

PURPOSE, SCOPE AND ORGANIZATION OF THE WORLD ANTI-DOPING PROGRAM AND THE CODE

Obiettivi del World Anti-Doping Code (codice mondiale anti-doping) e del World Anti-Doping Program che lo sostiene sono:

- Proteggere gli atleti e il loro diritto fondamentale di partecipare a competizioni prove di doping e quindi di promuovere con lo sport la salute, la lealtà e la correttezza
- assicurare l'esistenza di programmi anti-doping a livello nazionale ed internazionale che siano armonizzati tra loro, coordinati ed efficaci in termini di capacità di rilevamento, di prevenzione e di valore deterrente

Lo spirito dello sport

Per combattere il fenomeno del doping promuovendo **lo spirito dello sport**, viene richiesto a ciascuna organizzazione anti-doping di sviluppare efficaci programmi educativi per gli atleti (particolarmente quelli giovani) e per il personale di appoggio agli atleti

Lo spirito dello sport

Ethics, fair play and honesty

- Health
- Excellence in performance
- Character and education
- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and other Participants
- Courage
- Community and solidarity

CODE WADA 2009

1.PART ONE: DOPING CONTROL

2.PART 2: EDUCATION AND RESEARCH

3.PART 3: ROLES AND RESPONSABILITIES

**4.PART 4: ACCEPTANCE, COMPLIANCE, MODIFICATION AND
INTERPRETATION**

CODE WADA 2009

PART ONE: DOPING CONTROL

Part One of the Code sets forth specific anti-doping rules and principles that are to be followed by organizations responsible for adopting, implementing or enforcing antidoping rules within their authority, e.g., the International Olympic Committee, International Paralympic Committee, International Federations, Major Event Organizations, and National Anti-Doping Organizations. All such organizations are collectively referred to as Anti-Doping Organizations

ARTICLE 1: DEFINITION OF DOPING (violazione di 1 o più commi dell'art 2)

ARTICLE 2: 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
- 2.4 VIOLATION APPLICABLE REQUIREMENTS REGARDING ATHLETE AVAILABILITY FOR OUT-OF-COMPETITION TESTING
- 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

ARTICLE 3: PROOF OF DOPING

- 3.1 BURDENS AND STANDARDS OF PROOF
- 3.2 METHODS OF ESTABLISHING FACTS AND PRESUMPTIONS

ARTICLE 4: THE PROHIBITED LIST

- 4.1 PUBLICATION AND REVISION OF THE PROHIBITED LIST
- 4.2 PROHIBITED SUBSTANCES AND PROHIBITED METHODS IDENTIFIED ON THE PROHIBITED LIST
- 4.3 CRITERIA FOR INCLUDING SUBSTANCES AND METHODS ON THE PROHIBITED LIST
- 4.4 THERAPEUTIC USE
- 4.5 MONITORING PROGRAM

ARTICLE 5: TESTING

- 5.1 TEST DISTRIBUTION PLANNING
- 5.2 STANDARDS FOR TESTING
- 5.3 RETIRED ATHLETES RETURNING TO COMPETITION

ARTICLE 6: ANALYSIS OF SAMPLES

- 6.1 USE OF APPROVED LABORATORIES
- 6.2 PURPOSE OF COLLECTION AND ANALYSIS OF SAMPLES
- 6.3 RESEARCH ON SAMPLES
- 6.4 STANDARDS FOR SAMPLE ANALYSIS AND REPORTING
- 6.5 RETESTING SAMPLES

ARTICLE 7: RESULTS MANAGEMENT

- 7.1 INITIAL REVIEW REGARDING ADVERSE ANALYTICAL FINDINGS.
- 7.2 NOTIFICATION AFTER INITIAL REVIEW REGARDING ADVERSE ANALYTICAL FINDINGS
- 7.3 REVIEW OF ATYPICAL FINDINGS
- 7.4 REVIEW OF OTHER ANTI-DOPING RULE VIOLATIONS NOT COVERED BY ARTICLES 7.1–7.3
- 7.5 PRINCIPLES APPLICABLE TO PROVISIONAL SUSPENSIONS
- 7.6 RETIREMENT FROM SPORT

