



IMMAF

INTERNATIONAL MIXED MARTIAL ARTS FEDERATION

IMMAF ANTI-DOPING HANDBOOK for ATHLETES & SUPPORT PERSONNEL

for MMA NATIONAL FEDERATIONS and IMMAF CHAMPIONSHIPS from 2021

check updates to Prohibited List and Anti-Doping Rules from 2022.

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Information contained in this Handbook is intended to explain but not replace the official IMMAF Anti-Doping Rules. Please consult the IMMAF Anti-Doping Rules for the official wording of regulations.

www.immaf.org

INTRODUCTION

This Anti-Doping Handbook has been produced to provide you with a summary of relevant information to support your participation in the IMMAF anti-doping programme. By accessing accurate, up to date yet easy to understand information, you are prepared for doping free training and competition.

Athletes and Athlete Support Personnel (coaches, medical professionals, sports scientists, nutritionists) are essential to ensuring the integrity of MMA by complying with the IMMAF Anti-Doping Rules and Policies. These Rules and Policies are based upon the fundamental principle that athletes deserve the right to compete on a clean and level playing field where results are determined by talent, commitment and hard work.

IMMAF strives to ensure that no athlete is ever exploited or cheated, and that IMMAF competitions are fair, clean and safe.

IMMAF's COMMITMENT TO CLEAN SPORT

The IMMAF Anti-Doping Rules and Policies have been developed in line with the World Anti-Doping Code to preserve the integrity of competition, inspire true sport and protect the rights of athletes. The IMMAF Anti-Doping Rules are based upon the prohibition of classes of substances or methods and other violations which are defined as doping in compliance with the Code and the International Standards developed by the World Anti-Doping Agency (WADA) to harmonise anti-doping efforts in sport on a global level.

“I would prefer even to fail than to win by cheating” Sophocles

THE PROHIBITED LIST OF SUBSTANCES AND METHODS

WADA prepares and publishes the Prohibited List on an annual basis. This List identifies substances and methods that are prohibited at all times, (in or out of competition) and those that are prohibited in-competition only. Check for changes to the List from 1 October to come into force on 1 January.

A substance or method is included on the Prohibited List if it meets at least two of the following criteria:

- It enhances, or has the potential to enhance sport performance
- It represents an actual or potential health risk to the athlete
- It violates the spirit of sport

For Championships in 2021, the 2021 Prohibited List shall apply.

Substances & Methods Prohibited at All Times

S0	Non-Approved Substances
S1	Anabolic Agents
S2	Peptide Hormones, Growth Factors, Related Substances & Mimetics
S3	Beta-2 Agonists
S4	Hormone & Metabolic Modulators
S5	Diuretics & Masking Agents
M1	Manipulation of Blood & Blood Components
M2	Chemical & Physical Manipulation
M3	Gene & Cell Doping

Substances & Methods Prohibited In-Competition

S6	Stimulants
S7	Narcotics
S8	Cannabinoids
S9	Glucocorticoids

The Prohibited List for 2021 with examples can be found at

<https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents>

CHECK FOR UPDATED PROHIBITED LIST FROM 2022

NOTE: The Prohibited List is not a complete list of substances and methods, it sets out pharmacological classes and methods with examples. It is not recommended as the best source to check whether a medication or substance is permitted. Details about Prohibited Substances and Methods are included at the end of this Booklet.

You are strongly recommended to follow the guidance on how to check your medications and to remain within the Anti-Doping Rules contained in this booklet.

USEFUL ADVICE FOR IMMAF ATHLETES & SUPPORT PERSONNEL



Use permitted medications where ever possible. Travel with a small emergency pack of permitted medications for common ailments (pain, sore throat, stomach upset, diarrhoea). If you are prescribed a medication, make your physician aware that you are subject to anti-doping rules and where possible should use a permitted alternative. Beware that the formulation of a medication may be different if purchased in a different country.

See – How to check your medications.

If you require the use of a Prohibited Substance or Method for a genuine medical condition you must apply for approval (Therapeutic Use Exemption) to use this medication in advance of use. In an emergency, treatment should be given and a TUE application submitted retrospectively as soon as possible. You are at risk of committing an Anti-Doping Rule Violation if you fail to obtain a TUE for use of a prohibited substance or method.

See – How to apply for a TUE.

Be aware that supplement use risks a potential positive drug test and/or harmful side -effects. Lack of legislation and industry designed regulations means that supplement products are often mislabelled, poorly manufactured and lack quality scientific evidence of efficacy and safety. Reliance upon supplements shifts focus away from the more important and proven methods of optimising performance and health through training, diet, rest, recovery and sleep.

See – How to reduce the risks of Supplement Use

Athletes participating in IMMAF Championships may be notified for drug testing at any time. Once notified you are required to submit to a test (urine and/or blood). You have rights and responsibilities in the testing process. Familiarise yourself with the key elements of testing in order that you can satisfy yourself about the integrity, identity and security of your samples. Retain your copy of the Doping Control Form, at least until you have been notified of a negative result. In the case of an Adverse or Atypical Finding you may need to refer to this Form as part of the examination and investigation of evidence.

See – How to understand the Testing Process.

WEIGHT MANAGEMENT: As a weight category sport, it is essential that you manage your weight safely and within the anti-doping rules. You may not use diuretics or fat burners to reduce weight. You may not use intravenous drips or infusions; these are restricted to hospital treatments or surgical procedures including clinical investigations. Social use of IV treatments for vitamin boosts/ hangover cure or weight management are not permitted.

Note that illicit recreational drugs such as cocaine, amphetamines or ecstasy are all prohibited. Importation or possession of these drugs is a criminal offence. The law of the country will apply.

HOW TO CHECK YOUR MEDICATION

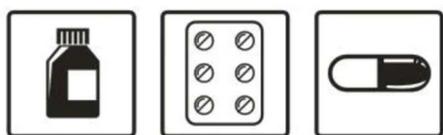
One of the most efficient and reliable ways to check the status of your medication is to read the ingredients, and check each substance on a **Drug Information Database** to help you determine if your medication contains prohibited substances or if it is permitted. Email, save or print the database result as evidence of your search.

