

Frequently Asked Questions

1. **Q.: In case I am suspended, can I participate at an IWF Event or can I train with the national team during the suspension period?**

A.: No. Please note that no Athlete or other Person who has been declared ineligible may participate in any capacity in a Competition or activity other than authorized anti-doping education or rehabilitation programs.

/IWF Anti-Doping Policy: 10.11.1./

2. **Q.: How long before the end of suspension can I resume training?**

A.: An athlete may start training again with a team or by using the facilities of a club or other member organization of IWF's member organization during the shorter of:

- a. the last two months of the Athlete's ineligibility, or
- b. the last quarter of the period of ineligibility imposed.

E.g.: In case of a 2 year suspension, an Athlete can return to train two months before the end date of suspension, for the last quarter of his/her ineligibility period would mean a longer period of time (6 months).

/IWF Anti-Doping Policy: 10.11.2./

3. **Q.: What happens if I retire and later on I decide to come back to compete?**

A.: You have to notify the IWF and you have to provide your whereabouts information for a period of 6 months before your first Competition.

/IWF Anti-Doping Policy 5.7.1/

4. **Q.: What happens if I retire during or before the results management process?**

A.: In case an Athlete or other Person retires during the results management process, IWF retains its jurisdiction to complete the results management process, which means **the process will still be concluded**.

However, if an Athlete or other Person retires before the results management process begins and IWF had the results management authority for the case at the time the anti-doping violation was committed, the IWF has the authority to conduct the results management process.

/IWF Anti-Doping Policy 7.12/

5. **Q.: In case I retire before the end of my ineligibility and later I seek reinstatement when will I be eligible to compete?**

- A.:** You have to notify the IWF and then you have to provide your whereabouts for
- a. 6 months, or
 - b. if it is longer, for the period of ineligibility remaining as of the date you retired!

/IWF Anti-Doping Policy: 5.7.2./

6. Q.: What kind of side-effects can doping have on me?

A.: Depends on the substance but generally speaking doping can cause serious damage to your body.

E.g General side effects of anabolic agents are as follows.

- Psychological dependence
- Increased aggression
- Mood swing
- Depression
- Increased risk of liver disease
- Increased risk of cardiovascular disease
- High blood pressure
- Acne
- Baldness
- Increased risk of tendinitis & tendon rupture
- particular side effects in Female:
 - Deepening of voice
 - Excessive hair growth on face & body
 - Abnormal menstrual cycles
 - Shrinking Breast
 - Enlarged clitoris
- particular side effects in Male:
 - Shrinking testicles
 - Sexual side effects (reduced sperm production, impotence, libido disorders, infertility)
 - Breast growth

7. Q.: Am I allowed to take medications?

A.: In case you are in need of taking medications, you have to apply for a Therapeutic Use Exemption (TUE). In general, a TUE is required for all prohibited substances and methods ([see WADA's Prohibited List](#)), however the requirements vary depending on your competition status. For a thorough review please check the [IWF's guidelines regarding TUE](#). You can also download the TUE application form through the link above.

8. Q.: To whom and when do I have to submit my application?

A.: In case you are a national level Athlete, you have to send your application to your NADO. However TUE applications of international level Athletes are to be submitted to the IWF. Please find the definitions of National and International Level Athlete in Appendix 1 of the IWF Anti-Doping Policy. According to Article 4.4.4 of the Anti-Doping Policy “an application to IWF for grant of a TUE should be made as soon as

the need arises. For substances prohibited In-Competition only, the Athlete should apply for a TUE at least 30 days before the Athlete's next Competition unless it is an emergency or exceptional situation".

9. Q.: Can I apply for a TUE after I started to take the medication?

A.: In certain cases, it is possible to apply for a retroactive TUE.

An Athlete may be granted a retroactive approval in the following cases:

- Emergency treatment or treatment of an acute medical condition was necessary;
- Due to exceptional circumstances, there was insufficient time or opportunity for the Athlete to submit or for the TUE Panel to consider and application for the TUE prior to the sample collection;
- The applicable rules required the athlete or permitted the Athlete to apply for a retroactive TUE;
- It is agreed by WADA and by the Anti-Doping Organization to whom the application for a retroactive TUE is or would be made that fairness requires the grant of a TUE.

