

Anti-Doping

All athletes have the right to compete in sport knowing that they, and their competitors, are clean.

We believe in clean Judo and work in partnership with UK Anti-Doping (UKAD) and our International Federation to ensure that the integrity of our sport is protected.

The use of performance-enhancing drugs and other doping behaviour severely damages the legitimacy of sport and undermines the integrity of clean athletes.

Anti-Doping Rules

Northern Ireland Judo Federation has in place a set of anti-doping rules that all athletes, coaches and athlete support personnel must abide by. The anti-doping rules for Northern Ireland Judo Federation are consistent with the World Anti-Doping Code (2021 Code), which governs antidoping internationally.

You can find the UK Anti-Doping Rules here - [2021 UK Anti-Doping Rules v1.0 FINAL.pdf \(ukad.org.uk\)](https://www.ukad.org.uk/2021-UK-Anti-Doping-Rules-v1.0-FINAL.pdf)

The anti-doping rules of Northern Ireland Judo Federation are the UK Anti-Doping Rules published by UK Anti-Doping (or its successor), as amended from time to time. Such rules shall take effect and be construed as the rules of Northern Ireland Judo Federation.

If you are a member of Northern Ireland Judo Federation and hold a licence other than a recreational or volunteer one, then the anti-doping rules apply to you, regardless of what level you participate at.

WADA

There are many organisations that work hard to protect sport. The World Anti-Doping Agency (WADA) is responsible for leading the collaborative world-wide campaign for clean sport.

Established in 1999 as an independent agency and funded by both sport and governments, it manages the development of the World Anti-Doping Code. The Code aims to harmonise all antidoping policies ensuring that athletes and athlete support personnel are treated fairly and consistently.

The aims of the 2021 Code and WADA are to:

“protect the Athletes’ fundamental right to participate in doping-free sport and thus promote health, fairness and equality for Athletes worldwide, and ensure harmonised, coordinated and effective anti-doping programmes at the international and national level with regard to detection, deterrence and prevention of doping”

In the UK, Northern Ireland Judo Federation works in partnership with UK Anti-Doping (UKAD) to prevent doping.

UKAD is the national anti-doping agency for the UK, dedicated to protecting a culture of clean sport – it achieves this through implementing education and testing programmes, gathering and developing intelligence, and prosecuting those found to have committed an Anti-Doping Rule Violation.

UKAD is responsible for ensuring sports bodies in the UK are compliant with the World AntiDoping Code through the implementation and management of the UK’s National Anti-Doping Policy.

100% me – Supporting Athletes to be Clean

100% me is UK Anti-Doping’s education programme for athletes – designed to provide information resources, education sessions and general advice to athletes throughout their sporting careers.

Find out about 100% me in the dedicated Athlete Zone www.ukad.org.uk/athletes of the UKAD website.

What is Strict Liability?

All athletes need to be aware of the principle of strict liability. This means that all athletes are solely responsible for any banned substance they use, attempt to use, or that is found in their system, regardless of how it got there and whether or not they had an intention to cheat.

It is crucial that athletes check all medications are safe to take prior to use. Medications can be checked online via Global Dro : - <https://Globaldro.com/Home>

Athletes **must** undertake thorough internet research of any supplement products before use – including the name of the product and the ingredients/substances listed. Information revealed as a result should be further investigated and we advise athletes to keep evidence of their search.

What are the Anti-Doping Rule Violations (ADRVs)?