Use the database in the country in which you obtain the medication. Drug formulations (even for the same name medication) may vary between countries and products may be reformulated, so check and check again.

Search for the medication using the brand name of the product, check the strength, route of administration and individual ingredients. However, if you are unable to find the product on a Drug Information Database, search the active ingredients listed on the patient medication leaflet. If you cannot find it, do not assume it is permitted.

To check the status of a medication using a Drug Information Database, the following drug information databases are available across the world:

Australia	www.globaldro.com/AU/search
Austria	www.nada.at/de/medizin/medikamentenabfrage
Canada	www.globaldro.com/Home
Denmark	www.antidoping.dk/medicin/medicin
France	www.afld.fr/finder/produits-dopants
Germany	www.nada.de/de/medizin/nadamed
Hong Kong	www.drugsinsport.hk
Ireland	www.eirpharm.com/sports/search
Japan	www.globaldro.com/JP/search
New Zealand	https://drugfreesport.org.nz/medication-check
Netherlands	www.dopingwaaier.nl/
Norway	www.antidoping.no/sokeresultat/?q=drug+search
South Africa	www.drugfreesport.org.za/online-medication-check/
Spain	www.aepsad.gob.es/
Sweden	www.antidoping.se/rodgronlistan
Switzerland	www.antidoping.ch/en/
UK	www.globaldro.com/UK/search
USA	www.globaldro.com/US/search



It is important to note that Drug Information Databases do not contain information relating to dietary supplements, using clearly indicated. Read the label, check the active ingredients, save/print the drug information database response.

ILLICIT RECREATIONAL DRUGS

Recreational and illicit drugs such as cocaine, speed (amphetamine), GHB and ecstasy are all prohibited under IMMAF's Anti- Doping Rules. Traces of these drugs remain in the body for a considerable length of time so can be detected long after they have been taken. They are also highly addictive and a potential risk to both your health and career in sport. **DO NOT USE ILLICIT RECREATIONAL DRUGS!**

MEDICATION AND DOCTOR'S PRESCRIPTIONS



Check the status of all medications against the drug resources available or with the team's anti-doping specialist. Make sure that your doctor or health professional is made aware that you are an athlete subject to doping control regulations under the IMMAF Anti-Doping Rules.

Your doctor may not be fully familiar with WADA's Prohibited List and that you should not use prohibited substance or methods unless you have an approved TUE.

If your doctor prescribes a medication that is prohibited, you must apply for a TUE before you start the course of treatment. **Apply to your National Anti-Doping Organisation in the first instance.** Athletes granted a TUE at national level should submit a copy to the IMMAF Anti-Doping Adviser immediately and before the start of each Championship. Declare this at the time of testing and also when you have your pre-fight medicals.

HOSPITAL/ EMERGENCY TREATMENT

Emergency treatment should never be delayed or withheld due to anti-doping regulations. The health of the athlete must always be the first and foremost consideration.

For a planned hospital admission, discuss the procedure in detail with your doctor to identify the substances/ methods that will be used that may require application for a TUE and where applicable apply prior to admission. Post-operation or procedure, confirm the medications administered.



In an emergency, if possible, ensure that the medical staff are informed that you are an athlete subject to drug testing and that you will need to obtain a copy of all your medical records and clinical treatment before being discharged. Apply as soon as possible with a copy of the diagnosis and treatment as evidence.

SPECIFIC MEDICATIONS TO BE AWARE OF:

Asthma

PROHIBITED	NOT PROHIBITED		
Bricanyl	Advair	Budesonide	Ciclesonide
Clenbuterol	Albuterol	Flovent	Salbutamol/Ventolin*
Oxeze	Alvesco	Fluticasone	Salmeterol*
Terbutaline	Beclomethasone	Formoterol*	Singulair
	Betamethsone	Mometasone	Pulmicort
*Note the advised level of therapeutic treatment, apply for a TUE if you require above these levels			

Diabetes: Insulin is prohibited; however, use is medically justified, you must apply for a Therapeutic Use Exemption, include glucose and HbA1c measurements over 12 months

Severe Allergic Reaction: Epipen/ Adrenaline use must be approved by a TUE, apply as soon as needed.

Corticosteroid Use: Prohibited when administered in the following form: Oral (tablet), Rectal, Intravenous injection, intramuscular injection.

HOW TO APPLY FOR A TUE

1. Download and complete the TUE Application Form with the treating physician
2. Provide medical documentation to support use of the prohibited substance (a complete and comprehensive medical history of the diagnosis, symptoms, treatment, laboratory data and a clear statement from the physician indicting why the use of permitted alternatives are not effective in managing symptoms.
3. Submit the completed TUE application and medical documentation to your National Anti-Doping Organisation (or IMMAF if this is not possible).
4. It can take up to 21 days after receipt of a completed application for a decision to be made. All TUE application are reviewed in accordance with the WADA ISTUE.
5. If the TUE is approved, you will receive a Certificate of Approval indicating the approval length for the prohibited substance and/or method. The period of validity of a TUE varies according to specific circumstances. All medical information remains confidential.

THERAPEUTIC USE EXEMPTION:

It is your responsibility to ensure that any medication or method taken to treat a chronic illness or medical condition is not prohibited according to the WADA Prohibited List. However, if you require a medication or undergo a procedure that falls under the List, it is necessary to apply for a TUE (Therapeutic Exemption Use).

The fundamental principles upon which TUEs are based are that they:

- ❖ Provide a mechanism for enable athletes with legitimate medical conditions to compete
- ❖ Must be fair to athletes; those submitting an application and those not requiring use of a prohibited substance
- ❖ Athletes fully demonstrate their medical need
- ❖ Must comply with WADA regulatory framework

A TUE provides the athlete with authorisation to use a Prohibited Substance or Method whilst continuing to compete in Mixed Martial Arts. Without a TUE, an athlete is at risk of committing an Anti-Doping Rule Violation which may result in a sanction, regardless of the medical circumstances.

