



## DOPING, THE ROAD TO NOWHERE

Bodybuilding is both Sport & Healthy Lifestyle.

Bodybuilding principles are based on the combination of proper nutrition and regular weight training; applied to achieve physical athletic excellence. Bodybuilding is therefore a sport clearly linked with health; being by itself one of the most effective techniques used in anti-aging therapies.

We strongly believe in the close link between sport and health; therefore, we are, by nature, against the use of drugs that can harm the health of our athletes, or affect their quality of life and longevity. Doping is a road to nowhere.

The IFBB has conducted doping controls regularly since 1986; when our Founder, the late Ben Weider, introduced it with the cooperation of Special Advisors, such as the late Prof. Dr. Manfred Donike, from the IOC Medical Commission, and currently, Prof. Dr. Eduardo de Rose.

In 1999, I was honored to attend the WADA Foundation Congress in Lausanne, Switzerland, representing the IFBB.

By its principles, the IFBB is strongly committed to the fight against drugs, because:

- Doping is against our principles of healthy lifestyle
- Doping is against the ethics and laws in sport

Doping is not only a problem for sport; it is a problem for society in the XXI Century.

The IFBB is a Signatory to the WADA Code and has established a fight against the use of doping in different areas.

1. Elaboration and following specific anti-doping control programs, since 1986
2. Educating the athletes and National Federations through conferences and brochures
3. Teaching and encouraging our National Federation members to incorporate active anti-doping programs at the national level



Very soon, following the directions of the 2009 WADA Code and the updated IFBB Anti Doping Rules, we will establish the out-of-competition controls implementing the ADAMS Program (more information about the ADAMS Program is contained in this book).

The goal of this booklet is to provide basic guidelines to athletes, officials and National Federations regarding the most usual concepts applied in the anti-doping procedures, regulations applied to them, and details in the performance of the collection of doping control samples.

The purpose is to provide information that can be amplified through the detailed and necessary study of the IFBB Anti-Doping Code.

We recommend the careful review of this book as a prior step in the study of the IFBB Anti-Doping Code document.

I wish to thank Mauricio Arruda and Tony Blinn for their efficient work achieved in the preparation of this pocket guide. Special thanks to our Medical Commission, Chairman Dr. Bob Goldman, Prof. Dr. Friedhelm Beuker, to IFBB Special Medical Adviser Prof. Dr. Eduardo de Rose, Pamela Kagan, Axel Bauer and the members of the Anti-Doping Commission and to all of the IFBB officials through their daily contributions, coordinating and implementing our anti-doping programs; serve our mission to promote clean sport and healthy lifestyle.

Yours in sport,

Rafael Santonja  
IFBB President



## IFBB POCKET GUIDE FOR DOPING CONTROL

### CHAPTER I – DEFINITIONS

#### THE WORLD ANTI-DOPING AGENCY (WADA)

On 4 February 1999, a Lausanne declaration on Doping in Sport was presented to the IOC and international sport federations that an independent International Anti-Doping Agency should be established and fully operational by the Olympic Games in Sydney 2000. The result of the Lausanne Declaration was the establishment of the World Anti-Doping Agency WADA on 10th of November 1999 to promote and coordinate the fight against doping in sport.

The IFBB was present at the 1999 Foundational Meeting in Lausanne.

Composed and funded equally by the sports movement and governments of the world, WADA coordinated the development and implementation of the World Anti-Doping Code (Code), the document harmonizing anti-doping policies in all sports and all countries.

WADA is a Swiss private law Foundation. Its base is in Lausanne, Switzerland, and its headquarters are in Montreal, Canada.

WADA works towards a vision of the world that values and fosters doping free sport. WADA's motto is "Play True".

#### THE WORLD ANTI-DOPING CODE (CODE)

The Code is the core document that provides the framework for harmonized anti-doping policies, rules, and regulations within sport organizations and among public authorities.

The Code works in conjunction with four International Standards aimed at bringing harmonization among anti-doping organizations in various areas: testing, laboratories, therapeutic use exemptions (TUEs) and the List of Prohibited Substances and Methods.



The Code and the International Standards entered into force on January 1st, 2004.

The purposes of the World Anti-Doping Program and the Code are:

- To protect the Athletes' fundamental right to participate in doping-free sport and thus promote health, fairness and equality for Athletes worldwide; and
- To ensure harmonized, coordinated and effective anti-doping programs at the international and national level with regard to detection, deterrence and prevention of doping.

