

Doping Control Procedures

The International Federation of BodyBuilders (IFBB) is committed to promoting doping-free sport and is responsible for administering the IFBB *Anti-Doping Rules* at all World Championships.

The IFBB is a Signatory to the World Anti-Doping Agency (WADA) Code and strives to be compliant with the Code and related International Standards. The IFBB uses WADA-approved Doping Control Kits. All urine samples are analyzed at WADA-approved laboratories.

This guide summarizes and illustrates Doping Control Procedures, the primary objective of which is to maintain the security, integrity and identity of the sample and therefore, the validity and reliability of the test results. Variations or departures from these procedures shall not necessarily invalidate the test results unless they can be shown, on a balance of probabilities, to cast doubt upon the validity and reliability of the test results.

While this guide speaks directly to Athletes because the fundamental purpose of Doping Control is to protect Athletes' rights to doping-free sport, coaches, trainers, physicians, officials and other Athlete Support Personnel must also be knowledgeable and understand Doping Control Procedures.

For further information, please contact:

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1. Drug Testing Consent

In order to register and compete as an Official Participant at an IFBB-sanctioned World Championships, you must complete and sign an “Drug Testing Consent & Waiver of Liability” form, which must be returned to the IFBB at the time of Official Registration (at Weigh-in and/or Height Measurement).

This form is for the protection of both the Athlete and the IFBB and details the terms and conditions upon which the Athlete participates in the Championships.

The Athlete is ultimately responsible for remaining current with the IFBB rules and regulations governing competition at the World level, including Doping Control Procedures and Result Management.

*Note: The IFBB Constitution, Rules, Code of Ethics, Anti-Doping Rules and applicable Directives are available at www.ifbb.com.

2. Athlete Selection

You may be selected for doping control either randomly at the Official Registration (Weigh-in and/or Height Measurement) or as a result of your placing among the top finalists in your category. The IFBB also reserves the right to conduct Target Testing.

3. Athlete Notification



Typically, after Weigh-in and/or Height Measurement, or upon completion of the Victory Ceremony for your category, you will be notified by a Doping Control Official (Escort) of your selection for doping control and your requirement to provide a urine sample.

You will be advised that a representative (interpreter) of your National Federation may be

present during the Doping Control Procedures (excluding the voiding process).

*Note: The National Federation is solely responsible for providing one official (interpreter) who shall represent all athletes from that country. This official shall gain access to the Doping Control Station via a registered Doping Control Access Card.

Once selected, you must accompany the Doping Control Official (Escort) to the Doping Control Station and must remain within sight of this Official until released into the custody of the Doping Control Officer.

You may carry your belongings into the Doping Control Station; however, Doping Control Officials have the right to search any and all bags. Cameras are prohibited.

Once inside the Doping Control Station, you may not leave without the expressed consent of the Doping Control Officer. If you do, you will be guilty of an anti-doping rule violation.

*Note 1: As athletes selected for Doping Control are normally escorted directly from the registration or stage area to the Doping Control Station, an Athlete Notification Form may not be required.

Note 2: An athlete may be given up to a maximum of 60 minutes to report to the Doping Control Station. If the athlete is not escorted directly to the Doping Control Station, the notification portion of the Doping Control Form must be completed.

Note 3: Athletes may be identified via a passport, ID card, or witness.

4. Collection Vessel Selection



If possible, you should avoid passing urine several hours before doping control. You will be given an opportunity to hydrate at the Doping Control Station, typically with individually-sealed, non-alcoholic beverages e.g. bottled water.

When you are ready to provide a urine sample, you will select an individually sealed, sterile Collection Vessel. You are solely responsible for

retaining control of your Collection Vessel at all times until your urine sample is sealed.

Note: You should be given an opportunity to select a Collection Vessel from among several available.