TUE Criteria

A TUE will only be granted in strict accordance with the following criteria:

1. The athlete would experience a significant impairment to health if treatment was withheld
2. The treatment is highly unlikely to produce any additional enhancement of performance beyond what is anticipated by a return to the athlete's normal state of health
3. There is no reasonable therapeutic alternative
4. The TUE is not required as a consequence of prior use (without a TUE) of a prohibited substance.

If your application for a TUE is granted you will be issued a Certificate of Approval by the Therapeutic Use Exemption Committee (TUEC) via your National Anti-Doping Organisation. This will be for the specified medication, the defined route of administration and, dosage and will provide the expiry date. Athletes must comply with the all the treatment conditions outlined in their TUE Certificate of Approval and should reapply if necessary well in advance of their current TUE expiring.

If your application for a TUE is denied and you are due to compete in an IMMAF Championship event, you may be able to appeal the decision to the IMMAF TUEC. Any further decision to challenge the granting of a TUE may be appealed exclusively to the Court of Arbitration of Sport by the athlete or IMMAF.

GUIDANCE: Apply to your National Anti-Doping Organisation, all TUEs approved in line with WADA's International Standard for TUEs will be recognised by IMMAF, submit with your medical information at entry. Apply to IMMAF for a TUE only in an emergency, for treatment required at an IMMAF event.

SUPPLEMENTS - HOW TO REDUCE THE RISK OF DOPING



No organisation can guarantee the contents or safety of any dietary supplement. Unlike food and licensed medications, which are regulated by national legislation and subject to strict manufacturing, there is no governing legal regulation of the supplements industry. As a result, not all ingredients may be accurately and fully listed on the label and/or supplement product information leaflet. There may also be unintentionally contaminated during the production process or mixed with prohibited substances by the manufacturer.

You are at risk of testing positive for a prohibited substance from supplement use.

Supplements including vitamins, energy bars and homoeopathic/ herbal remedies which can all be purchased over the counter or via the Internet and claim to be drug-free and safe to use for drug-tested athletes may contain banned substances. Be aware that products marketed under the same brand in different countries may contain different ingredients which may not always appear on the product label.

The use of supplements is at YOUR own risk. You are held to the “strict liability” standard and are responsible for any prohibited substance found in your system regardless of how it got there. It is not required for intent or fault to be shown for an anti-doping rule violation to be established. A lack of intent is also not a permissible justification for testing positive for a prohibited substance.

The principle of personal responsibility cannot be passed on because of the actions of coaches, medical specialists or any other person you associate with. If supplements are provided by your coach or medical adviser this will not absolve you of responsibility for the consequences of use, if such supplement results in an anti-doping rule violation. This will be the case even if there was no reason to suspect that the supplement contained a prohibited substance. This is particularly alarming in IMMAF due to its amateur status and popularity of the sport amongst younger athletes who may feel that they can implicitly trust the advice of their entourage. However, IMMAF will consider if there are grounds to also charge your coach or medical adviser.

Methylhexaneamine (MHA)

This is a stimulant originally derived from a germanium plant that is now predominantly synthetically produced. It was first developed as a nasal decongestant but can now be found in dietary supplements under many different names other than MHA.

Some products which contain MHA or its variants include Jack3d, Rocked, Cracked, CoreZap, Nutrimax Burner, ClearShot and Musclespeed. MHA is classed as a Specific Stimulant prohibited In-Competition only by WADA and it has presented several positive cases in combat sports at both an amateur and professional level. The stimulant effects of MHA are considered to be less than amphetamine but stronger than caffeine. It is marketed as a pre-workout supplement and is believed to have effects that last between 1-3 hours and increase focus, heart rate and productivity. It has however also been linked to increased anxiety, nervousness and sweating

Any athlete considering the potential use of supplements must be aware of the following risks:

1. A positive anti-doping result
2. Negative and potentially dangerous health issues

If you decide to take a supplement, you must make well-informed choices to minimise, as much as possible, the associated adverse health consequences and risk of inadvertently taking a banned substance.

Making Informed Choices

- ❖ Adopt a “food first” approach to address nutritional deficiency
- ❖ You should always research thoroughly the source of a supplement product checking the brand name, product and ingredients.
- ❖ Purchase from a reputable supplier that participates in a quality assurance scheme and which are independently batch tested for prohibited substances.
- ❖ Avoid products that are only available via the Internet, are distributed free as a sample or are advertised as being for research purposes.
- ❖ Avoid products that have been implicated or associated with positive anti-doping cases or have been manufactured by a company that manufactures any product containing banned substances.
- ❖ Avoid substances that make extreme or exaggerated claims about increasing strength, muscle mass, energy or weight loss
- ❖ Avoid taking or sharing supplements with fellow team competitors, friends or athletes from other sports
- ❖ Retain a detailed record of the supplement you chose to take including the name of the product and batch number, dates of use.

ABC Philosophy

Assess the need– look at your diet, nutrition plan, training and performance schedule

Beware of the risks and consequences of inadvertent use of prohibited substances

Consider risks and options- food first is best, check what to avoid and how to check.



Independent supplement certification schemes include:

- Informed Sport: www.informed-sport.com
- NSF Certified for Sport: www.nsf-sport.com
- Cologne List: www.koelnerliste.com/en/product-database.html
- Banned Substances Control Group: www.bscg.org
- Supplement411: www.usada.org/substances/supplement-411/
- Human & Sport Drug Testing Australia HASTA: <https://hasta.org.au/>
- Supplement Lab Tests <http://www.supplementlabtest.com/>

IMMAF does not endorse or support the use of any supplements and recommends that extreme caution be taken regarding any supplement use.

Investigate the source of the product. Never use a product unless you have checked ingredients against the Prohibited List and fully investigated the source of the product. Beware proprietary blends,   it is not possible to tell what secret blends may contain!