O January 1st, 2009 a new version of the World Anti-Doping Code will come into force.

### THE UNESCO CONVENTION

On October 19, 2005, it was adopted the first International Convention against Doping in Sport by the General Conference of UNESCO, at its plenary session.

The adoption of the Convention by UNESCO was a strong signal of the commitment of the governments of the world to the fight against doping in sport.

Before the UNESCO Convention Against Doping in Sport, many governments could not be legally bound by a non-governmental document such as the World Anti-Doping Code, the document harmonizing regulations regarding anti-doping in all sports and all countries of the world. Governments accordingly drafted the International Convention under the auspices of UNESCO, enabling them to align their domestic legislation with the Code and thereby harmonizing the sport and public legislation in the fight against doping in sport.

The Convention is now available for UNESCO member states to ratify according to their respective constitutional jurisdictions. Under UNESCO procedures for this Convention, thirty countries must ratify it in order for it to become effective.



Some 192 countries have signed the Copenhagen Declaration on Anti-Doping in Sport, the political document through which governments show their intention to implement the World Anti-Doping Code through ratification of the UNESCO Convention. More than 570 sports organizations have already adopted the World Anti-Doping Code.

Below is the list of Governments that have already deposited their instrument of ratification, acceptance, approval, or accession for the UNESCO International Convention against Doping in Sports.

### AFRICA

Algeria, Burundi, Cameroon, Cap Verde, Côte d'Ivoire, Egypt, Eritrea, Ethiopia, Gabon, Ghana, Libyan Arab Jamahiriya, Mali, Mauritius, Mozambique, Namibia, Niger, Nigeria, Senegal, Seychelles, South Africa, Tunisia

### AMERICAS\*

Argentina, Bahamas, Barbados, Bolivia, Brazil, Canada, Cuba, Ecuador, El Salvador, Guatemala, Jamaica, Mexico, Panama, Peru, Saint Lucia, Saint Kitts and Nevis, Trinidad and Tobago, United States of America, Uruguay

### ASIA

Bangladesh, Brunei Darusalaam, Cambodia, China, India, Indonesia, Japan, Kuwait, Malaysia, Mongolia, Oman, Pakistan, Qatar, Republic of Korea, Saudi Arabia, Singapore, Thailand

### EUROPE

Albania, Austria, Azerbaijan, Belgium, Bulgaria, Croatia, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Monaco, The Netherlands\*, Norway, Poland, Portugal, Republic of Moldova, Romania, Russian Federation, Slovakia, Slovenia, Spain, Sweden, Ukraine, United Kingdom\*\* of Great Britain and Northern Ireland



## OCEANIA

Australia, Cook Islands, Nauru, New Zealand, Samoa

\*On July 11, 2008, the Netherlands notified UNESCO that the Convention was extended to Aruba.

\*\* When the United Kingdom ratified, it was extended to Bailiwick of Jersey Guernsey and Alderney, Isle of Man, Bermuda Cayman Islands Falkland Islands.

**Note:** Last updated 12 September 2008 (for updated list please go to: <http://www.wada-ama.org/en/dynamic.ch2?pageCategory.id=484> )

## THE IFBB ANTI-DOPING RULES

The International Federation of Bodybuilding and Fitness (IFBB) first implemented doping controls at the Men's World Amateur Bodybuilding Championships in 1986, in Tokyo, Japan, under the guidance of the Olympic Movement Anti-Doping Code.

In subsequent years, controls were conducted at all IFBB world-level events using the IFBB's own Doping Control Policy and Anti-Doping Program [later renamed IFBB Anti-Doping Rules]. At the IFBB International Congress held on November 9, 2003 in Mumbai, India, the IFBB accepted the World Anti-Doping Code (the "Code") and, on November 12, 2003, the IFBB became an official Signatory to the Code.

The Code is implemented through the IFBB Anti-Doping Rules adopted at the IFBB International Congress held on November 27, 2005 in Shanghai, China.

The IFBB Anti-Doping Rules apply to the IFBB, each Affiliated Federation (National, Regional and Continental) of the IFBB, and each participant in the activities of the IFBB or any of its Affiliated Federations by virtue of the participant's membership, accreditation, or participation in the IFBB, its Affiliated Federations, or their activities or events.

In March 04th, 2008, WADA officially confirmed that the IFBB Anti-Doping Rules were in full conformity with the WADA Code.



