



IMMAF

INTERNATIONAL MIXED MARTIAL ARTS FEDERATION

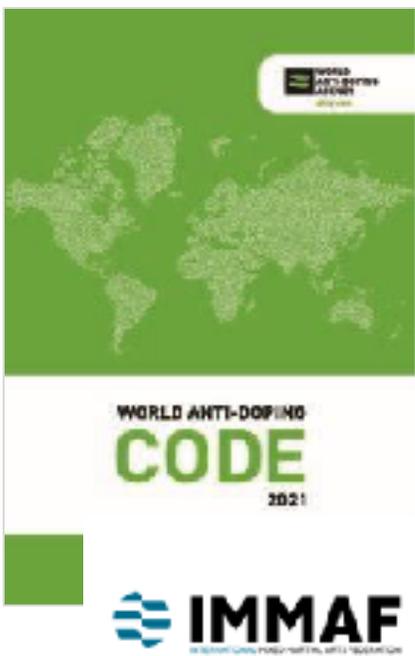
DOPING RISKS & ANTI-DOPING SOLUTIONS



IGNORANCE v EDUCATION

- **Know the risks, Know the solutions**
- **Cheating has no place in MMA**
- **Respect your health, your abilities, your choices**
- **Respect your sport, your support team, your opponents**





ANTI-DOPING RULES – how do they apply?

Membership : As a member you must abide by these rules

International : IMMAF applies at international level

National : IMMAF applies for national activities

NADO : National legislation or policy, education

Club : Membership rules

INTERNATIONAL MIXED MARTIAL ARTS
FEDERATION
ANTI-DOPING RULES

Adopted on 15 December 2020
Takes effect on 1 January 2021



EDUCATION is our PRIORITY



ANTI-DOPING RISK



- Anti-doping Rules are based on **Prohibited** activities
= *Anti-Doping Rule Violations*
- Use of certain Substances and Methods is **PROHIBITED**
- **Publicise the LIST!**



ANTI-DOPING RISK



- Anti-doping Rules are based on **Prohibited** activities
= **Anti-Doping Rule Violations**

