



**Edition 1**

**Membership of the  
WDFPF and Affiliates  
Drug Control  
WADA**

## **Section 1**

### **Membership of the WDFPF and its Affiliates**

#### **National Membership**

Membership of the WDFPF is obtained by the submission of a completed application form, including online applications by the Nation applying to become a member or an affiliate

1. National associations applying to the WDFPF must:
  - a. Have minimum four (4) members
  - b. Must have formed a Drug-Free organisation in their own country
  - c. Must agree to follow all WDFPF Rules
  - d. Current affiliated Nations must pay a National membership fee (payable annually prior to or on the day of the WDFPF Congress – (the Annual General Meeting of the WDFPF) The value of membership fee is decided at the WDFPF Congress, currently set at 100 Euros.
  - e. All new Nations applying to join the WDFPF and those Nations who have let their membership expire for 2 years or more, must be registered with the WDFPF a MINIMUM of 3 months prior to a WDFPF event of choice or the WDFPF Congress, whichever is first.
  - f. The Athletes membership fee must be paid by the 31<sup>st</sup> January of the year following the payment of the National membership fee. The Athletes fee is set at 1 (one) Euro per member of the affiliated Nation as at the end of the membership year (31 Dec)
  - g. New applicants must have been voted to be accepted by existing WDFPF Member Nations.
  - h. See Para 8 for those individuals who are unable to apply for Nation membership but wish to participate for a Nation not yet affiliated.
  - i. Only current member Nations may hold voting status within the WDFPF.
  
2. Any disbanded National Body which reforms into a new National Body, must re-apply for membership to the WDFPF.

#### **Individual Membership (Athletes)**

Membership of the WDFPF by an individual is based on an absolute understanding of LIFE TIME DRUG FREE. This means any aspect that falls into the criteria for refusal of membership of an individual regardless of when it occurred and whether a member at the time or not may be considered by the WDFPF/Affiliate Nation in terms of the LIFE TIME DRUGS FREE requirement.

3. Only current registered and fully paid up WDFPF member Nations athletes may participate in lifting events (at any level) sanctioned by the WDFPF.
4. All members of the WDFPF and its member Nations must be generally available for drug testing (including out-of-competition testing) as determined by the Association or its representatives.
5. The WDFPF and its member Nations shall not discriminate against any member on the ground of sex, race, colour, religious belief or creed or involve itself with any organisation which discriminates against persons on the grounds of sex, race, colour, religious belief or creed.

6. Registration or certification/verification is required of all Member Nation's athletes competing in WDFPF Sanctioned Championships. A current and complete list of athletes/competitors and officials registered with each individual Member Nation must be filed annually with the WDFPF Secretary General 14 days after the WDFPF Congress for the current membership year at the time of the congress.
7. Individuals may NOT be a member of more than 1 affiliated Nation. They may be a member of an affiliated Nation but lift for their chosen Nation where they live away from their chosen Nation. Where there is no affiliated Nation of the athletes Nationality Para 8 defines.
8. Single or below minimum representation for a country: An individual or individuals may annually apply to represent a country that is not a current member of the WDFPF or cannot currently meet the application standard of the WDFPF, under the following conditions:

a. *Single or Below Minimum Representation (Type 1)* includes lifters who are foreign nationals residing in another country, who seek membership of the drug-free body of the country in which they reside.

b. *Single or Below Minimum Representation (Type 2)* includes lifters resident in their own country, who, in the absence of any drug-free organisation in that country - seek membership of the drug-free body of a neighbouring or separate country.

c. An individual registered under Single or Below Minimum Representation - must in principle and for practical purposes - be accessible for drug testing by officials of a fully affiliated WDFPF drug-free organisation, or officials otherwise approved by the WDFPF.

d. Single or below minimum representation is only available to individuals in cases where no approved WDFPF affiliated body exists in the country they wish to represent.

e. In cases where a lifter(s) represents a country in which they are NOT normally resident -and where within that country proper an approved WDFPF fully affiliated body subsequently comes into existence - the status of the national organisation within the country itself will take precedence.