Never use a pill, powder, capsule, drink, injectable or other product that has been removed from its package. Beware claims of ‘fat-burning’, ‘weight-loss’, ‘weight-gain’, ‘energy boost’, ‘sexual enhancement’, muscle building, for research purposes or not for human consumption, herbal, ‘all-natural’, WADA approved.

HOW TO UNDERSTAND THE TESTING PROCESS

While athletes may find drug testing inconvenient and irritating, it is critical to the integrity of the sport that performances are verified, to ensure competition is on a level playing field. IMMAF is committed to make the doping control process professional, informative and comfortable, and sample collection verifiable and secure.

Athletes may be subject to both in-competition and out of competition testing if they compete in IMMAF events, or are members or license holders of, a national Mixed Martial Arts governing body. Anti-Doping testing programmes include event testing as well as no notice out of competition testing to help protect the rights of clean athletes and maximise the deterrent value of testing. Athletes can be tested 365 days a year and tests can occur at any time and any place.

By participating in doping control, athletes are fulfilling their responsibility to protect the fairness of competition. The following information provides a summary of the sample collection process. Despite the unannounced nature of notification, if an athlete refuses to provide a sample, they may be subject to an anti-doping rule violation.

In Competition Testing

A Doping Control Officer or Chaperone will notify an athlete of their selection for doping control and will provide them with their credentials. The athlete will be asked to acknowledge in writing on the electronic Doping Control Official Record that they were notified.

Out of Competition Testing

A Doping Control Officer or Chaperone can notify an athlete at any time or location. Sample collection could take place at home, hotel room, work, school, on holiday, social engagement or at training facility. Out of competition testing will take place in a safe, suitable and private location for the doping control station.

Selection Process and Criteria

In-competition testing plans are largely developed and agreed under IMMAF rules. Mixed Martial Arts athletes may be selected for testing based on various selection criteria such as finishing position, random, weight category.

Out of competition testing plans are largely designed to strategically maximise resources by allocating tests based on specific factors in accordance with the International Standard for Testing and Investigations. Tests are carried out throughout the year at any time or any place.

RIGHTS AND RESPONSIBILITIES: During testing, you have the following rights and responsibilities.

RIGHTS	RESPONSIBILITIES
<ul style="list-style-type: none"> ❖ Have a representative present and if required and available, an interpreter ❖ Request a delay in reporting to the doping control station in-competition for a valid reason - Be medically assessed and receive medical treatment - Attend a medal ceremony or media commitment - Perform a cool down, taking an ice bath or competing in further events - Attend a post-fight team meeting in the team dressing room - Complete a training session (if out of competition) ❖ Request to see the Doping Control Officer's credentials/accreditation pass ❖ Choose a collection vessel and sample collection kit ❖ Receive a copy of the Doping Control Form(DCF) ❖ Provide feedback on the sample collection session (on the DCF or direct to IMMAF) 	<ul style="list-style-type: none"> ❖ Remain within direct observation of the Doping Control Officer/ Chaperone at all times ❖ Produce photo identification to confirm their identity ❖ Comply with all aspects of the testing procedure ❖ Report immediately to the doping control station during in-competition testing unless there are valid reasons for a delay. ❖ Keep the sample in their possession and in view of the DCO at all times until it is sealed ❖ Carefully review all sample collection documentation for accuracy and full completion.

URINE SAMPLE COLLECTION



Examples of Sample Collection equipment.

URINE SAMPLE

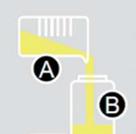
- 

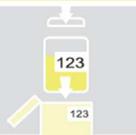
1. NOTIFICATION
An anti-doping official will notify you that you have been selected for a doping control test. The official will be wearing identification and will ask you to sign a notification form.
- 

2. REPORTING
You must remain in direct sight of the official and report to the doping control station to sign in as soon as possible. You may ask for a representative to accompany you. You may take drinks to help you give this sample.
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3. CHOOSE COLLECTION VESSEL
You will choose from a range of beakers. You will then be taken to a separate private area to provide your urine sample. A representative may be present in the toilet area, if you are a minor.
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4. PROVIDING A SAMPLE
You are required to provide a urine sample in direct view of the anti-doping official. This will be a chaperone of your own gender. You will be asked to wash your hands, adjust clothing and, if necessary, your position so that a clear view is possible. You must provide a minimum of 90mls of urine. You must retain control of the collection vessel at all times and it must always be in sight of an official.
- 

5. CHOOSING A TAMPER EVIDENT KIT
Keeping your sample in view, you can now choose a tamper evident sample kit. You will be instructed to open the kit and ensure that the numbers on the A and B bottles are identical. If any numbers do not match, the anti-doping official will ask you to select another sealed box.
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6. POURING THE SAMPLE
You are responsible for pouring your own sample. If the sample is less than the required volume, this is called a partial sample. You will be asked to seal this and give additional samples until the volume requirement is met. The anti-doping official will test a small amount of the sample to ensure it meets analysis requirements and if not, you may be required to supply another sample.
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7. SEALING THE KITS
You will be instructed to seal the sample bottles. The anti-doping official will also check they are sealed. They can then be placed back in a transport box.
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8. COMPLETING THE PROCEDURE
Lastly, you will be asked to disclose any medications or supplements you have recently taken. You can also write any comments on the form. You then sign out, taking your copy of the form and the procedure is finished.

Check carefully the sealing and unique identification of your samples, ensure numbers are correctly recorded on the Doping Control Form and that you receive a copy.

Athletes have the right to provide feedback about their sample collection sessions.

IMMAF actively encourages athletes to provide feedback about their testing experiences to review and improve the process wherever possible, to make it as comfortable, easy and seamless as possible for athletes. If the athlete or the athlete's representative wishes to submit formal feedback specific to their sample collection session, this can be done on the Doping Control Form or directly to IMMAF/ IMMAF's Anti-Doping Adviser. Don't wait until a problem arises before alerting IMMAF to an issue that concerns you.