ARTICLE 8: RIGHT TO A FAIR HEARING

- 8.1 FAIR HEARINGS
- 8.2 EVENT HEARINGS
- 8.3 WAIVER OF HEARING

ARTICLE 9: AUTOMATIC DISQUALIFICATION OF INDIVIDUAL RESULTS

ARTICLE 10: SANCTIONS ON INDIVIDUALS

- 10.1 DISQUALIFICATION OF RESULTS IN EVENT DURING WHICH AN ANTI-DOPING RULE VIOLATION OCCURS
- 10.2 INELIGIBILITY FOR PRESENCE, USE OR ATTEMPTED USE, OR POSSESSION OF PROHIBITED SUBSTANCES AND PROHIBITED METHODS
- 10.3 INELIGIBILITY FOR OTHER ANTI-DOPING RULE VIOLATIONS
- 10.4 ELIMINATION OR REDUCTION OF THE PERIOD OF INELIGIBILITY FOR SPECIFIED SUBSTANCES UNDER SPECIFIC CIRCUMSTANCES
- 10.5 ELIMINATION OR REDUCTION OF PERIOD OF INELIGIBILITY BASED ON EXCEPTIONAL CIRCUMSTANCES
- 10.6 AGGRAVATING CIRCUMSTANCES WHICH MAY INCREASE THE PERIOD OF INELIGIBILITY
- 10.7 MULTIPLE VIOLATIONS
- 10.8 DISQUALIFICATION OF RESULTS IN COMPETITIONS SUBSEQUENT TO SAMPLE COLLECTION OR COMMISSION OF AN ANTI-DOPING RULE VIOLATION

- 10.9 COMMENCEMENT OF INELIGIBILITY PERIOD
- 10.10 STATUS DURING INELIGIBILITY
- 10.11 REINSTATEMENT TESTING
- 10.12 IMPOSITION OF FINANCIAL SANCTIONS

ARTICLE 11: CONSEQUENCES TO TEAMS

- 11.1 TESTING OF TEAM SPORTS
- 11.2 CONSEQUENCES FOR TEAM SPORTS
- 11.3 EVENT RULING BODY MAY ESTABLISH STRICTER CONSEQUENCES FOR TEAM SPORTS

ARTICLE 12: SANCTIONS AGAINST SPORTING BODIES

ARTICLE 13: APPEALS

- 13.1 DECISIONS SUBJECT TO APPEAL
- 13.2 APPEALS FROM DECISIONS REGARDING ANTI-DOPING RULE VIOLATIONS, CONSEQUENCES, AND PROVISIONAL SUSPENSIONS
- 13.3 FAILURE TO RENDER A TIMELY DECISION BY AN ANTI-DOPING ORGANIZATION
- 13.4 APPEALS FROM DECISIONS GRANTING OR DENYING A THERAPEUTIC USE EXEMPTION
- 13.5 APPEALS FROM DECISIONS UNDER PART THREE AND PART FOUR OF THE CODE
- 13.6 APPEALS FROM DECISIONS SUSPENDING OR REVOKING LABORATORY ACCREDITATION

ARTICLE 14: CONFIDENTIALITY AND REPORTING

- 14.1 INFORMATION CONCERNING ADVERSE ANALYTICAL FINDINGS, ATYPICAL FINDINGS, AND OTHER POTENTIAL ANTI-DOPING RULE VIOLATIONS
- 14.2 PUBLIC DISCLOSURE
- 14.3 ATHLETE WHEREABOUTS INFORMATION
- 14.4 STATISTICAL REPORTING
- 14.5 DOPING CONTROL INFORMATION CLEARINGHOUSE
- 14.6 DATA PRIVACY

ARTICLE 15: CLARIFICATION OF DOPING CONTROL RESPONSIBILITIES

- 15.1 EVENT TESTING
- 15.2 OUT-OF-COMPETITION TESTING
- 15.3 RESULTS MANAGEMENT, HEARINGS AND SANCTIONS
- 15.4 MUTUAL RECOGNITION

ARTICLE 16: DOPING CONTROL FOR ANIMALS COMPETING IN SPORT

ARTICLE 17: STATUTE OF LIMITATIONS

PART 2: EDUCATION AND RESEARCH

ARTICLE 18: EDUCATION

- 18.1 BASIC PRINCIPLE AND PRIMARY GOAL
- 18.2 PROGRAMS AND ACTIVITIES
- 18.3 PROFESSIONAL CODES OF CONDUCT
- 18.4 COORDINATION AND COOPERATION

ARTICLE 19: RESEARCH

- 19.1 PURPOSE AND AIMS OF ANTI-DOPING RESEARCH
- 19.2 TYPES OF RESEARCH
- 19.3 COORDINATION OF RESEARCH AND SHARING OF RESULTS
- 19.4 RESEARCH PRACTICES
- 19.5 RESEARCH USING PROHIBITED SUBSTANCES AND PROHIBITED METHODS
- 19.6 MISUSE OF RESULTS