f. In cases where a nation is to be represented by various lifters under BOTH TYPES of Single or Below Minimum Representation, the combined athlete entry list will be subject to the same rules category composition - as for any fully affiliated WDFPF national team. In cases of dispute the WDFPF Executive will act as final arbiter.

g. The individual (s) applying for permission to represent a country that does not meet the four member minimum will be allowed one voting representative, and must agree to follow all WDFPF rules and policies, paying required fees for membership and competitive participation. Such a nation must re-apply each year for a yearly extension.

h. A citizen of a nation can opt to lift for any country in a given year so long as the lifter satisfies the rules pertaining to acceptability as a citizen of that country. Once a country has been selected this remains their lifting Nation. Only in circumstances of change of Nationality may a lifter represent a subsequent country.

## **Section 1.2**

### **Individuals ineligible for Membership within the WDFPF or its affiliates**

The WDFPF and its affiliates, including local additions as per Nations constitutions, maintains the right if it so chooses, to refuse membership to individuals who:

- a. Are currently under suspension from the any affiliate or any other sporting body as seen fit by the WDFPF is support of the same sporting ethos.
- b. Have previously been expelled from the WDFPF or any affiliate.
- c. Are currently or have been previously suspended by other organisations for offences connected with drugs usage.
- d. Have a history of anti-social behaviour or drug abuse.
- e. Have been or who are involved with organisations or associations whose aims or stance is not considered compatible with the aims and/or stance of the WDFPF.
- f. Have in any way aided or abetted individuals to drug abuse.
- g. Have in any way helped or supported athletes/lifters or sports people to pursue their sporting endeavours when known to be abusing drugs, or those who have supported or participated with organisations whose stance or drug control is not considered by the WDFPF to be compatible with the aims and/or stance of the WDFPF.
- h. Have been or who are involved with organisations which have patently failed to do everything possible to stop drug abuse or have sought to bring drug control methods into disrepute.
- i. Have been or who are involved with organisations that accept as competitors, athletes/lifters under suspension or life ban for drug abuse or anti-social behaviour.
- j. It feels are in any way unsuitable, without giving a reason.

## **Section 1.3**

### **Conditions of membership**

1. Membership of the WDFPF shall by annual subscription submitted by an applying Nation. Membership of affiliate Nations by athletes is under local governance of that Nation in terms of subscriptions and general administration but all aspects in Section 1.2 are implied concerning the exclusion of membership within a host Nations athletes. Failure to apply those aspects indicated in Section 1.2:
  - a. The athlete in question may be referred to a WDFPF Disciplinary Panel if it is demonstrated that they fall within Section 1.2.
  - b. The Nation who has allowed a member to join who does not meet the criteria as indicated above will be required to provide notification as to the reason to allow membership of an individual contra to Section 1.2.
  - c. The Nation who allowed membership will be informed of any decision of the WDFPF.

2. The athlete subscription becoming due on the last day of January each year. The WDFPF may alter the rate of subscription as and when it may see fit to do so allowing all Nations suitable time and notification as to the reason of any change in subscription rates.
3. No person may join the WDFPF or any of its affiliates under a pseudonym (fictitious name). No member may adopt a pseudonym within the WDFPF or any of its affiliates.
4. With the exception of the Master of Ceremonies, Recorder, Timekeeper, Marshals and loaders, only WDFPF affiliate members may compete in or officiate at WDFPF or affiliate member competitions.
5. To enable out of competition drug testing to be done at short notice, any member who changes his or her address must notify the Drug Control Secretary and National Membership Secretary of their member Nation prior to such a change of address.
6. All members are expected to abide by the rules and regulations of the WDFPF and its affiliates and any failure to do so, including behaviour which would render a person ineligible for membership, will result in that member being subject to disciplinary procedures. Such actions include but not limited to:
  - a. Failure to comply or abide with any of the rules or regulations within the WDFPF or affiliate member Nations constitutions.
  - b. Behaviour contra to the good order of the WDFPF or any member Nation.
  - c. Actions or behaviour that is malicious in their intent to undermine the Governing Body, the WDFPF.
  - d. Failure to comply with reasonable request for information or action on the part of any affiliate member nation either as individuals or as an elected body within an affiliate Nation.
  - e. Anti-social behaviour or any behaviour which may be considered to be obstructive or detrimental to either the smooth running or image of the WDFPF or ANY of its affiliate Nations.
  - f. Any illegal action conducted by an individual or group of an affiliate Nation.
  - g. Any action or behaviour that does not promote the image of the WDFPF or any of its member nations.