BLOOD SAMPLE COLLECTION

BLOOD SAMPLE

Recent scientific developments have made blood testing an important tool for anti-doping organisations. The analysis of blood samples can detect prohibited substances that cannot be detected in urine such as human growth hormone (hGH). Blood is also collected to measure and monitor selected parameters for the Athlete Biological Passport Programme.



1. NOTIFICATION
Testing official wearing identification notifies athlete.



2. REPORTING
Report to doping control station. A representative may join you.



3. CHOOSE KIT FOR SAMPLE COLLECTION
Choose a venipuncture and sample security kit.



4. RELAX
You will be required to rest for a minimum of 10-minutes.



5. BLOOD COLLECTION
A trained, experienced phlebotomist will draw the blood for the test.



6. SEAL KITS
You will seal the bottles containing your tubes of blood.



7. COMPLETE PAPERWORK
Sign completed forms and take a copy.

Advise the Doping Control Officer if you have a needle phobia or feel faint during injections or blood draw. Every effort will be made to minimise the effect. It is advisable to be accompanied by a representative and to lie down during the blood collection process. First aid will be present to deal with any unlikely emergency. In case of any difficulty in locating a suitable vein, only three attempts at blood collection are permitted

IMMAF shall introduce Dried Blood Spot testing in support of its testing plan to increase the effectiveness of testing. Testing procedures follow the process outlined above.



LABORATORY ANALYSIS

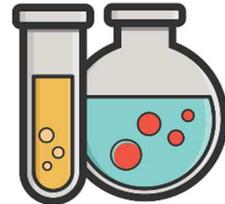
Your samples will be sent to a WADA accredited laboratory along with an abbreviated copy of the DCF, which remains completely anonymous and does not include your name.

On arrival at the laboratory, the A sample is analysed, and the B sample is frozen. Samples can be stored for up to ten years for possible re-testing as new testing methods are developed.

RESULTS MANAGEMENT PROCESS

There are three possible outcomes following samples analysis:

- Negative
- Atypical Finding
- Adverse Analytical Finding



Negative Finding

This is the case if no prohibited substance and/ or its metabolites, or evidence of the use of a prohibited method, is detected in the sample. Notice will be sent to the athlete and no further action will be taken.

Atypical Finding

Some prohibited substances can also be produced naturally by the body. In certain circumstances, the presence of such substances found in the A sample may result in the laboratory reporting an Atypical Finding.

The finding will therefore need to be fully reviewed to determine whether any of the following are applicable:

1. A TUE has been granted or will be (subject to retrospective application being submitted and approved)
2. There has been a departure from the International Standard for Testing and Investigations or International Standard for Laboratories that may have caused the Atypical Finding

If the review does not conclude either is the case then further investigation will take place. You may not be notified of the atypical finding until the investigation is complete, and a decision has been made whether the Atypical Finding is being considered an Adverse Analytical Finding – unless there are medical indications that require clinical examination.

Adverse Analytical Finding

An Adverse Analytical Finding concludes that one or more prohibited substances have been detected in the sample. On receipt of an A-sample Adverse Analytical Finding, it will be determined if either of the two factors is applicable:

1. A TUE has been granted
2. There has been a departure from the International Standard for Testing and Investigations or International Standard for Laboratories that may have caused the finding.

If the review does not conclude this to be the case, then the Adverse Analytical Finding outcome will be reported to the Athlete. Notice of the finding will be sent to the athlete, the athlete's national governing body, National Anti-Doping Organisation, international federation (IMMAF) and WADA.

The athlete then has the option to accept the result of the A sample or proceed with the B sample analysis at the laboratory and is permitted to be present or have a representative present at the processing of the B sample. If the B sample does not confirm the result of the A sample then the entire test is considered negative and the Notice of Charge will be withdrawn. No further action will be taken against the athlete.

If the B sample analysis confirms the Adverse Analytical Finding in respect of the A sample, then the athlete can either accept the finding and consequences specified in the Notice of Charge or request that the matter proceeds to a hearing.

The B sample finding will be received by the athlete and a copy is sent to all of the above parties.

Notice of Charge

If it is decided that the athlete has a case to answer with a possible Anti-Doping Rule Violation, then the Notice of Charge will be issued to the athlete detailing the following:

- the Adverse Analytical Finding
- the Anti- Doping Rule Violation the athlete or athlete support personnel is charged with committing
- a summary of the facts and evidence substantiating the charge
- notice of provisional suspension to be imposed on the athlete/ athlete support personnel
- the consequences if it is established that the athlete has committed the ADRV charged
- the athlete's right to immediately request the analysis of the B sample

Once an Anti-Doping Rule Violation Notice of Charge has been issued there are three possible choices:

1. Acceptance of Sanction

The athlete or athlete support personnel accepts the ADRV and the sanctions specified in the Notice of Charge. An agreed Case Resolution Agreement will be made public and published on the IMMAF website.

2. Request for Hearing

The athlete or athlete support personnel charged with an ADRV has the right to a fair hearing process which will determine whether an ADRV has been committed, and if so, the appropriate consequences.

The hearing will typically be held before the IMMAF Anti- Doping Disciplinary Committee which is a tribunal and appellate body that operates completely independently from IMMAF and the athlete's national governing body.

3. Right to Appeal to Court of Arbitration for Sport

Decisions made by the Anti-Doping Disciplinary Committee may be appealed, the appeal will be heard by the Court of Arbitration of Sport.

It is important to note that the ruling of CAS is final.



This section provides a summary of the Results Management Process only.

Full details of the Results Management Process are contained in the IMMAF Anti-Doping Rules.

ANTI-DOPING RULE VIOLATIONS

Doping, as defined by the WADA Code and IMMAF Anti-Doping Rules, is the occurrence of one or more of the following anti-doping rule violations (ADRV):

1. Presence of a Prohibited Substance or its metabolites or markers in an athlete's sample. It is your personal responsibility to ensure that no prohibited substance enters your body regardless of how it got there. You must be vigilant about both what constitutes a banned substance and how it could be inadvertently ingested.