PART 3: ROLES AND RESPONSABILITIES

ARTICLE 20: ADDITIONAL ROLES AND RESPONSIBILITIES OF SIGNATORIES

20.1 ROLES AND RESPONSIBILITIES OF THE INTERNATIONAL OLYMPIC COMMITTEE

20.2 ROLES AND RESPONSIBILITIES OF THE INTERNATIONAL PARALYMPIC COMMITTEE

20.3 ROLES AND RESPONSIBILITIES OF INTERNATIONAL FEDERATIONS

20.4 ROLES AND RESPONSIBILITIES OF NATIONAL OLYMPIC COMMITTEES AND NATIONAL PARALYMPIC COMMITTEES

20.5 ROLES AND RESPONSIBILITIES OF NATIONAL ANTI-DOPING ORGANIZATIONS

20.6 ROLES AND RESPONSIBILITIES OF MAJOR EVENT ORGANIZATIONS

20.7 ROLES AND RESPONSIBILITIES OF WADA

ARTICLE 21: ADDITIONAL ROLES AND RESPONSIBILITIES OF ATHLETES AND OTHER PERSONS

21.1 ROLES AND RESPONSIBILITIES OF ATHLETES

21.2 ROLES AND RESPONSIBILITIES OF ATHLETE SUPPORT PERSONNEL

ARTICLE 22: INVOLVEMENT OF GOVERNMENTS

22.1 EACH GOVERNMENT WILL TAKE ALL ACTIONS

AND MEASURES NECESSARY TO COMPLY WITH THE UNESCO CONVENTION

22.2 EACH GOVERNMENT WILL ENCOURAGE ALL OF ITS PUBLIC SERVICES OR AGENCIES TO SHARE INFORMATION WITH ANTI-DOPING ORGANIZATIONS

22.3 EACH GOVERNMENT WILL RESPECT ARBITRATION AS THE PREFERRED MEANS OF RESOLVING DOPING RELATED DISPUTES

22.4 ALL OTHER GOVERNMENTAL INVOLVEMENT WITH ANTI-DOPING WILL BE BROUGHT INTO HARMONY WITH THE CODE

22.5 GOVERNMENTS SHOULD MEET THE EXPECTATIONS OF THIS ARTICLE BY JANUARY 1, 2010

22.6 FAILURE BY A GOVERNMENT TO RATIFY, ACCEPT, APPROVE OR ACCEDE TO THE UNESCO CONVENTION BY JANUARY 1, 2010

PART 4: ACCEPTANCE, COMPLIANCE, MODIFICATION AND INTERPRETATION

ARTICLE 23: ACCEPTANCE, COMPLIANCE AND MODIFICATION

- 23.1 ACCEPTANCE OF THE CODE
- 23.2 IMPLEMENTATION OF THE CODE
- 23.3 COMPLIANCE WITH THE CODE
- 23.4 MONITORING COMPLIANCE WITH THE CODE AND UNESCO CONVENTION
- 23.5 ADDITIONAL CONSEQUENCES OF A SIGNATORY'S NONCOMPLIANCE WITH THE CODE..
- 23.6 MODIFICATION OF THE CODE
- 23.7 WITHDRAWAL OF ACCEPTANCE OF THE CODE

ARTICLE 24: INTERPRETATION OF THE CODE

ARTICLE 25: TRANSITIONAL PROVISIONS

- 25.1 GENERAL APPLICATION OF THE 2009 CODE
- 25.2 NON-RETROACTIVE UNLESS PRINCIPLE OF "LEX MITIOR" APPLIES
- 25.3 APPLICATION TO DECISIONS RENDERED PRIOR TO THE 2009 CODE
- 25.4 APPLICATION TO SPECIFIC PRE-CODE VIOLATIONS
- 25.5 ADDITIONAL CODE AMENDMENTS

What is the Prohibited List?

- The Prohibited List (List) was first published in 1963 under the leadership of the International Olympic Committee. Since 2004, as mandated by the World Anti-Doping Code (Code), WADA is responsible for the preparation and publication of the List.
- The List is a cornerstone of the Code and a key component of harmonization.
- It is an International Standard identifying Substances and Methods prohibited in-competition, out-of-competition, and in particular sports.
- Substances and methods are classified by categories (e.g., steroids, stimulants, gene doping).
- The use of any Prohibited Substance by an athlete for medical reasons is possible by virtue of a [Therapeutic Use Exemption](#).**

How is the List updated?*

- Guidelines for the annual review and consequent publication of the List are outlined in the Code.
- The agreed process for the annual consideration of the List includes three meetings of the **WADA List Committee** with a draft discussion List being published and circulated for consultation in June, following the second meeting.
- The updated List is published by **October 1 and it comes into effect on January 1 the following year.**

What is the role of the WADA List Committee?