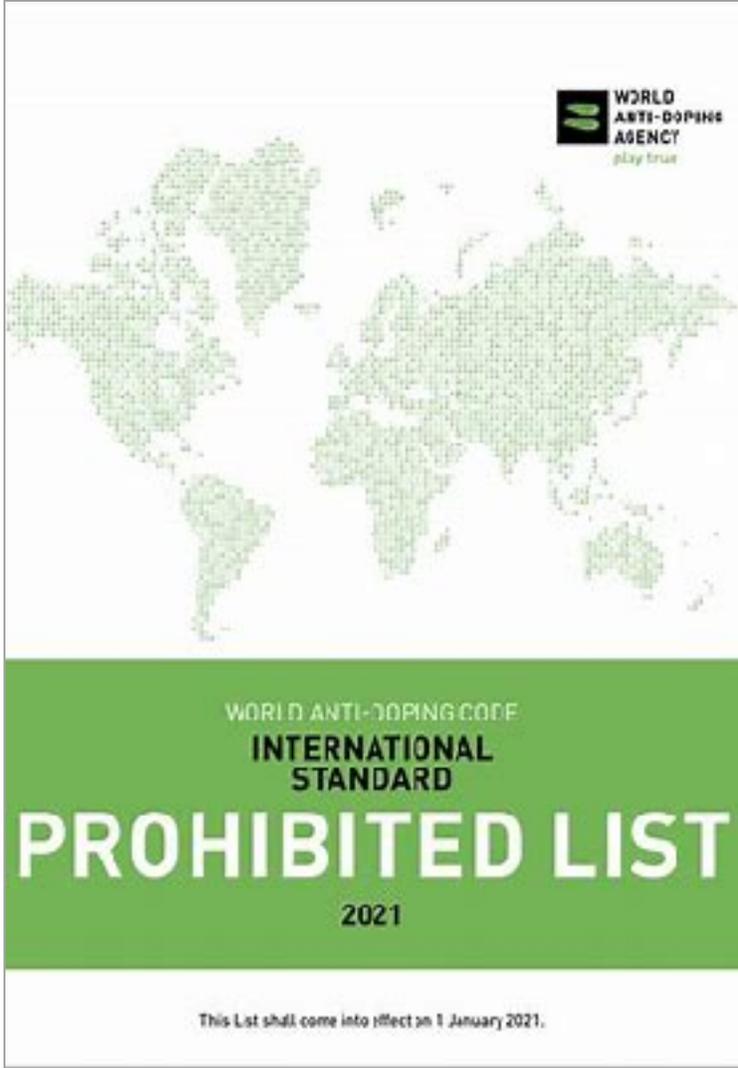
FOR AN ANTI-DOPING RULE VIOLATION

ATHLETES ARE STRICTLY LIABLE

FOR KNOWING WHAT CONSTITUTES PROHIBITED CONDUCT



ANTI-DOPING RISK



- Prohibited List is reviewed and re-published annually
- **New Prohibited List available in October to apply from 1 January**
- **CHECK** – in October any changes to educate and inform others.
- Prohibited List available in several languages www.wada-ama.org
- **UNDERSTAND** – this List is not a complete list of substances!

Prohibited List of Substances and Methods, contains two categories:
Prohibited In-Competition and Prohibited at all times

Within these categories there are further divisions: ***Specified and Non-Specified.***



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 and Masking Agents
- M1-M3 Prohibited Methods

IN-COMPETITION

- S6 Stimulants
- S7 Narcotics
- S8 Cannabinoids
- S9 Glucocorticoids

PROHIBITED v PERMITTED

PROHIBITED LIST

Comprises pharmacological classes of Substances and Methods. Some classes banned at all times, other classes are only in-competition



PERMITTED

Check medications – are ingredients permitted?

Avoid risky behaviours such as accepting medications from Family, Team mates, check these yourself.

When purchasing medications, remind your doctor, pharmacist that you are bound by Anti-Doping Rules and must avoid Prohibited Substances.

THERAPEUTIC USE EXEMPTION

If you need to use a prohibited substance for a genuine medical condition – apply for approval to use this medication (IN ADVANCE if possible)



HOW TO CHECK MEDICATIONS

CHECK NAME OF ALL INGREDIENTS,
CHECK COUNTRY OF PURCHASE
CHECK PERMITTED STATUS
KEEP COPY OF ANSWER

WHERE TO CHECK MEDICATIONS

National drug information resources





Where to find out more...

Information on specific permitted and prohibited substances in particular countries is available through the websites listed below:

Australia

www.globaldro.com/AU/search

Austria

www.nada.at/de/medizin/medikamentenabfrage

Denmark

www.antidoping.dk/doping/medicin/medicin-app

France

<https://medicaments.aflid.fr>

Germany

www.nada.de/medizin/nadamed/

Ireland

www.eirpharm.com/sports/search

Norway

www.antidoping.no/medisinsk/legemiddelsok

South Africa

www.drugfreesport.org.za/online-medication-check

Spain

<https://nodopweb.aepsad.gob.es>

Sweden

www.antidoping.se/dopinglistanlakemedelssok/

Switzerland

www.antidoping.ch/en

UK

www.globaldro.com/UK/search

USA /Canada

www.globaldro.com/US/search



SUPPLEMENTS v ADEQUATE PREPARATION

SUPPLEMENTS

- Supplements are unregulated
- Supplements may contain prohibited substances not included on the label. If you consume a Prohibited Substance you are ***strictly liable***.
- Supplements cannot compensate for inadequate diet, sleep, rest, hydration. Some may be illegal to possess in certain countries.

ADEQUATE PREPARATION

- Seek advice from qualified dietitians, coaches and medical professionals aware of the Anti-Doping Rules.
- Promote advice and links to websites that adhere to the Anti-Doping Rules



IV INFUSION is PROHIBITED – In weight category sports,

IV infusion to rapidly rehydrate after significant accelerated weight loss

PROHIBITED: IV and/or injections of more than total of 100mL /12 hours except those legitimately received in course of hospital treatments, surgical procedures or clinical diagnostic investigations



PROVIDE INFORMATION about



- **Where Anti-Doping Information can be found**
- Prohibited List and its annual updates
- Medications must be checked
- Risks of Supplements

EDUCATE about

- **Good preparation for training and competition within the rules**
- Checking Medications
- Avoiding supplements/doping