## **Section 2**

### **DISCIPLINARY PROCEDURES**

1. The WDFPF Disciplinary Committee shall consist of Five Officers, comprised of individuals not from the Nation, where the National representatives as an entity or individual member, are referred to the DC. In the event of an Appeal to a second Disciplinary Committee, this shall consist of Five Officers other than the original, and from a different area and also different from the original one. A chairperson will be elected by the DC from within. In circumstances where the DC is unable to identify the Chair the WDFPF will delegate on their behalf.
2. Any complaint regarding undisciplined anti-social behavior likely to bring the WDFPF or any member Nation, where the nation is unable to act itself due to breakdown, into disrepute will, in the first instance, be brought to the attention of the President, whose prerogative it is to decide whether the offence is of a nature to warrant a Warning of Conduct and to request a written letter of apology from the offender. If a satisfactory letter of apology is forthcoming, the matter is ended. If no letter of apology is forthcoming within 14 days of the request being received by Registered Letter or Electronic means (confirmed by receipt or interaction on a recognised method), or if the apology is deemed to be unsatisfactory, the President shall consult all available members of the Executive

Council to determine whether or not it is the majority view that the subject of the complaint warrants further disciplinary action. Where such action is considered by a majority of National Council members to be appropriate, the President may instruct the Disciplinary Committee to convene to consider the matter and take whatever steps it deems necessary. In the event of a tied vote, the President shall make the decision whether or not to proceed with further disciplinary action. For procedures following notification of a positive test by drug control agencies, see '*Drug Control Procedures*'. NOTE: In circumstances where the President is either the Complainant or Respondent in such a matter the President Role will be conducted by the Vice-President.

3. The Disciplinary Committee shall discuss the known facts and details, and consider the implications. It shall be empowered to suspend for a period not exceeding one year, any member found guilty of behavior which is not considered consistent with that required under the WDFPF Constitution. However, if the behavior is considered to be as such as to unacceptable, the party in questions shows no remorse for actions undertaken or is a prevalent offender that may be subject to any length of ban up to and including Lifetime.
4. A suspended or banned member may be excluded from dressing rooms, warming-up areas and platform areas.
5. A suspended member remains within the body of the Association, but his or her involvement is deemed to be in limbo and he/she may not compete, referee or act in any official WDFPF or affiliate Nation capacity. A suspended or banned member may help or coach other lifters on a personal basis, but may only do so in official warm up or lifting areas with the permission of the Technical Officer for the event. The behavior of any member suspended from WDFPF or affiliate Nation activities will be assessed and if not considered in keeping with the rules regarding acceptability for membership, he/she may be subject to further disciplinary procedures or refusal of membership at renewal date. A suspended member may attend all WDFPF or affiliate Nation competitions as a spectator and his or her activities within his or her own club or training environment are not subject to the WDFPF or affiliate Nation jurisdiction.
6. FOR WDFPF DC Hearings: The Disciplinary Committee Chair shall inform the General Secretary of all decisions. The WDFPF or affiliate Nation National Council shall be informed by the General Secretary of all decisions of a disciplinary nature.
7. For Member nation, Disciplinary Hearings: The Disciplinary Committee Chair shall inform the WDFPF General Secretary of all decisions.
8. Members of a Disciplinary Committee may convene at a specified location and at a specified date. (Such a meeting must be convened if specifically requested by a member accused of an offence). Alternatively, Disciplinary Committees may convene by other means of communication, such as electronic mail. Prior to a Disciplinary Committee convening, a member accused of an offence shall be required to either appear before that body or to submit their case in writing, having been given at least 14 days' notice by Registered letter sent to the last known address or by electronic means if it is clear these are accepted by the individual or group in question. Failure to provide a bone fide method of contact or address in which to submit the required notification will be considered obstructive. In such a case the DC, having made all reasonable attempts to contact the individual, will proceed as if the individual has been contacted and has chosen not to provide any submission in relation to their case. Failure on the part of the member to attend the hearing or submit their case in writing will not prejudice the Committee's deliberations and the matter will be considered in the absence of the member or the member's letter. If the member chooses to defend his/her actions by letter, this should be forwarded to the Disciplinary Committee Point of Contact (normally the Chair), to arrive before the date of the hearing, or the start of the Committee's deliberations if by other means. If at a meeting, the

