

## 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.

According to the Code, "Doping" is defined as the occurrence of one or more Anti-Doping Rule Violations (ADRVs).

### **There are 11 Anti-Doping Rule Violations.**

All 11 apply to athletes and 7 (in blue) apply to Athlete Support Personnel.

#### **1. Presence (a "positive" test)**

It is a potential ADRV if there is presence of a prohibited substance, its metabolites or markers in an athlete's sample.

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**

It is a potential ADRV if an athlete uses or attempts to use a prohibited substance or method

#### **3. Evading, refusing or failing to submit to sample collection**

If an athlete does not go to the Doping Control Station when notified, or they refuse to take a test, or they do not give 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**

A Whereabouts failure can occur when an athlete is not where they say they will be, or they miss a test during their 60-minute time slot, or they don't submit their whereabouts on time, or they submit 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

Occurs when an athlete or Athlete Support Personnel (ASP) interferes 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

An athlete or ASP has a banned substance or banned method in their possession

## 7. Trafficking or attempted trafficking

An athlete or other person hands, transports, sells or attempts to sell a banned substance

## 8. Administering or attempted administration

An athlete or ASP gives or tries to give a banned substance or a method to an athlete

## 9. Complicity or attempted complicity

An athlete or ASP helps or tries to help cover up an ADRV or is involved with 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

An athlete or ASP works with or seeks help or services from an ASP who is serving a period of ineligibility

## 11. Acts by an Athlete or other person to discourage or retaliate against report to authorities

An athlete or ASP discourages or frightens someone from reporting suspected doping, or they seek 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