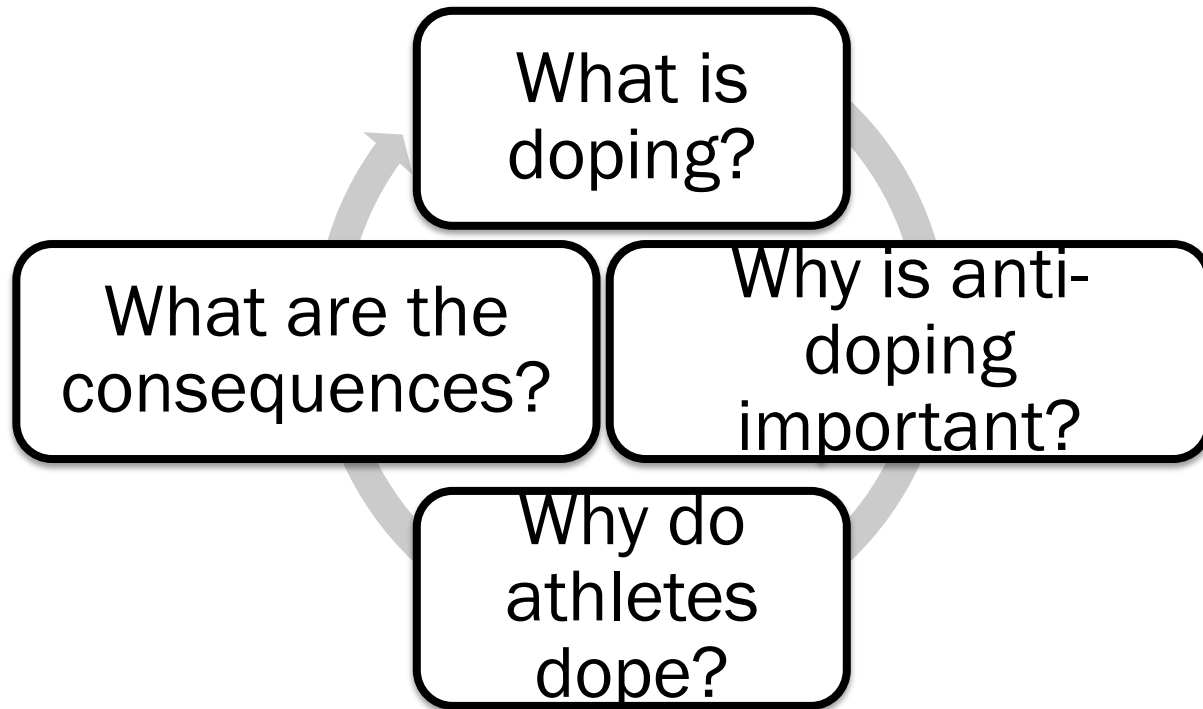


FFA and Anti-Doping 2013/14

Introduction



RULES AND VIOLATIONS

Sanctions

Under the ASADA Act and the NAD scheme, ASADA is authorised to publish information once a decision has been handed down by the relevant tribunal with regard to ASADA's register of findings.

Under the World Anti-Doping Code, ASADA is required to place sanction information on the website for at least one year.

Current sanction table

Name	Sport	ADRV	Substance	Sanction
Isaac Hall	INBA Bodybuilding	Refusal/Failure to comply	N/A	Two-year sanction after athlete returns from retirement Given 30 October 2009
William Morunga	Queensland Rugby League	Presence and use	Cannabis	Lifetime ban From 14 September 2010
Mark Richardson	Surfing	Presence	Metabolite of cannabis	Three-month sanction Already served.
Sam Campbell	Athletics	Presence and use	Cannabis	Three-month sanction Already served
Matthew White	Cycling	2005 Attempted use of prohibited substances – Erythropoietin (EPO), Testosterone, and Insulin Growth Factor 1 (IGF-1) Use of a prohibited method - namely blood doping (autologous blood) 2007 Attempted use of a prohibited	Erythropoietin (EPO) Testosterone Insulin Growth Factor 1 (IGF-1)	Six-month sanction Already served

Eight anti-doping rule violations

1. Presence
2. Use or attempted use
3. Refusing to provide a sample
4. Whereabouts
5. Tampering or attempted tampering
6. Possession
7. Trafficking
8. Administration, attempted administration and complicity

The WADA Prohibited List

Set by the World Anti-Doping Agency

Lists substances and methods which are not allowed in sport

Updated every year

- Changes come into effect **1 January** each year

AT ALL TIMES

SUBSTANCES

Anabolic agents

Hormones & related substances

Beta-2 antagonists

Hormone antagonists & modulators

Diuretics & masking agents

METHODS

Enhancement of oxygen transfer

Chemical or physical manipulation

Gene Doping

IN-COMPETITION

SUBSTANCES

Stimulants

Cannabinoids

Narcotics

Glucocorticosteroids

What Would You Do?