Also, in case the IWF chooses to test an Athlete who is not an International-level or a National-level Athlete, IWF shall permit that Athlete to apply for a retroactive TUE for any Prohibited Substance or Prohibited Method he/she is using for therapeutic reasons.

/Articles 4.4.3 and 4.4.4 of the IWF Anti-Doping Policy/

10. Q.: What is a testing pool? How do I find out whether I am in one of them?

A.: A testing pool is a pool of athletes identified as national or international caliber athletes. IWF has an [IRTP list](#) where the Athletes included are namely displayed. However all Athletes wishing to compete at an IWF shall start providing their whereabouts in ADAMS two months before the competition.

11. Q.: Why was my TUE application returned to me? Does it mean it was denied?

A.: Applications are often returned because they are not complete, or because a TUE is not required. A returned application should not be interpreted as a denial of your TUE. If your application is formally denied, you will receive specific notification of this. If your application has been returned to you because it is incomplete, you are encouraged to resubmit it with new information.

12. Q.: My doctor prescribed a medication for me for emergency use. What should I do?

A.: If you are prescribed a prohibited substance for an emergency, you should file an emergency TUE. The process is essentially the same – you should download the relevant forms from [the IWF website](#) and submit them as a matter of urgency. Make

sure to write EMERGENCY TUE at the top of the form so that we know to expedite processing. It is understood that in some instances not all medical information can be obtained quickly. You should make your best effort to submit a medical file that is as complete as possible, and submit the TUE application as soon as practicable.

13. Q.: I am not sure if the event in which I am competing is an IWF Event or simply international. How do I find out?

A.: IWF Events are marked in the [IWF Calendar](#) with the IWF logo..

/Article 5.1.1. of the IWF Technical and Competition Rules/

14. Q.: Can my coach be sanctioned if he/she gives me prohibited substances?

A.: Yes, a coach can be held liable for such action. For more information regarding Anti-Doping rule violations please see Article 2.0 of the IWF Anti-Doping Policy. It is also important to note that pursuant to Article 2.2.1., it is each Athlete's personal duty to ensure that no Prohibited Substance enters his or her body.

15. Q.: Who is authorised to conduct testing?

A.: WADA, IWF, National Doping-Control Authorities depending on their regulation and Major Event Organizers.

/WADA Code Art. 20.7.8., IWF Anti-Doping Policy 5.2/

16. Q.: If I have any questions regarding doping or the sanctions and the legal procedures can I contact the IWF? If yes, where and how?

A.: Yes, we are happy to answer your questions. You can contact us via iwf@iwfnet.net .

17. Q.: Why is there an A and a B sample too?

A.: The practice of B sample collection has been established for the Athletes' best interest, to ensure that testing remains effective even in case of any doubt concerning the A sample result. If the A sample tests positive but then the analysis of the B sample does not confirm its findings, there is no anti-doping rule violation.

/WADA Code 7.9.2/

18. Q.: Is it safe to take supplements?

A.: It is not. You can find information regarding nutritional supplements [on WADA's website](#) and on the site of [IWF's Medical Committee](#).

19. Q.: Is it okay to ask for a third person to provide my whereabouts in ADAMS?

A.: You can give the mandate to someone to provide the whereabouts on your behalf but be careful because you are ultimately responsible for your w/a information and you have to take care about the last minute changes as well.

It shall not be a defence to an allegation of a Missed Test or Filing Failure that the Athlete delegated Responsibility for filing his whereabouts information for the relevant period to a third party and that third party failed to file the correct information.

20. Q.: Is there any difference between in and out of competition testing?

A.: The testing procedures are the same in both cases. However, the list of prohibited substances for in and for out of competition periods is not the same, therefore the type of analysis also alters accordingly.

Please see [the list of prohibited substances](#) on WADA's website.