The 2021 Code outlines Eleven Anti-Doping Rule Violations (ADRVs). Athletes, and Athlete Support Personnel (ASP), may receive a ban from sport if any of the following ADRV are committed:

1. PRESENCE – the presence of a prohibited substance or its metabolites or markers in an athlete's sample.
Ban up to 4 years – applies to athletes only.
2. Use – use or attempted use by an athlete of a prohibited substance or a prohibited method.
Ban up to 4 years – applies to athletes only.
3. EVASION, REFUSAL OR FAILURE - Evading, refusing, or failing to submit to sample collection.
Ban up to 4 years – applies to athletes only.
4. WHEREABOUTS FAILURES - Whereabouts failures are considered as any combination of three missed tests and/or filing failures within a 12-month period by an athlete in a registered testing pool.
Ban up to 2 years – applies to athletes only.
5. TAMPERING OR ATTEMPTED TAMPERING - Tampering or attempted tampering with any part of doping control. The 2021 Code makes it clear that engaging in fraudulent conduct (e.g. submitting falsified documents to an anti-doping organisation or asking a witness to lie in their witness statement) is an act of Tampering. From 1 January 2021, if an individual commits an act of Tampering relating to another ADRV, they can receive an additional consecutive ban.
Ban up to 4 years - **Applies to athletes, athlete support personnel and other Persons.**
6. POSSESSION - Possession of a prohibited substance or prohibited method.
Ban up to 4 years - **Applies to athletes and athlete support personnel.**
7. TRAFFICKING - Trafficking or attempted trafficking in any prohibited substance or prohibited method.
Ban 4 years to a lifetime - **Applies to athletes, athlete support personnel and other Persons.**
8. ADMINISTERING OR ATTEMPTED ADMINISTRATION - Administration or attempted administration to any athlete of any prohibited substance or prohibited method.
Ban 4 years to a lifetime - **Applies to athletes and athlete support personnel.**
9. COMPLICITY OR ATTEMPTED COMPLICITY - Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity or attempted complicity involving an ADRV or any attempted ADRV.
Ban 2 years to a lifetime - **Applies to athletes, athlete support personnel and other Persons.**
10. PROHIBITED ASSOCIATION - Associating in a professional or sport-related capacity with a person such as a coach, doctor, physio or trainer who is serving a ban or who has been found guilty of a criminal or

disciplinary offence equivalent to a doping violation.

Ban up to 2 years - **Applies to athletes, athlete support personnel and other Persons.**

11. ACTS TO DISCOURAGE OR RETALIATE AGAINST REPORTING TO AUTHORITIES - Acts that threaten or seek to intimidate another to discourage them from sharing information about doping (also referred to as whistleblowing), or retaliating against another for doing so.

Ban 2 years up to a lifetime - **Applies to athletes, athlete support personnel and other Persons.**

All Eleven ADRVs apply to athletes. Only the ADRVs in bold apply to ASP.

Note: ADRV numbers 1, 2, 3, 4, 5, 6, and 10, these bans from sport can be increased by up to an additional two years as part of the aggravating circumstances rule. The bans outlined apply to first violations. Longer bans will be given to second and third offences, with up to a lifetime ban from sport possible.

Consequences are Significant

Under the 2021 Code, a minimum four-year ban from sport will apply to those who are found to be deliberately cheating and breaking the rules.

The 2021 Code has little sympathy for carelessness – for inadvertent doping, athletes are more likely to face a two-year ban from sport.

All athletes, coaches and athlete support personnel need to make sure they have sufficient antidoping knowledge to avoid committing an ADRV and receiving a ban from sport.

Managing Inadvertent Doping Risks

The Prohibited List

All banned substances and methods in Code-compliant sports are outlined in the Prohibited List, which is updated at the beginning of every calendar year, but may also be updated throughout the year. The latest Prohibited List can be found on the WADA website [wada-ama.org] - [2022list_explanatory_note_final_en.pdf \(wada-ama.org\)](#)

Understand the Importance of Checking Medications

Before taking any medication (whether from a doctor or bought over the counter) athletes must check to make sure it does not contain any banned substances. Medications can be checked online at Global DRO. It is important to note that medications bought in one country may contain different ingredients to the same branded medication in another country.

Know the Risks with Nutritional Supplements

Athletes are strongly advised to be very cautious if they choose to take any supplement such as vitamin tablets, energy drinks, or sport-nutrition formulas. This is because there is no guarantee that any supplement is free from banned substances.