5. Provision of Urine Sample

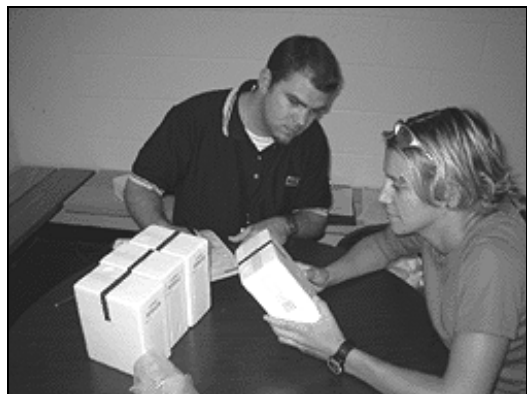


You will provide a urine sample of at least 75 ml in the presence of a same-sex Witness.

In order to provide the Witness with an unobstructed view of the passing of the sample, you will be required to disrobe from above the waist to mid-thigh.

*Note: If, for whatever reason, you fail to provide a sample of your urine under the direct observation of a same-sex Witness, this will be reported to the Doping Control Officer who shall direct you to provide a proper sample. Any refusal to comply will be treated as an anti-doping rule violation.

6. Doping Control Kit Selection



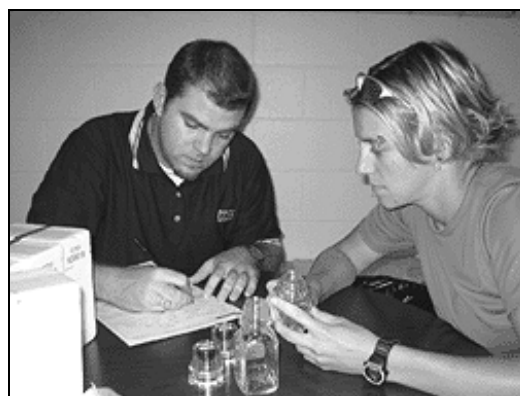
When you have provided the required amount of urine, you will select an individually sealed pre-packaged Doping Control Kit, with sterile “A” and “B” bottles.

This kit will be used to contain, identify and secure your urine sample.

If you are not satisfied with the selected kit, you will be given the opportunity to select another kit.

Note: You should be given an opportunity to select a Doping Control Kit from among several available.

7. Recording of the Sample Code Number



Once you are satisfied with the pre-packaged Doping Control Kit, you will open it and remove all contents from the Styrofoam box. You will be asked to verify that the Sample Code Numbers on the secure bottles, their respective lids and on the Styrofoam box are consistent. The Doping Control Officer will also check the Sample Code Numbers to ensure consistency. The Doping Control Officer will record the Sample Code Number on the Doping Control Form.

*Note: The Doping Control Form will be completed by the Doping Control Officer in the presence of the Athlete.

8. Urine Sample Division and Packaging



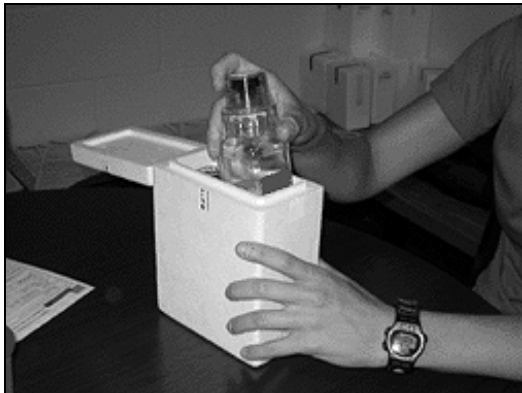
In the presence of the Doping Control Officer, you will pour at least the prescribed minimum volumes of urine into the “A” and “B” bottles, and then you will seal the bottles by tightening the lids as directed by the Doping Control Officer.

*Note: The Doping Control Officer will provide directions on how much urine from the Collection Vessel will be poured into the “A” and “B” bottles. Typically, you will pour 25 ml of urine into the “B” bottle and 50 ml of urine into the “A” bottle. Some urine should be left in the Collection Vessel in order to perform the pH and Specific Gravity tests.

You will then invert the bottles to ensure that there is no leakage.

