



# ANTI DOPING ESSENTIALS

IT IS THE ATHLETE'S RESPONSIBILITY TO CHECK THE STATUS  
OF ALL MEDICATIONS AND TO KNOW THE RULES OF HIS/HER SPORT

**WKF- Anti Doping Committee**

<http://www.karateworld.org>

## ANTI-DOPING RULE VIOLATIONS

Athletes or other Persons shall be responsible for knowing what constitutes an anti-doping rule violation and the substances and methods which have been included on the Prohibited List

The following constitute anti-doping rule violations:

- 2.1** Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample
- 2.2** Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method
- 2.3** Refusing or failing without compelling justification to submit to Sample collection after notification as authorized in applicable anti-doping rules, or otherwise evading Sample collection
- 2.4** Violation of applicable requirements regarding Athlete availability for Out-of-Competition Testing, including failure to file required whereabouts information and missed tests which are declared based on rules which comply with the International Standard for Testing. Any combination of three missed tests and/or filing failures within an eighteen-month period as determined by Anti-Doping Organizations with jurisdiction over the Athlete shall constitute an anti-doping rule violation
- 2.5** Tampering or Attempted Tampering with any part of Doping Control
- 2.6** Possession of Prohibited Substances and Prohibited Methods
- 2.7** Trafficking or Attempted Trafficking in any Prohibited Substance or Prohibited Method
- 2.8** Administration or Attempted administration to any Athlete In-Competition of any Prohibited Method or Prohibited Substance, or administration or Attempted administration to any Athlete Out-of-Competition of any Prohibited Method or any Prohibited Substance that is prohibited Out-of-Competition, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any Attempted anti-doping rule violation



THIS LIST IS A SUMMARY AND IS SUBJECT TO CHANGE. CHECK THE WADA OR WKF WEB SITE FOR THE FULL PROHIBITED LIST.

## THE 2009 PROHIBITED LIST

SUBSTANCES AND METHODS PROHIBITED AT ALL TIMES  
(IN- AND OUT-OF-COMPETITION)

### PROHIBITED SUBSTANCE

#### S-1 Anabolic Agents

##### 1. Anabolic Androgenic Steroids (AAS)

- a. Exogenous AAS. such as danazol (17 $\alpha$ -ethynyl-17 $\beta$ -hydroxyandrost-4-eno[2,3-d]isoxazole), gestrinone, methandienone (17 $\beta$ -hydroxy-17 $\alpha$ -methylandrosta-1,4-dien-3-one), methyltestosterone, nandrolone; oxymetholone, stanozolol, 1-testosterone (17 $\beta$ -hydroxy-5 $\alpha$ -androst-1-en-3-one);
- b. **Endogenous AAS** like: androstenediol (androst-5-ene-3 $\beta$ ,17 $\beta$ -diol); androstenedione (androst-4-ene-3 $\beta$ ,17 $\beta$ -dione); dihydrotestosterone (**17 $\beta$ -hydroxy-5 $\alpha$ -androstan-3-one**) prasterone (dehydroepiandrosterone, DHEA); testosterone and the following metabolites and isomers

2. **Other Anabolic Agents, including but not limited to:** Clenbuterol, selective androgen receptor modulators (SARMs), tibolone, zeranol, zilpaterol

#### S2. HORMONES AND RELATED SUBSTANCES

1. Erythropoiesis-Stimulating Agents (**e.g.** erythropoietin (EPO), darbepoietin (dEPO), hematide),
2. Growth Hormone (GH), Insulin-like Growth Factors (**e.g.** **IGF-1**). Mechano Growth Factors (MGFs),
3. Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH) in males.
4. Insulins.
5. Corticotro hors

#### S3. BETA-2 AGONIST such as formoterol, salbutamol, salmeterol and terbutaline

#### S4. HORMONE ANTAGONIST AND MODULATORS

1. Aromatase inhibitors including, but not limited to anastrozole, letrozole, aminoglutethimide, exemestane, formestane, testolactone.
2. Selective estrogen receptor modulators (SERMs) including but not limited to raloxifene, tamoxifen, toremifene.
3. Other anti-estrogenic substances including, but not limited to: clomiphene, cyclofenil, fulvestrant.
4. Agents modifying myostatin function(s) including but not limited to: myostatin inhibitors.

#### S5. DIURETICS AND OTHER MASKING AGENTS

Masking agents include Diuretics. probenecid, plasma expanders (e.g. intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol) and other substances with similar biological effect(s).

**Diuretics include:** Acetazolamide, amiloride, bumetanide, canrenone, chlorthalidone, etacrynic acid, furosemide, indapamide, metolazone, spironolactone, thiazides (e.g. bendroflumethiazide, chlorothiazide, hydrochlorothiazide), tiamterene

## PROHIBITED METHODS

### M-1 ENHANCEMENT OF OXYGEN TRANSFER

- 1 Blood doping including the use of autologous, homologous or heterologous blood or red blood cell products of any origin.
2. Artificially enhancing the uptake, transport or delivery of oxygen, including but not limited to perfluorochemicals, efaproxiral (RSR13) and modified haemoglobin

products (e.g. haemoglobin-based blood substitutes, microencapsulated haemoglobin products).