You can feel yourself starting to get a head cold and it's the night before an important match. You go to the chemist and grab some medication off the shelf that will help get rid of the cold.

How much of a risk is this? (0-10)

What could go wrong?

What are your options?



Australian Government
Australian Sports Anti-Doping Authority

Search **GO**



SITE MAP

Home Testing Whereabouts Substances Rules & Violations Education Media About

prohibited
or
 permitted?

2011 Prohibited List released

The World Anti-Doping Agency has released the World Anti-Doping Code 2011 Prohibited List which will come into effect on 1 January 2011.

There are some very important changes that athletes and support personnel need to be aware of.

[FIND OUT MORE](#)

◀ ● ● ● ● ● ▶

Check your substances

Log your Whereabouts

Therapeutic Use Exemptions

Australian Sports Anti-Doping Authority (ASADA)

[Direct access](#) [Our purpose](#)

News

8 NOVEMBER 2010

Prohibited List 2011



Check Your Substances

www.asada.gov.au

13000 ASADA

13000 27232

What would YOU do?

You are training hard in the off season and feel like you need something (legal) to give just a little more energy for those hard workouts. A guy you know says he has a great supplement that will help and he gives you some to sample for yourself.

How much of a risk is this? (0-10)

What could go wrong?

What are your options?

ASADA cannot advise on the status of **supplements:**

Contents may vary from batch to batch; may intentionally or unintentionally contain prohibited substances

Athletes who take supplements are **at risk** of committing an anti-doping rule violation.



Supplement Dangers

- Approximately 40% of ASADA's positive tests in recent years are due to substances in supplements
- Energy drinks and simple vitamins are not immune
- Never purchase or use anything without consulting club
- Significant dangers purchasing online

What Would You Do?

It's thirty minutes before your match and you're going through your preparation routine. Your coach comes past and hands you a pre-mixed sports drink in a water bottle for you to hydrate before the game.

How much of a risk is this? (0-10)

What could go wrong?

What are your options in this situation?

Strict liability principle

Athletes are held strictly responsible for any substance found in their body, regardless of how it got there.

Ignorance is no excuse!



Who to trust?

	Anti-Doping Knowledge (0-10)	Would you trust them with your career?
Mum & Dad		
Coach		
Physio		
S&C trainer		
Club Doctor		
Personal Doctor		
Yourself		

Therapeutic Use Exemptions

TUEs allow an athlete to use a prohibited substance or method for medical reasons.

Wait for approval before taking the prohibited substance or method (except in case of emergency).

National competitions – apply through ASDMAC
(www.asdmac.gov.au)

International competitions – apply through AFC / FIFA

Doping Control

ASADA implements a comprehensive doping control program on behalf of the FFA in Australia (AFC or FIFA in international tournaments)

Urine and/or blood testing possible

Know your rights and responsibilities

What Would You Do?

You have a short stint with a foreign team and during the finals you get selected for doping control. When you get to the doping control station there are only two testing kits available to you and they don't look in great condition. The testing official does not speak very good English.

How much of a risk is this? (0-10)

What could go wrong?

What are your options in this situation?

The Biological Passport

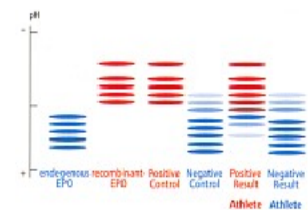
Biological Passport looks for variations in an individuals profile (rather than the substance itself) which may indicate doping practices

Currently focused on blood samples

Athletes must wait two hours following exercise before sample collection (passport samples only)

