

2009 JFA Inc ANTI-DOPING POLICY MAJOR CHANGES

WADA amended their anti-doping code, the IJF amended their anti-doping rules and the JFA Inc complies with both with the introduction of the 2009 JFA Inc Anti-Doping Policy effective 1 January.

All changes are available on the ASADA website www.asada.gov.au and any queries can always be directed to the **ASADA Hotline 1800 020 506**.

Please refer to the documents on the JFA Inc webpage www.ausjudo.com.au/news/policies

- 1) "Fact Sheet Whereabouts" for changes to whereabouts.
- 2) "Which Judo Athletes Need to Lodge an Application for Medication Use and to Whom" for changes in relation to TUEs – please note that TUE exemption for U16 's refers only to those athletes competing in the U16 division of any tournament.

It is timely to recommend that all athletes and support personnel regularly check the ASADA website for updates – the JFA Inc webpage www.ausjudo.com.au/news/policies should be used as a guide and from time to time may not be updated.

The following major changes have been taken directly from the Code Implementation Sport Forum presentation currently available on the ASADA website at http://www.asada.gov.au/WAD_code09/index.htm).

Test Planning

- Greater emphasis on target testing
- Sample collection to include a balance between urine and blood testing

Sample Collection

- Athlete now required to report immediately to the Doping Control Station unless the athlete requests a delay in reporting for a valid reason.

- The DCO or Chaperone may, at their discretion, grant such permission if the athlete can be continuously chaperoned and kept under direct supervision during the delay and the request relates to the following activities:

In Competition:

- a) participation in a victory ceremony
- b) fulfilment of media commitments
- c) competing further competitions
- d) performing a warm down
- e) obtaining necessary medical treatment
- f) locating a representative and/or interpreter
- g) obtaining photo identification
- h) any other exceptional circumstances which can be justified

Out of Competition:

- a) locating a representative
- b) completing a training session
- c) receiving necessary medical treatment
- d) obtaining photo identification
- e) any other exceptional circumstances which can be justified

- The sample provided by the *athlete* to the Sample Collection Personnel should be the first urine passed by the *athlete* subsequent to notification.
- *Athletes* who are *minors* may be accompanied by a representative throughout the entire sample collection session.
- Minor athletes' representatives may only directly witness sample provision if requested by the minor
- If a minor does not have a representative present in the toilet area, a second ASADA official will observe the sample collection process without directly observing the sample provision.
- There is no limit on the number o samples to be collected if the Specific Gravity is too low (<1.005). Athletes should avoid over re-hydration to avoid this.

ASADA's travel policy states it is the athletes' responsibility to take into consideration the possibility of post event testing when making travel arrangements and advise not to arrange travel immediately after an event. This has not changed but is just a reinforcement to the athlete.

Prohibited List

- All substances are now specified *except*:
 - o Anabolic Agents
 - o Hormones and related substances
 - o Myostatin inhibitors
 - o Non-specified stimulants
 - o Prohibited methods

Please refer to the 2009 Prohibited List for information on prohibited substances and methods.

Results Management

- Changes for adverse analytical findings
- Shorter time frames (B sample to be tested within 7 days)
- Mandatory provisional suspensions for non-specified substances

Sanctioning

- more flexibility in sanctioning
- automatic disqualification remains
- standard first offence remains two years

- trafficking/administration – 4 years – life
 - whereabouts violation – 1 – 2 years
- Reductions in sanctions may be available for:
 - Specified substances
 - No (significant) fault or negligence
 - Substantial assistance
 - Admissions
- Increases possible in aggravating circumstances