## IMPORTANT LINKS ON THE INTERNET:

IFBB Anti-doping Rules:

[http://www.ifbb.com/DopingControl/IFBBAntiDopingRules\\_2009Edition.pdf](http://www.ifbb.com/DopingControl/IFBBAntiDopingRules_2009Edition.pdf)

World Anti-doping Code 2009 (English version):

[http://www.wada-ama.org/rtecontent/document/code\\_v2009\\_En.pdf](http://www.wada-ama.org/rtecontent/document/code_v2009_En.pdf)

World Anti-doping Code 2009 (Spanish version):

[http://www.wada-ama.org/rtecontent/document/code\\_v2009\\_Sp.pdf](http://www.wada-ama.org/rtecontent/document/code_v2009_Sp.pdf)

World Anti-doping Code 2009 (German version):

[http://www.wada-ama.org/rtecontent/document/code\\_v2009\\_De.pdf](http://www.wada-ama.org/rtecontent/document/code_v2009_De.pdf)

World Anti-doping Code 2009 (French version):

[http://www.wada-ama.org/rtecontent/document/code\\_v2009\\_Fr.pdf](http://www.wada-ama.org/rtecontent/document/code_v2009_Fr.pdf)

UNESCO – International Convention Against Doping in Sport (English version):

<http://unesdoc.unesco.org/images/0014/001425/142594m.pdf#page=2>

UNESCO – International Convention Against Doping in Sport (Spanish version):

<http://unesdoc.unesco.org/images/0014/001425/142594m.pdf#page=37>

UNESCO – International Convention Against Doping in Sport (French version):

<http://unesdoc.unesco.org/images/0014/001425/142594m.pdf#page=20>

UNESCO – International Convention Against Doping in Sport (Russian version):

<http://unesdoc.unesco.org/images/0014/001425/142594m.pdf#page=56>

UNESCO – International Convention Against Doping in Sport (Arab version):

<http://unesdoc.unesco.org/images/0014/001425/142594m.pdf#page=75>



## CHAPTER II. A QUICK GUIDE TO UNDERSTAND NF'S OBLIGATIONS

The 2009 edition of the World Anti-Doping Code and IFBB Anti-Doping Rules that will come into force on January 1st, 2009 states the following regarding the obligations of the National Federations to be in compliance with WADA and IFBB rules:

### ARTICLE 14 - NATIONAL FEDERATIONS' INCORPORATION OF IF RULES, REPORTING AND RECOGNITION

#### 14.1. INCORPORATION OF IFBB ANTI-DOPING RULES

All National, Regional and Continental Federations shall comply with the IFBB Anti-Doping Rules. The IFBB Anti-Doping Rules shall also be incorporated either directly or by reference into each National, Regional and Continental Federations Rules. All National, Regional and Continental Federations shall include in their regulations the procedural rules necessary to effectively implement the IFBB Anti-Doping Rules. Each National Federation shall obtain the written acknowledgement and agreement, in the form attached as Appendix 1, of all Athletes subject to Doping Control and Athlete Support Personnel for such Athletes. Notwithstanding whether or not the required form has been signed, the Rules of each National Federation shall specifically provide that all Athletes, Athlete Support Personnel and other Persons under the jurisdiction of the National Federation shall be bound by the IFBB Anti-Doping Rules.

#### 14.2. STATISTICAL REPORTING

**14.2.1.** National Federations shall report to IFBB at the end of every year results of all Doping Controls within their jurisdiction sorted by Athlete and identifying each date on which the Athlete was tested, the entity conducting the test, and whether the test was In-Competition or Out-of-Competition. IFBB may periodically publish Testing data received from National Federations as well as comparable data from Testing under IFBB's jurisdiction.



**14.2.2.** IFBB shall publish annually a general statistical report of its Doping Control activities during the calendar year with a copy provided to WADA.

**14.3. DOPING CONTROL INFORMATION CLEARINGHOUSE**

When a National Federation has received an Adverse Analytical Finding on one of its Athletes it shall report the following information to IFBB and WADA within fourteen (14) days of the process described in Article 7.1.2 and 7.1.3 of the World Anti-doping Code: the Athlete's name, country, sport and discipline within the sport, whether the test was In-Competition or Out-of-Competition, the date of Sample collection and the analytical result reported by the laboratory. The National Federation shall also regularly update IFBB and WADA on the status and findings of any review or proceedings conducted pursuant to Article 7 (Results Management), Article 8 (Right to a Fair Hearing) or Article 13 (Appeals) of the World Anti-doping Code, and comparable information shall be provided to IFBB and WADA within 14 days of the notification described in Article 7.1.9, with respect to other violations of these Anti-Doping Rules. In any case in which the period of Ineligibility is eliminated under Article 10.5.1 (No Fault or Negligence) or reduced under Article 10.5.2 (No Significant Fault or Negligence), IFBB and WADA shall be provided with a written reasoned decision explaining the basis for the elimination or reduction. Neither IF nor WADA shall disclose this information beyond those persons within their organisations with a need to know until the National Federation has made public disclosure or has failed to make public disclosure as required in Article 14.4 below.