Athlete's Biological Passport ABP

Athlete ID

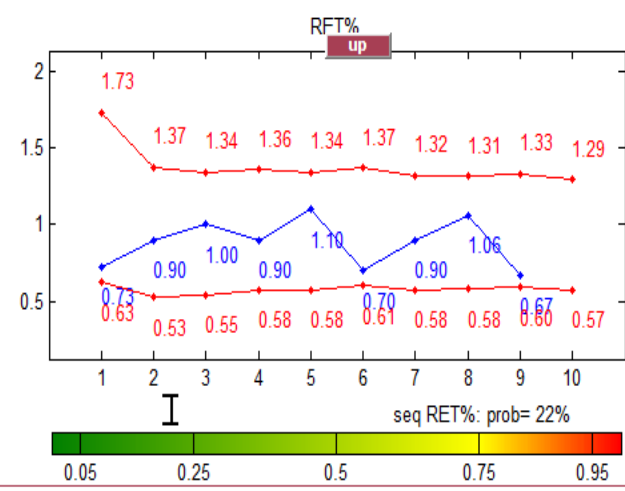
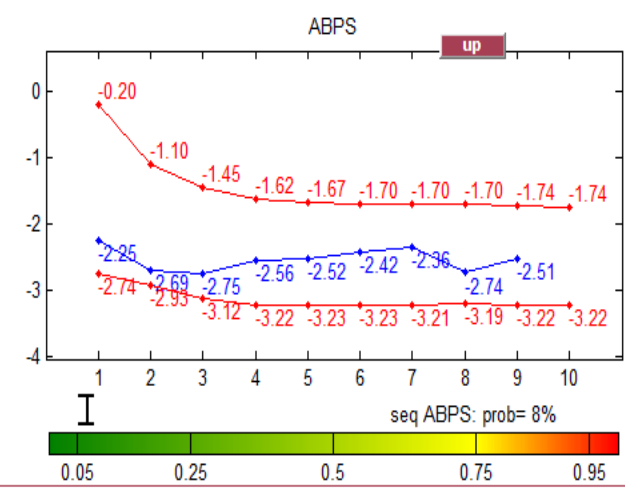
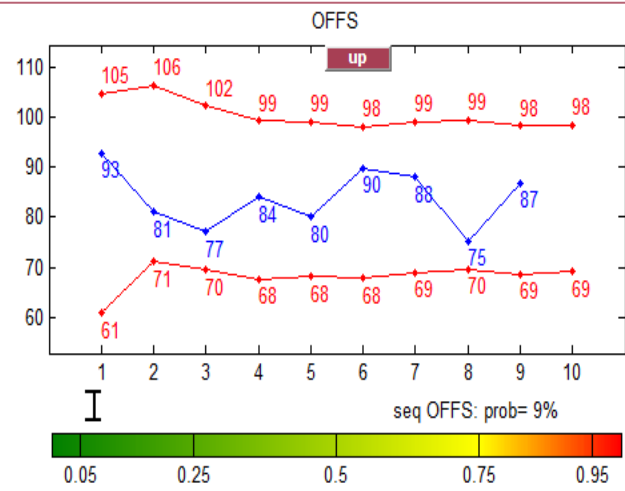
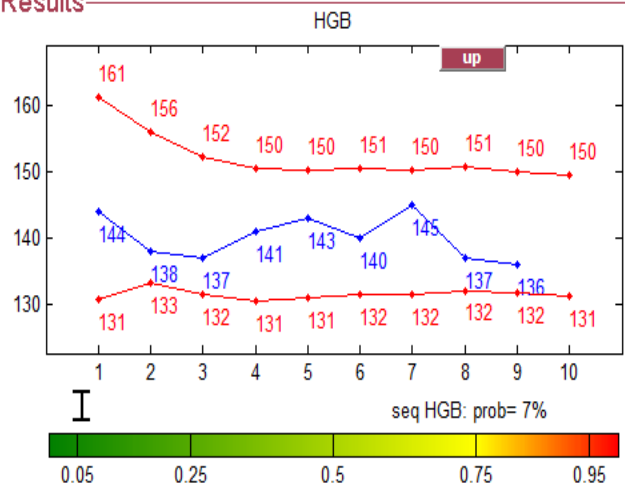


help
about

Datasheet

- Athlete
- Haematology
- Steroidology
- Endocrinology
- Models
- Results

Results



- data
- haematology
 - steroidology
 - endocrinology

- display
- ordinal
 - temporal

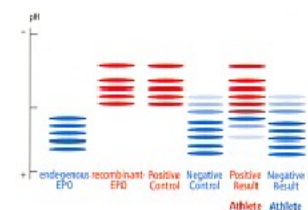
- markers
- Haemoglobin
 - OFF-score
 - ABPS
 - reticulocytes %
 - tHGB mass
 - OFF-mass
- update