2. Use or attempted use by an athlete of a Prohibited Substance or a Prohibited Method. The success or failure of the prohibited substance or method is immaterial. It is sufficient that the prohibited substance was used or attempted to be used for the anti-doping violation to be committed.

3. Evading, Refusing, or Failing to submit to sample collection

4. Whereabouts Failures by an Athlete. Any combination of three missed tests and/or filing failures as defined in the International Standard for Testing and Investigations, within a 12-month period by an athlete in a Registered Testing Pool

5. Tampering or Attempted Tampering with any part of Doping Control by an Athlete or Other Person

6. Possession of a Prohibited Substance or a Prohibited Method by an Athlete or Athlete Support Person

7. Trafficking or Attempted Trafficking in any Prohibited Substance or Prohibited Method by an Athlete or Other Person

8. Administration or Attempted Administration by an Athlete or Other Person to any Athlete In-Competition of any Prohibited Substance or Prohibited Method, or Administration or Attempted Administration to any Athlete Out of Competition of any Prohibited Substance or any Prohibited Methods that is Prohibited Out-of-Competition

9. Complicity or Attempted Complicity by an Athlete or Other Person: Assisting, encouraging, aiding, abetting, conspiring, covering up, or any other type of intentional complicity or Attempted complicity involving an anti-doping rule violation or attempted anti-doping rule violation of Article 10.14.1 by Other Person.

10. Prohibited Association by an Athlete or Other Person.

11. Acts by an Athlete or Other Person to Discourage or Retaliate Against Reporting to Authorities.: Any act which actively prevents or threatens another person from reporting in good faith a potential anti-doping rule violation. Any act of retaliation against a person who has reported in good faith a potential anti-doping rule violation, including acts that lack good faith or a disproportionate response.

SANCTIONS:

The following sanctions may be applied for an Anti- Doping Rule Violation:

1. Disqualification 2. Ineligibility to participate

Further consequences associated with an athlete committing an ADRV include:

- ❖ Not being able to compete or train in any national governing body competition or training facility
- ❖ Being ineligible to receive sports-related funding
- ❖ Potentially being unable to hold an official role within the sport or competing in other sports
- ❖ Fines
- ❖ Removal of medals, titles and records
- ❖ Public announcement of the violation.

Not only will athletes face a ban from their sport for a period of time, but a doping violation could also have negative wider consequences on many aspects of their life.

Psychological- Guilt, shame and long-term mental health problems are very common amongst athletes receiving a ban. Being seen as a drugs cheat and the doping violation that you have committed will destroy your sporting integrity and reputation as a positive role model.

Financial- Sponsors will likely withdraw from any existing sponsorship deals with athletes associated with anti-doping rule violations regardless of the substance used or the circumstances.

Physical/ Health- An athlete's health may suffer as a result of any use of banned substances. Limited training will affect their fitness and performance capabilities.

Social- Widespread negative media attention and possible online social media "trolling" caused as a result of testing positive to banned substances will be very difficult for athletes to handle along with the negativity and reputational damage generated and felt amongst other athletes.

Specified Substances

While an ADRV typically carries a standard sanction for four years of ineligibility for a first-time violation and a loss of results, an athlete may receive a reduced sanction for an ADRV relating to a "specified substance".

On the WADA Prohibited List all substances are considered "specified substances" except for:

- ❖ Non-Approved Substances
- ❖ Anabolic Agents
- ❖ Peptide Hormones, Growth Factors, Related Substances, and Mimetics
- ❖ Certain Hormone and Metabolic Modulators such as agents altering myostatin functions and insulin
- ❖ Non-specified stimulants

And the following Prohibited Methods

- ❖ Manipulation of Blood and Blood Components
- ❖ Chemical and Physical Manipulation
- ❖ Gene and Cell Doping

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FREQUENTLY ASKED QUESTIONS

When is blood tested in preference to urine?

Whilst urine testing is very effective at detecting the presence of the majority of prohibited substances, blood testing is particularly useful for the detection of the growth hormone (hGH) as it lengthens the period of detection. It increases the likelihood of identifying those that have committed an Anti-Doping Rule Violation.

When can I resume training after a blood test?

The volume of blood taken is very small so should not prevent you from exercising however it is recommended that you avoid strenuous activity using the arm from which blood was taken for at least 30 minutes to minimise bruising.

What happens if I refuse to provide a sample?

There is no acceptable justification to provide a sample or complete the process once you have been notified (unless you are medically unfit) IMMAF Anti-Doping Regulations clearly state that urine and blood samples can be collected at any time. A failure to comply with the request to provide a sample represents an anti-doping rule violation which may result in a sanction of four years.

PROHIBITED SUBSTANCES AND PROHIBITED METHODS – What and Why.

This section aims to provide clarity and answer common questions about the health and safety risks associated with the substances and methods included on the Prohibited List. For ease of reference, details are categorised as outlined in the WADA Prohibited List.

SUBSTANCES PROHIBITED AT ALL TIMES

Anabolic Agents

The primary medical use of these compounds is to treat delayed puberty, types of impotence, muscle wasting diseases and hypogonadism. Examples of anabolic agents include testosterone, nandrolone, DHEA and clenbuterol.

Potential Side Effects and Health Risks

Some psychological and physiological side effects affect all users regardless of gender, whilst other side effects are gender-specific.

All Users

- ❖ Acne
- ❖ Liver damage
- ❖ Increase in physical aggression and sexual appetite
- ❖ Hair loss
- ❖ Heart disease

Male Users

- ❖ Impotence
- ❖ Reduction in sperm production
- ❖ Breast tissue development
- ❖ Decrease in size of testicles

Female Users

- ❖ Deepening of the voice
- ❖ Abnormal menstrual pattern
- ❖ Ceasing breast development
- ❖ Growth of hair on upper back, stomach and face

Peptide Hormones, Growth Factors, Related Substances and Mimetics

The primary medical uses of these compounds vary but include the treatment of severe kidney disease, acute anaemia, short stature and aiding premature babies. Some examples within this category include human growth hormone (hGH), erythropoietin (EPO) and peptide hormones.