**14.4. PUBLIC DISCLOSURE**

**14.4.1.** Neither IFBB nor its National Federations shall publicly identify Athletes whose Samples have resulted in Adverse Analytical Findings, or who were alleged to have violated other Articles of these Anti-Doping Rules until it has been determined in a hearing in accordance with Article 8 that an anti-doping rule violation has



occurred, or such hearing has been waived, or the assertion of an anti-doping rule violation has not been timely challenged [or the Athlete has been Provisionally Suspended]. Once a violation of these Anti-Doping Rules has been established, it shall be publicly reported within 20 days. IFBB or its National Federations must also report within 20 days appeal decisions on an anti-doping rule violation. IF or its National Federation shall also, within the time period for publication, send all hearing and appeal decisions to WADA.

**14.4.2.** In any case where it is determined, after a hearing or appeal, that the Athlete or other Person did not commit an anti-doping rule violation, the decision may be disclosed publicly only with the consent of the Athlete or other Person who is the subject of the decision. IFBB or its National Federations shall use reasonable efforts to obtain such consent, and if consent is obtained, shall publicly disclose the decision in its entirety or in such redacted form as the Athlete or other Person may approve.

**14.4.3.** Neither IFBB nor its National Federation or WADA accredited laboratory, or official of either, shall publicly comment on the specific facts of a pending case (as opposed to general description of process and science) except in response to public comments attributed to the Athlete, other Person or their representatives.

**14.5. RECOGNITION OF DECISIONS BY IFBB AND NATIONAL FEDERATIONS**

Any decision of IFBB or a National Federation regarding a violation of these Anti-Doping Rules shall be recognized by all National Federations, which shall take all necessary action to render such results effective.



**APPENDIX I – ACKNOWLEDGMENT AND AGREEMENT**

I the undersigned, as a Member of an IFBB affiliated National Federation and as a participant in an IFBB sanctioned competition or event, do hereby acknowledge and agree:

1. That the IFBB has constitutional power and authority to conduct both In-Competition and Out-of-Competition doping controls.
2. That I am solely responsible to remain current with the IFBB Anti-Doping Rules that are published by the IFBB on its official website [www.ifbb.com](http://www.ifbb.com).
3. That I am solely responsible to remain current with the Prohibited List as published by the World Anti-Doping Agency (WADA) on its official website [www.wada-ama.org](http://www.wada-ama.org); that I may be tested for substances and methods on the Prohibited List.
4. That I will comply with and be bound by all of the provisions of the IFBB Anti-Doping Rules, including but not limited to, all amendments to the Anti-Doping Rules and all International Standards incorporated in the Anti-Doping Rules.
5. That I will cooperate fully with the IFBB, it's Medical Commission and its doping control officials during the doping control procedures; that I will freely and faithfully submit a proper sample of my urine for analysis at a WADA accredited laboratory selected by the IFBB.
6. That the IFBB has constitutional power and authority to impose sanctions for anti-doping rule violations as provided in the IFBB Anti-Doping Rules.
7. That, if found guilty of an anti-doping rule violation, and if I choose to appeal, I agree to exercise my right of appeal pursuant to the IFBB Anti-Doping Rules, to include exhausting all avenues of appeal open to me within the IFBB before I exercise my right of appeal to the Court of Arbitration for Sport (CAS).
8. That the decisions of the arbitral appellate body referenced above shall be final and enforceable, and that I will not bring any claim, arbitration, lawsuit or litigation in any other court or tribunal.