## **M2 CHEMICAL AND PHYSICAL MANIPULATION**

- 1 *Tampering*. or attempting to tamper, in order to alter the integrity and validity of *Samples* collected during *Doping Controls* is prohibited. These include but are not limited to catheterisation, urine substitution and/or alteration.
2. Intravenous infusions are prohibited except in the management of surgical procedures, medical emergencies or clinical investigations.

## **M3. GENE DOPING**

The transfer of cells or genetic elements or the use of cells, genetic elements or pharmacological agents to modulating expression of endogenous genes having the capacity to enhance athletic performance, is prohibited.

## **SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION**

### **S6. STIMULANTS**

a: Non Specified Stimulants. Adrafinil; amfepramone; amiphenazole; amphetamine; amphetaminil; benzphetamine; benzylpiperazine; bromantan; clobenzorex; cocaine; cropropamide; crotetamide; dimethylamphetamine; etilamphetamine; famprofazone; fencamine; fenetylline; fenfluramine; fenproporex; fufenorex; mafenorex; mephentermine; mesocarb; methamphetamine(D-); methylenedioxyamphetamine; methylenedioxymethamphetamine, methylamphetamine, modafinil; norfenfluramine, phendimetrazine; phenmetrazine; phentermine; 4-phenylpiracetam (carphedon); prolintane. A stimulant not expressly listed in this section is a Specified Substance b: Specified Stimulants (examples): Adrenaline ; cathine ; ephedrine ; etamivan; etilefrine; fenbutrazate; fencamfamin; heptaminol; isomethetene; levmetamphetamine; meclofenoxate; methylephedrine methylphenidate; nikethamide; norfenefrine; octopamine; oxilofrine; parahydroxyamphetamine; pemoline; pentetrazol; phenpromethamine. propylhexedrine; selegiline; sibutramine; strychnine; tuaminoheptane and other substances with a similar chemical structure or similar biological effect(s).

### **S7. NARCOTICS**

Buprenorphine, dextromoramide, diamorphine (heroin), fentanyl and its derivatives, hydromorphone, methadone, morphine, oxycodone, oxymorphone, pentazocine, pethidine

### **S8 CANNABINOIDS**

Cannabinoids (e.g. hashish, marijuana) are prohibited.

### **S9 GLUCOCORTICOSTEROIDS**

All glucocorticosteroids are prohibited when administered by oral, intravenous, intramuscular or rectal routes.

## **SUBSTANCE PROHIBITED IN KARATE**

### **PI. ALCOHOL**

**Alcohol (ethanol) is prohibited In-Competition only, in Karate. Detection will be conducted by analysis of breath and/or blood. The doping violation threshold (hematological values) is 0.10 g/L.**

## **DOPING CONTROL PROCESS**

### **Athlete Selection**

You can be selected for doping control at any time and any place.

### **Notification**

A Doping Control Officer (DCO) or chaperone will notify you of selection for doping control. The DCO or chaperone will inform you of your rights and responsibilities, including the right to have a representative present throughout the entire process. You will be asked to sign a form confirming that you have been notified for doping control. For a minor or an athlete with a disability, a third party may be notified as well.

### **Report to the Doping Control Station**

You should report to the doping control station as soon as possible. The DCO may allow you to delay reporting to the station for activities such as a press conference or the completion of a training session, however you will be accompanied by a DCO or chaperone from the time of notification until the completion of the sample collection process.

### **Selection of Collection Vessel**

You are given a choice of individually sealed collection vessels and you may select one. You should verify that the equipment is intact and has not been tampered with. You should maintain control of the collection vessel at all times.

### **Provision of Sample**

Only you and a DCO of the same gender are permitted in the washroom during the sample provision. Minors and athletes with a disability may also have their representative present, however this representative is not permitted to view the sample provision. The objective is to ensure that the DCO is observing the sample provision correctly.

### **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 requirements for analysis.

### **Selection of the Sample Collection Kit**

You are given a choice of individually sealed sample collection kits from which to choose one. You should verify that the equipment is intact and has not been tampered with. Open the kit and confirm that the sample code numbers on the bottles, the lids, and the container all match.

### **Splitting the Samples**

You split the sample, pouring the urine yourself, unless assistance is required due to disability. Pour the required volume of urine into the "B" bottle; and pour the remaining urine into the "A" bottle. You will be asked to leave a small amount in the collection vessel so that the DCO can measure the specific gravity and/or pH.

### **Sealing the Samples**

You should seal the "A" and "B" bottles. Your representative and the DCO should verify that the bottles are sealed properly.

### **Measuring the Specific gravity and /or pH.**

If your sample does not meet the specific gravity or pH requirements, you may be asked to provide additional samples.