Potential Side Effects and Health Risks

- ❖ Thyroid problems
- ❖ Stroke
- ❖ Hypertension
- ❖ Heart attack
- ❖ Pulmonary embolism

Beta-2 Agonists

The primary medical use of these compounds is to treat conditions like asthma and other respiratory issues. Some inhaled beta- 2 agonists such as salbutamol and salmeterol, are permitted with specific dosage restrictions.

Potential Side Effects and Health Risks

- ❖ Nausea
- ❖ Sweating
- ❖ Muscle cramp
- ❖ Headaches
- ❖ Rapid heart rate
- ❖ Anxiety

It is important to note that whilst asthma is very common even amongst performance athletes, the drugs used to treat the condition contain substances are on the Prohibited List (Beta-2 Agonists and Glucocorticoids) These are powerful stimulants and often possess anabolic properties. As such, limitations have been placed on their use.

Athletes who suffer from asthma and are required to take asthma medication to treat the condition are advised to apply for a TUE to be granted in the case their treatment contains a banned substance, exceeds the permitted dosage or is administered via a banned route.

Hormone and Metabolic Modulators

Hormone antagonists are agents that modify hormone functions. Specific classes of hormone antagonists and modulators are prohibited including selective oestrogen receptor modulators (SERMS), insulins and insulin- mimetics and aromatase inhibitors.

Potential Side Effects and Health Risks

- ❖ Dramatic change in blood sugar levels
- ❖ Liver damage
- ❖ Cholesterol imbalance
- ❖ Endocrine system disruption
- ❖ Tremors and motor function disorder

Diuretics and Masking Agents

The primary medical use of these compounds is to treat conditions like hypertension, kidney disease and congestive heart failure. Blood plasma expanders are also prohibited.

Potential Side Effects and Health Risks of Excessive Diuretics Use

- ❖ Drop in blood pressure
- ❖ Dehydration
- ❖ Loss of coordination and balance
- ❖ Dizziness or fainting
- ❖ Muscle cramping

Non-Approved Substances

This category refers to substances or drugs that are under pre-clinical development, are approved for veterinary use only or are discontinued designer drugs and have no current approval by any governmental regulatory authority for human therapeutic use.

Potential Side Effects and Health Risks

Substances that have not been subject to safety and efficacy testing for use in humans carry significant risks since they do not have a safety profile and therefore their potential side effects remain unknown.

SUBSTANCES PROHIBITED IN-COMPETITION ONLY

Stimulants

The primary medical use of these compounds is to treat conditions like asthma, narcolepsy, obesity and attention deficit disorders as they increase alertness, attention and energy levels.

Potential Side Effects and Health Risks

- ❖ Anxiety
- ❖ Weight loss
- ❖ Dependency and Addiction
- ❖ Insomnia
- ❖ Dehydration
- ❖ Increased heart rate and blood pressure
- ❖ Increased risk of stroke and heart attack

Over the Counter Cold and Allergy Medications



Over the counter products such as cold flu and headache remedies, diet supplements and pre-workout powders available at pharmacies and supermarkets, can often contain powerful stimulants.

The prohibited stimulant **pseudoephedrine** is commonly found in cold and flu medications and decongestants. You are strongly advised to check the constituents of these products carefully. TUEs will not be granted for this substance and they should be avoided at all times. Due to the associated side effects listed above, they will have a potentially adverse effect on performance. It is therefore important that athletes identify permissible effective alternative medications to treat colds and flu-like maladies.

You should also be aware that an over the counter medication purchased in one country may have a different formulation than in another country, so it is strongly advised that the ingredients are checked carefully before use.

Glucocorticoids

The primary use of these compounds is to treat allergies, asthma, inflammatory conditions, skin orders and back pain.

Glucocorticoids are often found in asthma control inhalers, eye or ear drops and nasal sprays.

Glucocorticoids such as cortisone and prednisone, are prohibited in-competition, when administered via the following routes- oral, intramuscular, intravenous and rectal. Athletes should therefore be vigilant when glucocorticoids are used as injections, suppositories or pills taken by mouth and apply for a TUE in advance. In an emergency, a retrospective application for urgent treatment must be submitted immediately and within seven days of your last treatment.

Glucocorticoid treatments when administered via the skin and eyes, inhaled and intra-nasal and intra-articular are permitted.

Depending on the dosage, frequency and closeness to competition, these specific routes of administration may result in medication remaining in the body for several weeks.

Potential Side Effects and Health Risks

- ❖ Suppression of immune system
- ❖ Weakening of injured areas in muscle, bone, tendons or ligaments
- ❖ Loss of muscle mass and bone density
- ❖ Deceleration in growth of young people

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Narcotics

Narcotics can be used to great effect to relieve or manage pain when dosed appropriately and responsibly. However, when misused and taken in excessive quantities and frequencies, they pose serious health risks. Athletes may choose to take narcotics to help relax and help cope with the pressures of competition.

Potential Side Effects and Health Risks

- ❖ False sense of invincibility
- ❖ Decreased heart rate
- ❖ Nausea and vomiting
- ❖ Increased pain threshold and inability to recognise pain
- ❖ Dependency and addiction
- ❖ Respiratory depression
- ❖ Death

Cannabis

Cannabis use remains prohibited in-competition in Mixed Martial Arts regardless of the legal status of the substance in the location of the competition. Although it is considered to have benefits for treating chronic

pain and relieving anxiety, there is limited scientific evidence of this. Use of cannabis for medical purposes is unlikely to be accepted by anti-doping authorities.

Any use of cannabis is at your own risk and strict liability will apply. Whilst cannabis use is not considered to be performance-enhancing in sport, it may be used with the intent of improving performance or recovery and managing pain and anxiety.

CBD Oil



Cannabidiol (CBD) is a derivative product of cannabis. Since January 2018, it has no longer been classified as a prohibited substance. It may however still contain a quantity of the banned substance **tetrahydrocannabinol (THC)**. The use of CBD Oil carries risks and is not recommended or endorsed by IMMAF. If consumption of a CBD Oil product results in a positive test for THC, this would not mitigate liability despite the status of CBD as a permitted substance.

