



# IMMAF

INTERNATIONAL MIXED MARTIAL ARTS FEDERATION

## **ANTI-DOPING National Federation responsibilities Under the 2021 WADA Code**





**IMMAF ANTI-DOPING POLICY**  
**TESTING IN-COMPETITION**  
**(WORLD & REGIONAL CHAMPIONSHIPS)**  
**TUE SYSTEM IN OPERATION**  
**DISCIPLINARY PANEL IN PLACE**  
**SANCTIONS APPLIED FOR VIOLATIONS**

**INTERNATIONAL ANTI-DOPING PROGRAMME**

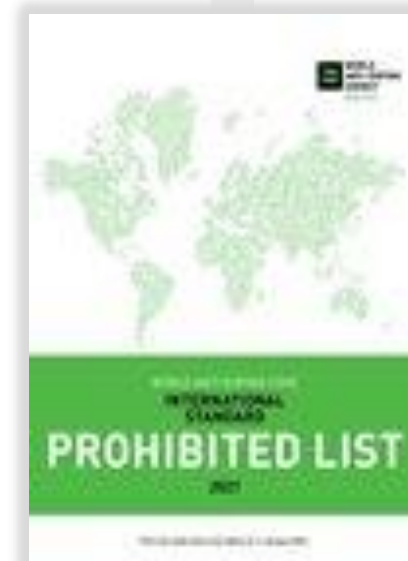
*SINCE 2015....*

*Update required from 2021*



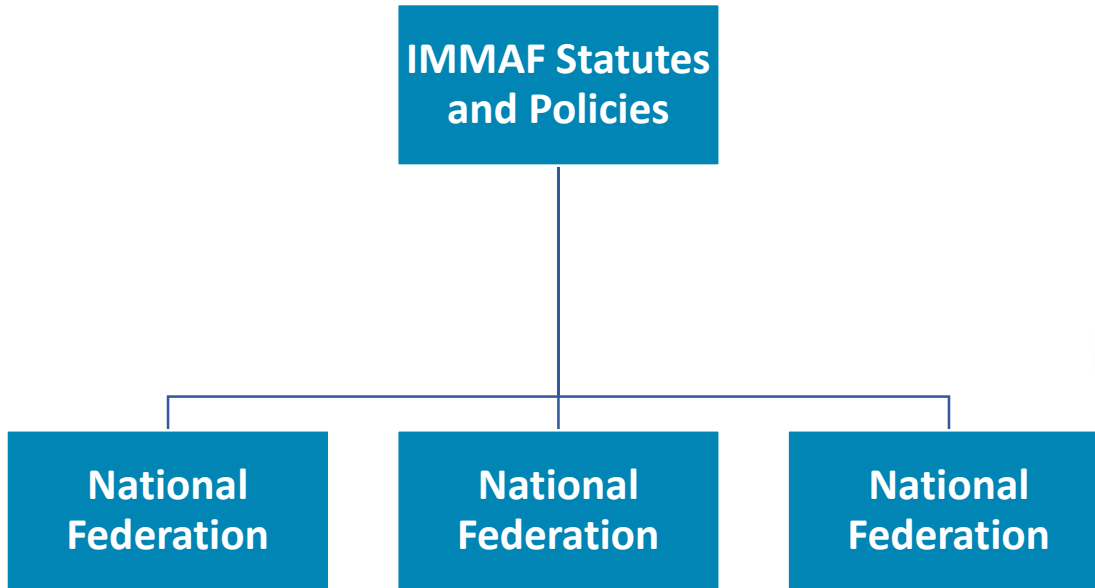
# 2021

## World Anti-Doping Code and International Standards



**2021 Code has 8 (mandatory) International Standards:  
Prohibited List is reviewed annually**

## Fair fight for a CLEAN SPORT – what we need to do!



**Achieve compliance with World Anti-Doping Code 2021**

**IMMAF is responsible for Anti-Doping at the international level and ensuring National Federations are in compliance with the Code and International Standards**

**National Federations are obliged to adopt anti-doping regulations covering their members (athletes and officials) which are consistent with IMMAF's anti-doping policy**



## **Anti-Doping Rules create jurisdiction over members and consent to abide by Anti-Doping Rules –**



- **Recognise authority of the National Anti-Doping Organisation in your country**



- **Assist the NADO to implement anti-doping for MMA**



- **Clarify national infrastructure for anti-doping**



# Anti-Doping Education and Information

**Educate and inform first, plan and document.**

## **CONTENT:**

**Introduction to anti-doping rules, obligations, rights and responsibilities, consequences**

**Prohibited List, annual update**

**How and where to check medications**

**How to apply for a Therapeutic Use Exemption**

**Reasons for safeguarding the integrity of MMA**

**Safe Nutrition, safe weight management**

**Testing procedures**





# Anti-Doping Education and Information provision for members - action points



- **Promote access to national education resources, including drug information databases, qualified dietary/nutrition advice**



- **Require completion of WADA ADEL modules as condition of eligibility**



- **Link to up to date anti-doping websites**

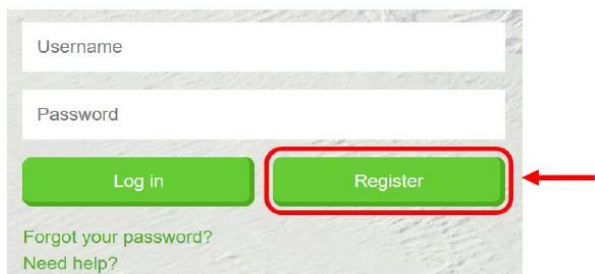


### 1. Creating your account

#### 1.1 How to register

(1) Go to the ADEL website: <https://adel.wada-ama.org/en>

(2) Click on the 'Register' to create your account:



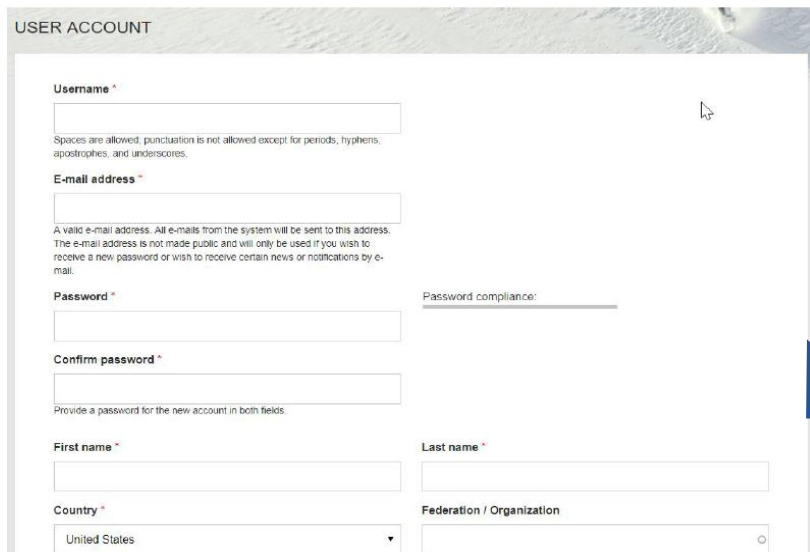
Username

Password

Log in Register

Forgot your password?  
Need help?

(3) Complete the 'USER ACCOUNT' form. Fill in the required areas marked by (\*)



USER ACCOUNT

Username \*

E-mail address \*

Password \*

Confirm password \*

First name \*

Country \*

Last name \*

Federation / Organization

Insert IMMAF  
Sport = MMA

WELCOME TO

# ADEL

The anti-doping e-learning platform (ADEL) offers access to all topics related to clean sport and anti-doping. It offers courses for athletes, coaches, doctors, administrators and anyone interested in learning more about anti-doping and protecting the values of clean sport.



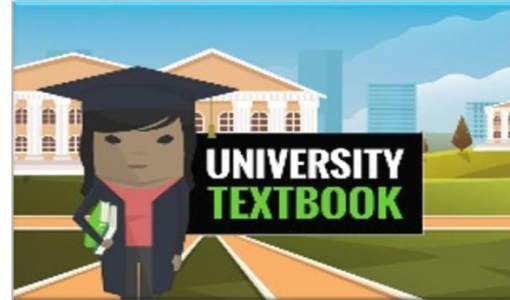
Username

Password

Log in Register



# Resources available in ADeL



# ADeL ALPHA for Athletes

**ALPHA**

v1.2 - 20180216a



Introduction



Facts 1

The Doping Control Process



Decisions 1

Medical Reasons to Stay Clean



Facts 2

Whereabouts



Decisions 2

Ethical Reasons to Stay Clean



Facts 3

Therapeutic Use Exemptions



Decisions 3

Practical Help to Stay Clean



Facts 4

Results Management



Decisions 4

How to Deal With Pressure



Conclusion

# Anti-Doping Policy Reinforcement

**Partner with your NADO to understand their intention for national anti-doping testing**

**Contribute to planning through data collection to assist risk assessment of the sport**

**National policies includes certain relevant variables:**

- **Definition of recreational athlete, scope of National Level Athlete [IMMAF determines International Level Athlete]**
- **Testing Agency responsibilities, Doping Control Officer and laboratory accreditation**
- **TUE system at National level**
- **Results Management process, use of independent disciplinary tribunal, costs/fines**
- **Manage data privacy in accordance with national law**



# Anti-Doping Policy Enforcement impacts all members - action points



- **Plan for testing at training venues and events, invite national educators**



- **Promote national whistleblowing line**



- **Pursue potential ADRV and report to IMMAF and NADO**

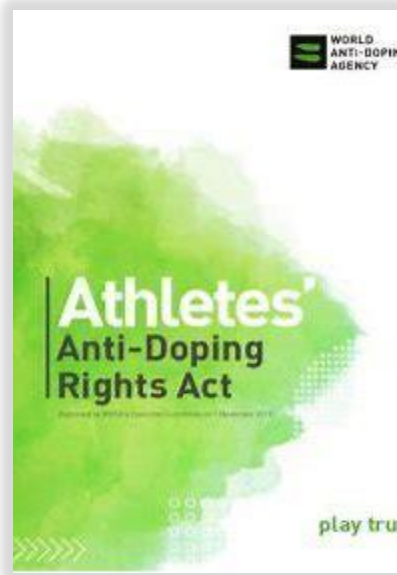




**Athletes rights are our priority**

**Right to receive education**

**Right to fair treatment in testing, investigations and disciplinary**



# National Anti-Doping Policy – action points for 2021



**All NFs must have anti-doping rules in place. NFs shall sign an agreement to abide by WADA Code/IMMAF rules as a requirement of membership from January 2021**



**All NFs shall designate an Anti-Doping Officer to lead the national Anti-Doping Plan**



**All NFs to identify education resources available nationally and through WADA to encourage participation. Modules to become compulsory prior to participation in Championships, coaching awards, officiating**



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[www.immaf.org](http://www.immaf.org)

[Michele.verroken@immaf.org](mailto:Michele.verroken@immaf.org)



NOW AFFILIATED WITH WMMAA