### **Completion of Doping Control Form**

You should provide information on the doping control form about any prescription or non-prescription medication or supplements you have taken recently. You also have the right to note comments on the form regarding the conduct of the doping control session. Be sure to confirm that all of the information is correct, including the sample code number. You should receive a copy of the doping control form. The laboratory copy of the form does not contain any information that could identify you.

### **The Laboratory Process**

Your samples are packaged for shipping to ensure that their security is tracked. They are sent to a WADA-accredited laboratory, which will adhere to the International Standard for Laboratories when processing your samples, ensuring the chain of custody is maintained at all times. Your "A" sample is analyzed. Your "B" sample is securely stored and may be used to confirm an Adverse Analytical Finding from the "A" sample. The laboratory will report the results of your sample analysis to the responsible ADO and WADA.

## RESULT MANAGEMENT

The laboratory that has analyzed your "A" sample will report the results simultaneously to the ADO responsible for results management and WADA. Note that samples analyzed by labs are identified by code numbers and not athlete names.

If there is an Adverse Analytical Finding (AAF) on your "A" sample, the organization responsible for results management will conduct an initial review to verify whether you had a TUE for the substance found in your sample and to make sure that sample collection and analysis was conducted according to procedures. If the initial review does not justify the AAF, you will be notified in writing of the results and your rights regarding the analysis of your "B" sample. At this point, you may be provisionally suspended according to the rules of the ADO. If this is the case, you will be notified accordingly.

If you decide to request a "B" sample analysis, you may attend or choose to send a representative on your behalf.

Should the "B" sample analysis confirm the "A" sample analysis, the ADO responsible for results management will proceed with the results management process including the right to a fair hearing. The hearing will determine whether an anti-doping rule violation has occurred as well as determine what sanctions will be imposed. In the event that the "B" sample analysis does not confirm the "A" sample analysis the test result will be invalidated and no further action **will** be taken. Each ADO may have its own rules regarding the public release of the details regarding sanctions.

The ADO that initiated sample collection is responsible for determining what sanctions will apply to each individual case. As an athlete, you will be given the opportunity to establish a basis for eliminating or reducing the sanction. Sanctions for violating anti-doping regulations may range from a warning to a lifetime ban. For in-competition testing, this will automatically include disqualification of results obtained in that competition and forfeiture of any medals, points, and prizes. All results of any competitions following collection of the sample may also be disqualified. The period of ineligibility may vary depending on the type of anti-doping violation, the circumstances of an individual case, the substance, and the possible repetition of an anti-doping violation.

## APPEAL

As an international athlete, you have the right to appeal any decision regarding a positive test or a sanction imposed on you following an anti-doping rule violation. In general, the organization to which you must file the appeal is the Court of Arbitration for Sport (CAS). If CAS or an appeal tribunal rules otherwise, the initial decision remains in effect while under appeal.

If another party such as an ADO or WADA were to appeal a decision regarding your case, you would still have the right to be heard during proceedings. In such case, the procedure remains the same and you would still have the right to be heard during the proceedings.

## THERAPEUTIC USE EXEMPTION TUE

Athletes, like all others, may at times experience a medical condition that requires using particular medicines. The substances that an athlete may be required to take to treat a condition could fall under the List. However, by applying and obtaining a therapeutic use exemption (TUE) in advance from the WKF or National Anti-doping Organization (NADO), an athlete may be allowed to take **the** necessary medicine.

The TUE will be taken into consideration if the substance is detected in the athlete's sample, and **it** will protect the athlete from sanctions if the medical justification is confirmed. Athletes who need to apply for a TUE should request information about the TUE application process-international level athletes should ask WKF and national level athletes should ask their NADO.

## WHEREABOUT INFORMATION

An athlete identified in the registered testing pool by his/her ADO **is** required to provide accurate and current whereabouts information. This information is usually required on a quarterly basis, although ADOs may have specific requirements, and updates are required if the athlete's plans change. Whereabouts information may include details such as home address, work schedule, training venues and schedule, and competition schedule anything which will help a Doping Control Officer (DCO) find the athlete on any given day. International or national level athletes identified in a registered testing pool are responsible under the Code for providing whereabouts information to their ADO. Failure to do so in accordance with ADO anti-doping regulations may be considered an anti-doping rule violation and may result in a sanction.

## NUTRITIONAL SUPPLEMENTS

**Extreme caution is recommended regarding supplement use. It is WADA's position that a good diet is of utmost importance to athletes.** The use of dietary supplements by athletes is a concern because in many countries the manufacturing and labeling of supplements may not follow strict rules, which may lead to a supplement containing an undeclared substance that is prohibited under anti-doping regulations. A significant number of positive tests have been attributed to the misuse of supplements, and taking a poorly labeled dietary supplement is not an adequate defense in a doping hearing.

**Nutritional supplements may contain prohibited substances. Since anti-doping rules make the presence of a prohibited substance in an athlete's urine a doping offense regardless of how the substance got there, any athlete who takes a dietary supplement does so at his or her own risk of a positive test and a doping violation.**