No credible third-party testing scheme exists for CBD batch testing to ensure that it is free of THC. Furthermore, no government guidelines are in place to determine label claim quantifications. Individuals metabolise cannabidiol in very different ways and even small quantities may accumulate in the body through frequent use. Since THC is fat-soluble it can be stored in the body for a long time, released slowly and often in an inconsistent manner depending upon metabolism.

Potential Side Effects and Health Risks

- ❖ Reduced concentration capacity
- ❖ Mood instability
- ❖ Distorted sense of time and space
- ❖ Increased heart rate
- ❖ Short term memory loss
- ❖ Respiratory disease

Hemp Seed or Oil

Hemp Seed Oil is a derivative of seeds of hemp plants. Refined hemp seed oil is commonly used in body care products, detergents and for cooking. Care should be taken when using as low concentrations of THC may be present due to the manufacturing process.

PROHIBITED METHODS OF DOPING

Manipulation of Blood and Blood Components

Blood doping is used to artificially increase the number of red blood cells in the body to increase oxygen to the tissues. Blood doping involves the transfusion of one's own blood or blood from other donors with same blood group to create a rise in haemoglobin mass for a temporary period for increased endurance, energy and recovery capacity.

Boosting the number of red blood cells via artificial means carries risks particularly amongst those with already thickened blood

Health Risks

- ❖ Blood clotting
- ❖ Stroke
- ❖ Stress on heart and cardiovascular system
- ❖ Adverse immune response
- ❖ Hepatitis

Chemical and Physical Manipulation

This involves tampering or attempting to tamper with the urine sample in doping controls in order to alter its integrity and validity using intravenous infusions or sequentially withdrawing, manipulating and reinfusing whole blood or extra fluids. Athletes wishing to reduce the chances of prohibited substances being detected in their body may choose to use their method.

Gene and Cell Doping

This is the non-therapeutic use of normal or genetically modified cells, genes or genetic elements to modify gene expression in order to enhance athletic performance. The long-term effects of altering genetic material are unknown since gene transfer technology is still largely in its infancy.

Intravenous Infusions



IV Infusions (where fluid is put into a vein) or injections of any substance that exceeds more than 100ml per 12- hour period are prohibited unless they are administered during hospital treatment, surgical procedure or as part of a clinical diagnostic investigation. Small quantity intravenous injections of less than 100ml are not prohibited unless the substance is banned.

If a prohibited substance is administered intravenously or via an injection a TUE is required for the substance regardless of the quantity given.

If a doctor or other health professional advises an infusion, IV or drip is required but it is not as part of hospital treatment, surgical procedure or part of a clinical investigation, you must notify them of these regulations and check the status of the substance.

TUEs are still required for infusions provided through on-site medical services, ambulatory treatment, outpatient or doctor's clinic.

Social use of IV of substances for vitamin boost/ hangover cure or weight management is **not acceptable**.

EDUCATION:

All IMMAF Athletes, Athlete Support Personnel and Officials are strongly encouraged to register on the WADA ADEL website and complete education modules (available in several languages):

<https://adel.wada-ama.org/learn>

Welcome to ADEL!

What's on ADEL?

Education Programs for...

- International-level athletes
- National-level athletes
- RTP athletes
- Talented-level athletes (April)

Not just for athletes!

Education Programs for...

- High performance coaches
- Parents of elite athletes
- Medical professionals
- Medical professionals at Major games
- Teachers of children

100% OF ADEL FOR MEDICAL PROFESSIONALS USERS WOULD RECOMMEND THIS COURSE TO ANOTHER MEDICAL PROFESSIONAL

Education Programs in development

- Coaches of emerging athletes
- Parents of talented athletes

And in several languages!

Athlete's Education / Éducation pour les sportifs / Programas para deportistas

Contains all education programs for athletes of all levels / Contient tous les programmes d'éducation pour les sportifs de tout niveau / Contiene todos los programas educativos para lo...

<p>Athlete's Guide to the 2021 Code (English)</p> <p>ENROLLED</p> <p>EN ★ 5.0</p> <p>E-Learning</p>	<p>Guía del deportista sobre los cambios significativos del Código 2021 (Español)</p> <p>ENROLLED</p> <p>ES ★ 5.0</p> <p>E-Learning</p>	<p>Guide du sportif : changements majeurs dans le Code 2021 (français)</p> <p>ENROLLED</p> <p>FR ★ 5.0</p> <p>E-Learning</p>	<p>アスリートガイド 2021年版 実用アンチ・ドーピング規範 (2021Code)における重要な...</p> <p>ENROLLED</p> <p>EN ★ 5.0</p> <p>E-Learning</p>	<p>Priručnik za sportnike o pomembnih spremembah Kodeksa 2021 Athlete...</p> <p>ENROLLED</p> <p>EN ★ 5.0</p> <p>E-Learning</p>	<p>At-a-Glance: Athlete Whereabouts</p> <p>ENROLLED</p> <p>EN ★ 5.0</p> <p>E-Learning</p>
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Athlete Support Personnel's Education / Éducation pour le personnel d'encadrement / Programas para deportistas

Contains education programs targeting Athlete Support Personnel (ASP), including coaches, medical professionals, parents / Contient des programmes de formation ciblant le personne...

<p>High Performance Coaches' Education Program (English)</p> <p>2 courses</p> <p>Education Program</p>	<p>ADEL pour les entraîneurs de haute performance (français)</p> <p>2 courses</p> <p>Education Program</p>	<p>Parents of Elite Athletes Education Program (English)</p> <p>2 courses</p> <p>Education Program</p>	<p>ADEL pour les parents des sportifs d'élite (français)</p> <p>2 courses</p> <p>Education Program</p>	<p>Medical Professional's Education Program (English)</p> <p>2 courses</p> <p>Education Program</p>	<p>Programme d'éducation pour les professionnels de la santé (français)</p> <p>2 courses</p> <p>Education Program</p>
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