- member may choose to conduct his/her defense or be represented in his/her absence or presence, or to have with him/her a friend for moral support.
9. At all levels, A member thus suspended by the Disciplinary Committee shall be informed by the General Secretary by registered letter or electronic confirmed means of his/her right to appeal.
  10. For subsequent action see '*Rights of Appeal*'.
  11. It must be noted and emphasised that, where a member is suspended or expelled from the WDFPF or any affiliate Nation, this will in no way prejudice their affairs or dealing with the club or institution with which he/she may be connected by membership or ownership. Nor shall the WDFPF or any affiliate Nation, by deed or implication; presume upon a suspended or expelled member's continued membership of his/her registered club or institution. However, where a suspended member's club or institution is promoting WDFPF or any affiliate Nation proceedings, that same suspended or expelled member may not enter into, take part in nor assist in any ancillary capacity in those same WDFPF or any affiliate Nation proceedings (see paragraph 5).
  12. A suspended or expelled member is free to comment upon or criticise any aspect of the WDFPF or any affiliate Nation, his/her suspension or expulsion proceedings, the members, the WDFPF officers - subject to and pursuant upon the constraints of good taste, decorum and the Laws of the Land.
  13. The WDFPF or any affiliate Nation and its Officers shall not harangue, criticise nor defame a suspended or expelled member by public pronouncement or writings. Public pronouncement will only state the member's punishment and for what reason. Officials involved in disciplinary proceedings shall not publicly speculate further nor elaborate upon decisions made under their aegis. Where there are, implications regarding financial or legal issues the WDFPF has the right to pass these to the relevant authorities for further investigation or action as it sees appropriate.

## **Section 2.1**

### **RIGHTS OF APPEAL**

1. Any member feeling aggrieved by the decisions or actions of the Disciplinary Committee, may appeal either to a second Disciplinary (Appeals) Committee (such a committee must be convened if specifically requested by the member concerned), or direct to the full WDFPF Executive Committee – by lodging a letter of appeal with the General Secretary, not more than 14 days after notification of disciplinary action. The written appeal must be accompanied by a pledge of 50 Euros which will be returned to the Appellant if the appeal is upheld and not considered to be of a frivolous nature. If no letter of appeal is received within 14 days of notification of disciplinary action, the decision of the Disciplinary Committee will be considered final and irrevocable.
2. The forwarding of an appeal letter and pledge does not confer any rights on the Appellant and he/she is deemed suspended from all WDFPF or any affiliate Nation activities from the date of receiving notification of suspension or expulsion, until such time as his/her appeal is heard.
3. The second Disciplinary (Appeals) Committee or the National Council, are obliged to respond to the Appellant's grievance within 28 days of receiving his/her notification and financial pledge. If the Appellant has chosen to appeal to a second Disciplinary (Appeals) Committee, and if a specific meeting is to be convened, he/she shall be granted at least 14 days' notice of the precise date, time and venue of the hearing. The General Secretary shall discharge these

details by Registered Letter or recognised electronic means. The WDFPF President will decide on the hearing date, time and venue. If the Appellant has chosen to appeal direct to the WDFPF Executive Committee, there will not normally be any meeting scheduled, but the Council will convene and deliberate by other means (such as electronic mail) to arrive at its decision.

4. The second Disciplinary (Appeals) Committee or the WDFPF Executive Committee, shall hear all the facts and evidence during which the Appellant is permitted to act as advocate in his/her own defence - or he/she may appoint any person to plead his/her defence on his/her behalf.
5. The decision of the second Disciplinary (Appeals) Committee or the WDFPF Executive Committee on Appeals shall be final and binding. The President shall instruct the National Council to act on the findings of the appeal and then instruct the General Secretary to inform the Appellant of the findings.