21. Q.: Whom does IWF has testing authority for?

A.: The IWF has testing authority over all Athletes specified in the Scope of its Anti-Doping rules:

"1. all Athletes and Athlete Support Personnel who are members of any Member Federation, or of any member or affiliate organization of any Member Federation (including any clubs, teams, associations or leagues);
2. all Athletes and Athlete Support Personnel participating in such capacity in Events, Competitions and other activities organized, convened, authorized or recognized by IWF, or any Member Federation, or any member or affiliate organization of any Member Federation (including any clubs, teams, associations or leagues), wherever held;
3. any other Athlete or Athlete Support Personnel or other Person who, by virtue of an accreditation, or other contractual arrangement, or otherwise, is subject to the jurisdiction of IWF, or of any Member Federation, or of any member or affiliate organization of any Member Federation (including any clubs, teams, associations or leagues), for purposes of anti-doping; and
4. Athletes who are not regular members of IWF or of one of its Member Federations but who want to be eligible to compete in a particular IWF Event. IWF may include such Athletes in its Registered Testing Pool so that they are required to provide information about their whereabouts for purposes of Testing under these Anti-Doping Rules for at least two months prior to the IWF Event in question."

22. Q.: What is the World Anti-Doping Code?

A.: The World Anti-Doping Code is the core document that provides a framework globally for the anti-doping policies, rules and regulations within sport organizations and among public authorities. It was developed and is carried out by the World Anti-Doping Agency (WADA), which is the international independent organization responsible for monitoring the Code and its signatories. The Code is the first document to harmonize regulations regarding anti-doping matters across all sports and countries of the world. The Code works in conjunction with five international standards including:

- The Prohibited List
- The International Standard for Testing & Investigations
- The International Standard for Therapeutic Use Exemptions
- The International Standard for Laboratories
- The International Standard for Protection of Privacy and Public Information

23. Q.: Can I be tested during suspension?

A. Yes. According to Article 5.2 of the WADA Code *“Any Athlete may be required to provide Sample at any time and at any place by an Anti-Doping Organization with Testing authority over him or her.”*

24. Q.: How often do I need to submit my whereabouts?

A.: As long as an Athlete is enrolled in the International Registered Testing Pool (IRTP), he or she must submit his/her Whereabouts on a quarterly basis. In order to enter an IWF Event, the Athletes who are not listed in the IWF’s Registered Testing Pool shall register to the ADAMS system and submit proper whereabouts information at least 2 months before the IWF Event in question /5.6.4 of the IWF Anti-Doping Policy/. For more detailed information, please click [here](#).

25. Q.: Can a missed test decision be reviewed?

A.: Upon the IWF’s notification of a missed test, the Athlete is given the possibility to provide the IWF with a satisfactory explanation convincing that there was no missed test. If there is no explanation or after the explanation the IWF still upholds its decision, the Athlete can ask for an administrative review.

26. Q.: Who determines the list of prohibited substances and methods?

A.: The World Anti-Doping Agency has a committee (List Committee), comprised of experts from around the world, that determines the list of prohibited substances and methods, with consideration of input from all interested stakeholders internationally. All signatories to the WADA Code follow the WADA Prohibited List.

27. Q.: How does the substance/method get included on the list?

A.: A substance or method will be considered for the WADA Prohibited List if the substance or method meets two of the following three criteria:

1. Medical or other scientific evidence, pharmacological effect or experience that the substance/method has the potential to enhance sports performance.
2. Medical or other scientific evidence, pharmacological effect or experience that the use of the substance/method represents an actual or potential health risk to the athlete.
3. WADA's determination that the use of the substance/method violates the spirit of sport.

28. Q.: How is an athlete informed of an Adverse Analytical Finding, from a laboratory, or other potential anti-doping rules violation?

A.: After receiving the analytical report from the laboratory of an Adverse Analytical Finding or IWF notifies the Member Federation along with the Athlete, WADA and the relevant NADO. In a situation in which the 'A' sample has returned a positive result, the athlete will have the opportunity to be present for the 'B' sample opening.

29. Q.: What rules apply to the hearing process?

A.: The relevant regulations are to be found in Article 8 of the IWF's Anti-Doping Policy.

30. Q.: Does the period of provisional suspension get included in the period of ineligibility?

A.: Yes. Normally, the duration of provisional suspension counts in the duration of ineligibility- this means the period starting from the notification about the Adverse Analytical Finding sent from the IWF to the Athlete. In case an Athlete admits the anti-doping rule violation in time (before he/she competes again), the starting date of the ineligibility is the date of the sample collection or the date on which another anti-doping rule violation last occurred.