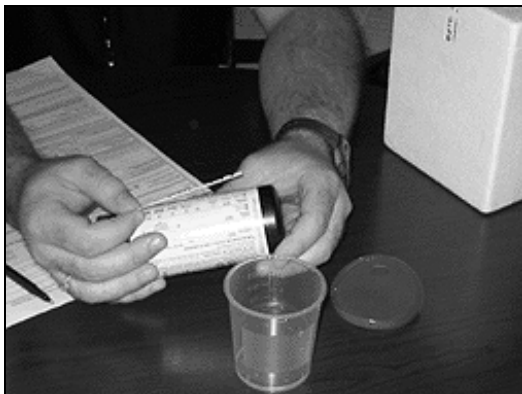


You will then place both the “A” and “B” bottles in their Styrofoam box, then close and seal the lid.



*Note: The actual Collection Vessel and Doping Control Kit may vary slightly depending on the equipment used by the IFBB. Currently, the IFBB uses the Berlinger Kit.

9. Verification of pH and Specific Gravity

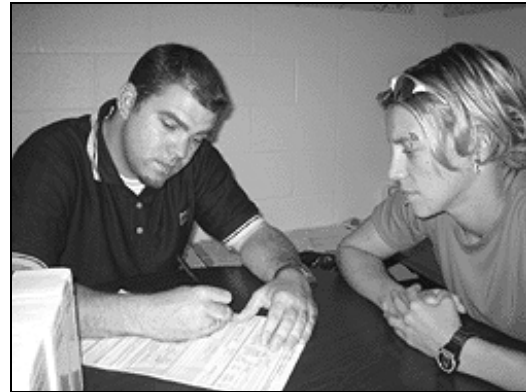


The Doping Control Officer will measure the pH and Specific Gravity of your sample, using the urine left in the Collection Vessel.

If the pH and/or Specific Gravity measurements are outside the specified ranges required by the

laboratory, you will be required to provide an additional sample.

10. Recording of Substances Taken



The Doping Control Officer will ask you to voluntarily declare any prescription/non-prescription medications, nutritional supplements and any other substances that you may have taken within the past three (3) days. This information is recorded on the Doping Control Form and will be used by the laboratory for analytical purposes.

11. Verification of Doping Control Form



To complete the Doping Control Form, you must review the form and ensure that the recorded information is accurate and complete. You will then be asked to sign the Doping Control Form declaring that you are satisfied with the manner in which the Doping Control Procedures were carried out.

Note: Your signing of the Doping Control Form will be witnessed

If you are not satisfied with the Doping Control Procedures used for the sample collection, you may provide your comments on the Doping Control Form.

12. Completion of the Testing Process



You will receive a copy of the Doping Control Form for your records. You should retain this copy for a minimum of six (6) weeks in the event of an adverse analytical finding.

*Note: One copy of the Doping Control Form is retained by the IFBB; one copy is forwarded together with the samples to the laboratory; one copy is provided to the Athlete. Due to the design of the form, only the IFBB and the Athlete can match the Sample Code Number to the Athlete.

Next Steps

Your sample will be packed and sealed into a secure transport bag and transported by secure chain of custody to a WADA-accredited laboratory.

Upon delivery, the laboratory will verify that your sample has not been tampered with and that the contents match the enclosed documentation.

Your “A” sample will be analyzed and your “B” sample will be securely stored.

Should your sample produce an adverse analytical finding, you will be notified via your National Federation, normally within three (3) to four (4) weeks from the date upon which your sample was provided.

The IFBB Anti-Doping Program

The complete IFBB Anti-Doping Rules may be found in PDF format at www.ifbb.com.

The Prohibited List

The Prohibited List used by the IFBB is that which is published by WADA and which may be found at www.wada-ama.org.

Rule of Strict Liability

The Rule of Strict Liability states that “**an anti-doping rule violation occurs whenever a prohibited substance is found in an athlete’s bodily specimen, regardless of whether or not the athlete intentionally or unintentionally used a prohibited substance or was negligent or otherwise at fault.**”

Result Management

Every athlete found guilty of an anti-doping rule violation will be given an opportunity to be heard via the appeal process.

Credits

The IFBB wishes to thank the IFBB Medical Commission, IFBB Technical Committee and IFBB Special Advisor, Prof. Dr. Eduardo H. De Rose (Brazil), for their assistance in preparing this guide. Further thanks to the World Anti-Doping Agency (WADA) and the Canadian Centre for Ethics in Sport (CCES).