### **Section 3**

#### **DRUG CONTROL POLICY**

The WDFPF is a body unequivocally committed to drug-free sport in general, and to drug-free powerlifting in particular. Accordingly, it is expected that all members, lifters and officials share these convictions, and that their total support for, and co-operation with, the drug control and testing policies of the Association can be relied upon. Section 1.1 also refers.

#### **DRUG ABUSE**

1. Drug abuse is strictly forbidden and the WDFPF will ban for life any member found guilty of drug abuse, subject to a right of appeal as set out in the disciplinary rules. Any ban implemented by the WDFPF on a member within an affiliate is automatically applied to that Nation in terms of implied disciplinary action on behalf of that Nation. The same is applied for any drug related ban issued by an affiliate organisation as applied to the WDFPF and any other affiliate Nation.
2. Drug abuse is the use by, or distribution to, a sportsman or sportswoman (the competitor) of any substance defined as banned by the WDFPF (see paragraph 6). The identification of a substance and/or metabolites of a doping class in a competitor's urine or other sample will constitute an offence. Evidence of blood doping, pharmacological, chemical or physical manipulation may also be considered an offence which may be penalised.
3. Any member or potential member must, at any time if requested by the WDFPF Drug Control Secretary or other designated official on behalf of the WDFPF, submit to a drug test at a moment's notice. Refusal to do so or indulging in any behavior considered by the Disciplinary Committee to be obstructive or lacking in co-operation prior to, during or following the giving of a urine sample or any other form of drug testing, will be considered a positive test. All joined members of affiliate nations and by definition of membership the WDFPF agrees to do everything in his or her power to enhance and ease the practical aspects of the testing procedure. As such, a member's responsibility to co-operate does not start and end with the giving of a urine sample.
4. Any member found guilty of advising athletes or lifters on how to abuse drugs will be banned for life.
5. If, on analysis by a reputable body, a urine sample is found to contain a substance banned by the WDFPF, or indicates the use of any agent which the WDFPF considers as constituting drug abuse, this will be regarded as a positive test and is grounds for a life ban. Under exceptional circumstances the taking of



- a banned drug may be considered by the Disciplinary Committee or National Council, following an appeal, not to constitute drug abuse.
6. Banned substances are as detailed on the International Olympic Committee (IOC) and WADA websites. The WDFPF and all member Nations reserves the right to add to or subtract from this list any substance which it feels is relevant or irrelevant to what constitutes drug abuse. The WDFPF will notify all member nations of any such alterations.
  7. In the case of out-of-competition drug testing, the Disciplinary Committee will decide what drugs or what dosage of any given drug, constitutes drug abuse, in consultation with an official IOC accredited drug control body. Similarly, the Disciplinary Committee may decide that following an in or out-of-competition drug test, the taking of what may be considered an excessive amount of a non-banned substance, constitutes drug abuse.
  8. It is incumbent on all athletes to check with the National Drug Control Secretary, The WADA Prohibited List, UKAD or GLOBADROL whether any substance they may wish to ingest, is on the banned list. The use of products which can be legally purchased may in some cases, still lead to drug test failures (positive test results). Similarly, certain commercially available products described as 'nutritional supplements' may contain banned substances. Commercially available products are not exempt from the WDFPF list of banned substances. Members are considered personally responsible for ensuring that any medications or nutritional supplements which they use do not contain substances banned by the WDFPF. As a general rule, a claim by a member failing a drug test that he/she did not know that they had ingested a banned substance - will not be regarded as a valid defence. Ignorance of what constitutes a banned substance will not normally be considered grounds for an appeal against a ban for a positive drug test.
  9. A list of suggested alternative medications (which do not contain banned substances) is maintained by GLOBADROL.
  10. Any lifter, official or coach found guilty of drug abuse and banned for life, will have all records, titles and performances removed retrospectively.
  11. All diabetics must inform their Drug Control Secretary of their condition so the testing authority can test for insulin abuse. If a positive test for insulin is then recorded and the member has not informed the Drug Control Secretary, that member may be banned for life. The WDFPF may also test for stimulants.