new open save calculate evaluate print quit

Athlete's Biological Passport ABP

Athlete ID



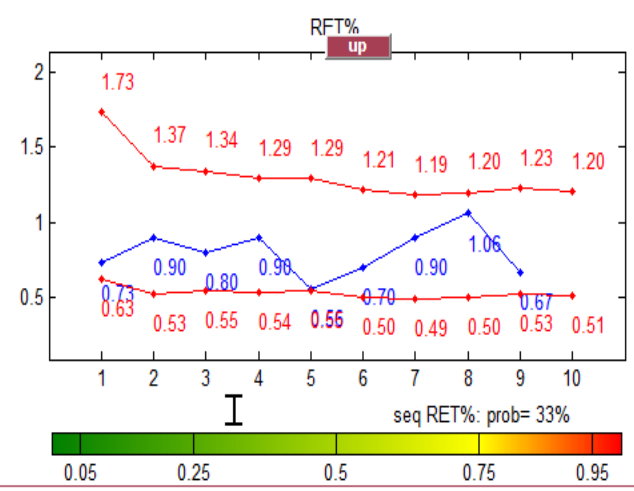
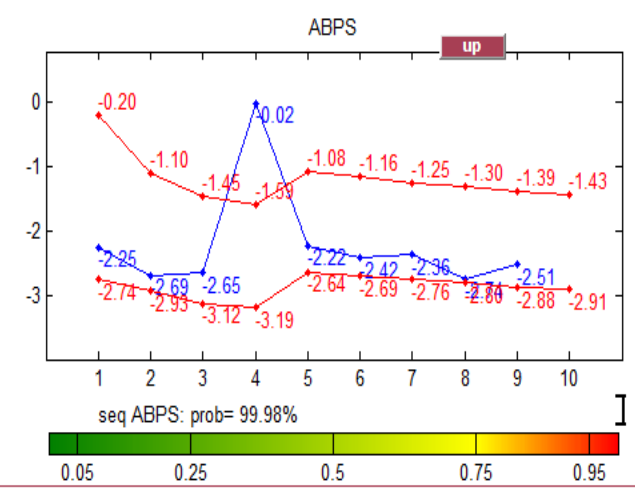
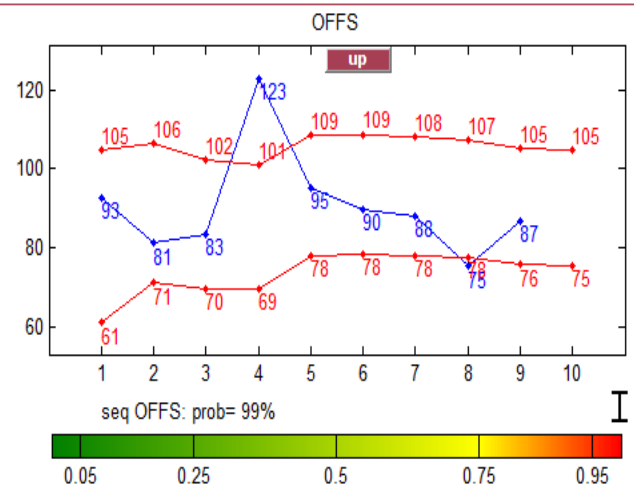
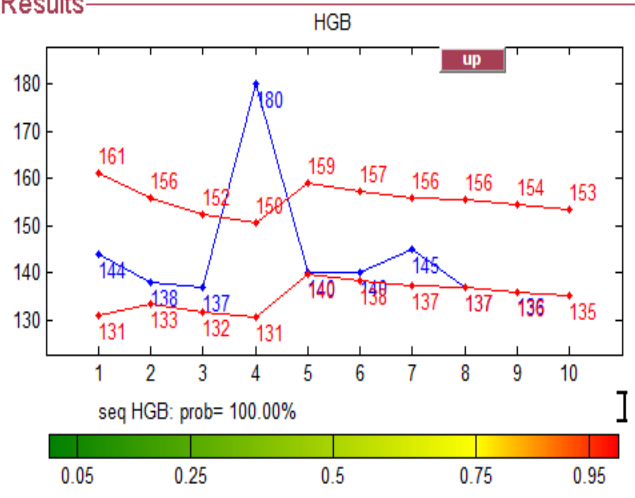
[help](#)

[about](#)

Datasheet

- Athlete
- Haematology
- Steroidology
- Endocrinology
- Models
- Results

Results



- data
- haematology
 - steroidology
 - endocrinology

- display
- ordinal
 - temporal

- markers
- Haemoglobin
 - OFF-score
 - ABPS
 - reticulocytes %
 - tHGB mass
 - OFF-mass
- [update](#)



[new](#) [open](#) [save](#) [calculate](#) [evaluate](#) [print](#) [quit](#)

So what next?

ALWAYS check any medications before you take them

Stay educated on the latest updates

- www.asada.gov.au (eLearning)
- Follow ASADA on Twitter (@anti_doping)
- Like ASADA on Facebook

www.asada.gov.au

13 000 ASADA (13 000 27232)