches = 182 participants tried to do the test and filled the questionnaires.

During the 2014 IWF World Championships 679 Persons (Athletes and Athlete Support Personnel) participated in the special QUIZ which contains all the relevant information regarding the doping control, the Athletes' rights and responsibilities, TUE,

etc.

The quizzes are available in several languages and usually with the cooperation of the local NADOs the anti-doping information is also accessible in the host country's language.

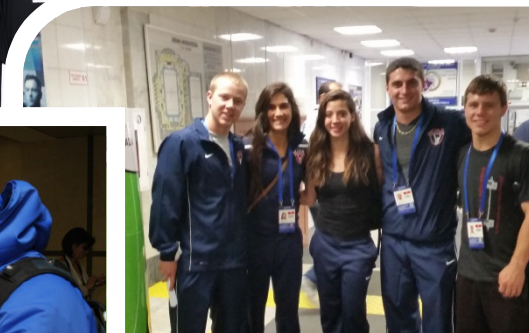
The IWF offers the opportunity for the Athletes and officials to have individual ADAMS education at the stand. It can be organised for groups as well as upon request.



The IWF implemented several new guidelines in order to help the Athletes in understanding the complex Rules of the Anti-Doping. At the stand the Athletes can receive proper guidance regarding the respective Rules and Regulations.



The IWF is fully committed to protecting the integrity of weightlifting and we can proudly declare that 2014 was a momentous time for the advancement of our anti-doping efforts.





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