I have read and understand this Acknowledgement and Agreement.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name (First Name, Last Name)

\_\_\_\_\_  
Date of Birth  
(Day/Month/Year)

\_\_\_\_\_  
Signature (or, if a minor, signature of legal guardian)

**Note: if a person is considered a minor or an adult be determined by Spanish law, the law under which the IFBB is construed.**



### CHAPTER III. QUICK GUIDELINE TO DOPING CONTROL PROCEDURES

These Doping Control Procedures, as well as the IFBB Anti-Doping Rules shall apply to the IFBB, each Affiliated Federation<sup>1</sup> of the IFBB, and each participant in the activities of the IFBB or any of its Affiliated Federations by virtue of the participant's membership, accreditation, or participation in the IFBB, its Affiliated Federations, or their activities or events.

<sup>1</sup> "Affiliated Federation" is defined as a National, Regional or Continental Federation that has been duly recognized by the IFBB pursuant to the IFBB Constitution and that has the constitutional power and authority to act as an anti-doping organization.

Each Affiliated Federation must guarantee that all of its Athletes agree to be bound by the IFBB Anti-Doping Rules compiled in accordance with the World Anti-doping Code.

The IFBB and each Affiliated Federation are responsible for applying these Rules to all doping controls over which the IFBB and each Affiliated Federation has jurisdiction.

IFBB Worldwide doping controls must be carried out in accordance with the World Anti-Doping Code and the International Standard for Testing.

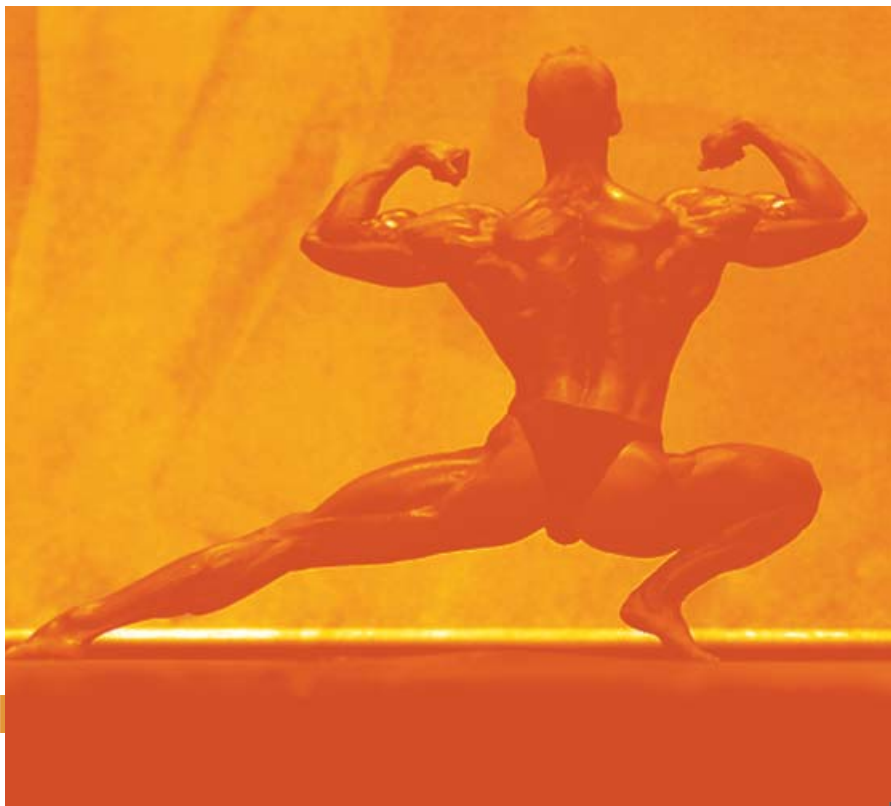
Link to World Anti-Doping Code:

[http://www.wada-ama.org/rtecontent/document/code\\_v2009\\_En.pdf](http://www.wada-ama.org/rtecontent/document/code_v2009_En.pdf)

Link to International Standard for Testing document:

[http://www.wada-ama.org/rtecontent/document/IST\\_En\\_2009.pdf](http://www.wada-ama.org/rtecontent/document/IST_En_2009.pdf)

Athletes who compete at the international and national level may be tested anytime, anywhere. The test can be conducted at a competition or away from a competition situation, such as at an athlete's home or training venue, with no advance notice. Urine and/or blood may be collected. Specially trained and accredited IFBB doping control personnel carry out all tests.



## UNDERSTANDING DOPING CONTROL PROCEDURES

### Athlete Selection

The selection of athletes is based on the requirements of the IFBB or a specific Anti-Doping Organization (ADO). The selection may occur in three ways: random, based on established criteria (e.g. finishing position), or targeted.