All athletes are advised to:

- assess the need to use supplements by seeking advice from a medical professional or nutritionist on their need to use supplement products
- assess the risks associated with supplements and undertake thorough research of all supplement products they are considering taking
- assess the consequences to their careers – they could receive a four-year ban before making a decision to use supplements.

However, supplement risks can be reduced by:

- undertaking thorough internet research
- only using batch-tested products
- checking on Informed-Sport (which is a risk minimisation programme) that the supplement has been batch tested

Visit the UKAD website for further information including information on the Informed Sport programme, which provides a batch-testing service for supplement products.

Apply for a Therapeutic Use Exemption (TUE)

Athletes who need to use a banned substance or method to treat a genuine medical condition, and there are no reasonable alternatives, may have to apply for a TUE.

- International-level athletes (as defined by their International Federation) need to apply to their International Federation for a TUE
- Athletes competing at National level need to apply to UKAD for a TUE

Athletes who have an existing TUE issued by UKAD do not need to reapply for a new TUE when becoming an International-Level Athlete. They should provide their International Federation with a copy of their TUE to ensure it is recognised.

Athletes listed under the 'National' category for their sport must apply for their TUE in advance of competing. The 'National' category for TUEs is defined by UKAD by sport and can be found on UKAD's website. Only in an emergency situation or where there will be a severe impact on health should treatment begin without the necessary approval.

You can find out more about whether you need a TUE and how to apply for one (including emergency TUEs) on the UKAD website. - [Glucocorticoids and Therapeutic Use Exemptions .pdf \(wada-ama.org\)](#)

Understand What Happens in a Test (Doping Control)

Athletes should feel prepared and know their rights and responsibilities when they are notified to be tested by a Chaperone or Doping Control Officer. When selected for testing, athletes should take a representative with them to the Doping Control Station.

A urine test will follow these main steps:

- Notification
- Reporting to Doping Control Station
- Providing a sample
- Recording and certifying sample information

UK Anti-Doping recommends that athletes follow their normal hydration routines if selected for testing.

Athletes need to be prepared to provide details of any substances they have taken – this needs to be written on the Doping Control form. Athletes should report any concerns they have about the process or the equipment on the Doping Control form.

Athletes can find out more about testing, including their rights and responsibilities, in the Athlete Zone or by downloading the Clean Sport App from their app store.

Know Where to Look for Support and Advice

Please do not hesitate to ask questions about the anti-doping rules. As well as asking coaches and athlete support personnel, you may also contact UKAD directly, who will be able to answer any questions and provide guidance.

Help Keep Sport Clean

We all have a responsibility to report doping in sport and help keep it clean. A 24-hour dedicated phone line, hosted by Crimestoppers, is ready to take your call if you have any suspicions or concerns about incidences of doping in sport. You can provide information in complete confidence by calling 08000 32 23 32 or via a secure website. All information is passed securely to UKAD's intelligence unit for investigation.

Useful Links and Resources

100% me Elite Athlete Clean Sport App for Smartphones

For essential anti-doping information download the Clean Sport App from iTunes or Google Play – the sport specific or the generic version.

Check Your Medications on Global DRO

Remember to check all medications on Global DRO, where you can search by ingredients or brand name.

Assess the Risk of Supplements on Informed Sport

You can find information on supplements and ways of reducing the risks on Informed Sport.

Register with UK Anti-Doping

Visit UKAD's website and register to keep up to date with the latest news.

For More Information from UKAD:

Visit www.ukad.org.uk/athletes If you're an athlete

Visit www.ukad.org.uk/coaches If you're a coach

Visit www.ukad.org.uk/support-personnel If you're Athlete Support Personnel

Visit www.ukad.org.uk/parents if you're a parent

Northern Ireland Judo Federation

House of Sport
Upper Malone Road
Belfast
BT9 5LA

Contact admin@nijudo.com

For details on how to contact our Anti-doping officer