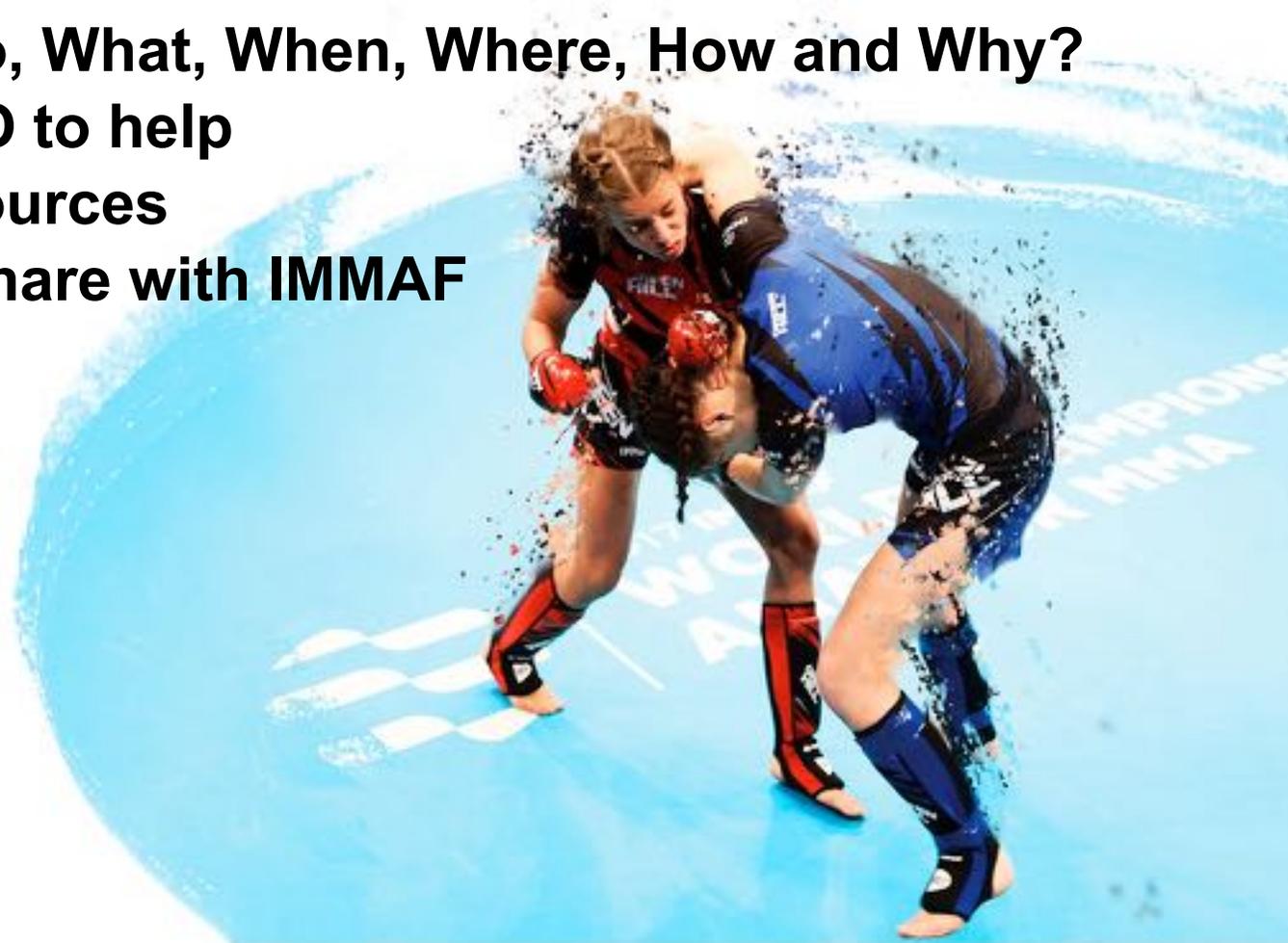


PLAN to EDUCATE

Anti-Doping Education

- Anti-Doping Rules
- Violations
- Prohibited List
- Permitted Medications
- Risks of Supplements
- Eating 4 Training
- Travel
- Sleep
- Sensible Weight Management

Plan = Who, What, When, Where, How and Why?
Invite NADO to help
Link to resources
Record & share with IMMAF



Thank You! - Any Questions?



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www.immaf.org

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