### Notification

A Doping Control Officer (DCO) or Chaperone will notify the athlete of his or her selection for doping control. In general, this notification is done in person. The official identification and the authority under which the sample collection is to be conducted are shown to the athlete.

The DCO or Chaperone will inform the athlete of his or her rights and responsibilities, including the right to have a representative present throughout the entire process. The athlete will be asked to sign the form confirming that he or she has been notified for doping control.

### Reporting to the Doping Control Station

The athlete should report to the doping control station as soon as possible after notification, and within the time period specified by the doping control personnel. The DCO may allow the athlete to delay reporting to the doping control station for activities such as a press conference; however the athlete will be accompanied by a DCO or a Chaperone from the time of notification until the completion of the sample collection process.

The athlete will be asked to provide photo identification and be given the opportunity to hydrate. Athletes are responsible for what they decide to drink.

They may drink their own beverage or choose from a selection of sealed, caffeine free, non-alcoholic beverages.



### Selection of Collection Vessel

The athlete is given a choice of individually sealed collection vessels and selects one. The athlete verifies that the equipment is intact and has not been tampered with. The athlete should maintain control of the collection vessel at all times.



### Provision of Sample

Only the athlete and a doping control official of the same gender are permitted in the washroom during the provision of the sample. Minors or athletes with a disability may also have their representative present in the washroom. However this representative is not permitted to view the provision of the sample. The objective here is to ensure that the doping control official is observing the sample provision correctly.



Athletes are required to remove any clothing from the knees to mid-chest and from the hands to the elbows. This provides the doping control official with a direct observation of the urine leaving the athlete's body. These provisions are meant to ensure that it is the athlete's own urine and help prevent possible manipulation of the urine sample.

The Athletes maintain control of their samples at all times during the process, unless assistance is required due to an athlete's disability.

### Volume of Urine

The DCO shall use the relevant laboratory specifications to verify, in full view of the athlete, that the volume of the urine sample satisfies the laboratory's requirements for analysis (90ml). If the amount of urine does not meet the minimum requirements of 90 ml, the athlete will proceed with the Partial Sample Process.



### Selection of the Sample Collection Kit

If the athlete has provided the required volume of urine, the athlete will be given a choice of individually sealed sample collection kits, from which to choose one. The athlete verifies that the equip-



ment is intact and has not been tampered with. The athlete will open the kit and confirm that the sample code numbers on the bottles, the lids and the container all match.



### Splitting the Sample

The athlete splits the sample, pouring the urine him or herself, unless assistance is required due to an athlete's disability. The athlete pours the required volume of urine into the "B" bottle. Then the remaining urine is poured into the "A" bottle. The athlete will be asked to leave a small amount of urine in the collection vessel so the



Doping Control Officer can measure the specific gravity and/or pH of the sample according to the relevant laboratory guidelines.

### Sealing the Samples

The athlete seals the "A" and "B" bottles. The athlete representative and the doping control officer should verify that the bottles are sealed properly.



### Measuring Specific Gravity and/or pH

The DCO measures the specific gravity and/or pH using the residual urine left in the collection vessel. The values are recorded on the doping control form. If the sample does not meet the specific gravity or pH requirements, the athlete may be asked to provide additional samples as required by the Anti-Doping Organization.





### Completion of Doping Control Form

The athlete is asked to provide information about any prescription/non-prescription medications or supplements he or she has taken recently. These medications are recorded on the doping control form. The athlete has the right to note comments and concerns regarding the conduct of the doping control session. The athlete should confirm that all of the information on the doping control form is correct, including the sample code number.

The person who witnessed the passing of the sample, the athlete representative, the Doping Control Officer and the athlete will sign the doping control form at the end of the sample collection process. The athlete is given a copy of the doping control form. The laboratory copy of the doping control form does not contain any information that could identify the athlete.



### The Process when the samples arrive to the Laboratory

Samples are packaged for shipping to ensure that the security of the sample is tracked. The samples are sent to a WADA-accredited laboratory. The laboratory will inspect the samples upon their arrival to ensure there is no evidence of tampering.

The WADA-accredited laboratory will adhere to the International Standard for Laboratories when processing a sample, ensuring the chain of custody is maintained at all times.

The "A" sample will be analyzed for substances on the Prohibited List. The "B" sample is securely stored at the laboratory and may be used to confirm an Adverse Analytical Finding from the "A" sample.

The laboratory will report the results of the sample analysis to the responsible Anti-Doping Organization and WADA.



International Federation  
of BodyBuilding & Fitness

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