- The List Committee (Committee) is a panel of [scientists](#) chosen for their international expertise.
- It is a subgroup of the WADA Health, Medical and Research Committee.
- The Committee meets three times each year.
- The Committee makes recommendations on the contents and revisions to the

THE 2009 PROHIBITED LIST WORLD ANTI-DOPING CODE

Valid 1 January 2009

The use of any drug should be limited to medically justified Indications.

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

S1. ANABOLIC AGENTS

1. Anabolic Androgenic Steroids (AAS)

(A: ENDOGENOUS; B: EXOGENOUS)

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. Corticotrophins;

S3. BETA-2 AGONISTS

S4. HORMONE ANTAGONISTS 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

Diuretics, probenecid, plasma expanders

PROHIBITED METHODS

M1. ENHANCEMENT OF OXYGEN TRANSFER

M2. CHEMICAL AND PHYSICAL MANIPULATION

M3. GENE DOPING

SUBSTANCES AND METHODS PROHIBITED IN- COMPETITION

PROHIBITED SUBSTANCES

S6. STIMULANTS

S7. NARCOTICS

S8. CANNABINOIDS

S9. GLUCOCORTICOSTEROIDS

SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

P1. ALCOHOL

P2. BETA-BLOCKERS

TUE

Vedere file pdf associato

Anti-Doping Administration & Management System (ADAMS)

Cosa è ADAMS ?

- é uno strumento che assiste nell'implementazione di controlli anti-doping. E' in pratica un calendario messo su rete a cui accedono atleti e controllori.

Gli atleti forniscono la propria reperibilità, i laboratori riportano i dati e le autorità coordinano le azioni

ADAMS PER SPORT DI SQUADRA

- ADAMS contiene un modulo per squadre compilato da un responsabile di squadra. Questi inserisce le info dei suoi giocatori relative alla reperibilità
- ADAMS quindi informa il singolo atleta delle info fornite dal responsabile e chiede conferma
- Gli atleti sono responsabili della propria reperibilità e non vi è possibilità di palleggiamento di responsabilità con il responsabile di squadra.

ADAMS: informazioni dall'atleta

Esempio di calendario compilabile on-line

L'atleta indica quando si allena (disponibili per visita a sorpresa di controllo)

← April 2009 →

| Calendar | | Notes & Activities (1) | | WADA Only Activities(0) | | | |
|---|---|---|---|---|---|---|--------------------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> |
| | | | home x 08:00-10:00 x training | home x 08:00-10:00 x training | home x 08:00-10:00 x training | home x 08:00-10:00 x training | <input type="checkbox"/> |
| <input type="checkbox"/> 5 | <input type="checkbox"/> 6 | <input type="checkbox"/> 7 | <input type="checkbox"/> 8 | <input type="checkbox"/> 9 | <input type="checkbox"/> 10 | <input type="checkbox"/> 11 | <input type="checkbox"/> |
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| <input type="checkbox"/> 12 | <input type="checkbox"/> 13 | <input type="checkbox"/> 14 | <input type="checkbox"/> 15 | <input type="checkbox"/> 16 | <input type="checkbox"/> 17 | <input type="checkbox"/> 18 | <input type="checkbox"/> |
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| <input type="checkbox"/> 19 | <input type="checkbox"/> 20 | <input type="checkbox"/> 21 | <input type="checkbox"/> 22 | <input type="checkbox"/> 23 | <input type="checkbox"/> 24 | <input type="checkbox"/> 25 | <input type="checkbox"/> |
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| <input type="checkbox"/> 26 | <input type="checkbox"/> 27 | <input type="checkbox"/> 28 | <input type="checkbox"/> 29 | <input type="checkbox"/> 30 | | | <input type="checkbox"/> |
| home x 08:00-10:00 x training | home x 08:00-10:00 x training | home x 08:00-10:00 x training | home x 08:00-10:00 x training | home x 08:00-10:00 x training | | | <input type="checkbox"/> |

Funzioni principali di ADAMS

Reperibilità degli atleti

Essendo via web, l'atleta può aggiornare da dove vuole; se non ha accesso alla rete, può inviare sms

Strumento cruciale per i controlli a sorpresa

Clearing House

É la "banca dati" in cui i dati sono conservati, in particolare:

Risultati di laboratorio

Autorizzazioni TUE

Violazioni delle norme anti-doping

La banca unica consente a tutte le organizzazioni di avere semplice e rapido accesso a info e rappresenta garanzia di trasparenza

Doping Control Platform

Strumento fondamentale per pianificare, coordinare, ordinare controlli e per la loro gestione. Consente, per esempio, di evitare duplicazioni non volute dei controlli