### **Section 3.1**

#### **DRUG CONTROL PROCEDURES**

THE WDFPF and its affiliates has the right to test any members as directed by the WDFPF DCO or National DCO in pursuit of the eradication of Drug Abuse within the sport.

1. Drug testing shall be by urinalysis or any other method approved by the WDFPF.
2. Drug testing **in competitions** will be conducted as required. The testing of a minimum of 10% of the total number of competitors is mandatory at National or International competitions staged by the WDFPF. Any National level event must also be 10% tested to claim WDFPF records.
3. Drug testing **out of competition** will be conducted wherever and whenever this is considered necessary, and normally without any prior warning or notice to the individual concerned. Out of competition tests are mandatory to undertake by a National affiliate to an amount equal to 1% of its membership.
4. The WDFPF or member Nation reserves the right to conduct as many tests - in or out of competition - on any particular individual - as it sees fit.

5. The Association may choose either to take into account - or to ignore - a member's drug testing history in other organisations.
6. **Notification of testing conducted.** This must be completed in the following manner in all circumstances for a test to be considered valid by the WDFPF:
  - a. The testing nation must provide the WDFPF Drugs Control Officer with a copy of the Chain of Custody document (CoC) within 7 days of the test being conducted.
  - b. The testing nation must provide the WDFPF Drugs Control Officer with a copy results from the testing authority within 3 days of receipt of the results.
7. **Negative Test.** Will be listed on the WDFPF testing log. Affiliate nations may also display their test results on their own media pages as it sees fit. Where test have been conducted on lifters and the results have not been received they are to be listed as pending. Once received the status should indicate the result. Where tests have been conducted by the WDFPF, member nations will be informed only that results are back in the case of Negative tests or by direct contact about specific athletes in the case of a positive test.
8. **Positive Test.** Indicated below are the mandated steps for any organisation to follow on notification of a positive test. Following notification of a positive test:
  - a. *When conducted by the WDFPF;* The WDFPF Drug Control Secretary will notify the WDFPF President who will then notify the President of the affiliate nation, who will instruct their General Secretary to notify the person concerned, by registered letter to his or her last known address, that a banned substance has been found in the "A" sample - and provide copies of laboratory data (these would have been provided by the WDFPF DCO) Steps 9-12 will then be completed by the affiliate nation with the results presented to the WDFPF for any required action.
  - b. *When conducted by an affiliate Nation;* The National Drug Control Secretary will notify the WDFPF President of the result. The required steps will then be conducted to inform the athletes as per 8a above. Steps 9-12 will then be completed by the affiliate nation with the results presented to the WDFPF for any required action.
9. The competitor should be invited to provide an explanation of the findings and should also be advised of his/her right to have the "B" sample analysed and of his/her right to attend or be represented at this analysis. At this stage the competitor will also be advised of a disciplinary hearing (which must take place not less than 14 days after receipt of this letter), and of his/her rights of defence (see 'Disciplinary Procedures' - no. 7).
10. Members of the Disciplinary Committee may convene a hearing at a specified location and at a specified date. (Such a meeting must be convened if specifically requested by the competitor). Alternatively, the Disciplinary Committee may convene to consider the case by other means of communication, such as electronic mail.
11. Analysis of the "B" sample should normally take place within 7 days of notification of a positive "A" sample. The competitor will also be notified that a positive "A" sample renders a competitor suspended from all WDFPF and affiliate nation activities from the date of notification to the date of the Disciplinary Hearing. If "B" sample analysis is requested to confirm the "A" sample finding, arrangements for sample analysis should be made by the Drug Control Secretary with the relevant drug control agency. If analysis of the "B" sample is not requested, it will be assumed that the competitor accepts the result of the "A"

sample analysis and he/she will be judged accordingly. Where the B Sample is requested to be tested the athlete is responsible for all aspects of payment for the test to be completed. If the B Sample subsequently shows the A Sample to be incorrect the athlete will be refunded by either:

- a. The athletes Nation if the test was undertaken by them.
  - b. The WDFPF if undertaken by the WDFPF.
12. The Disciplinary Committee shall convene to decide whether the result of the drug tests or tests, constitutes drug abuse and the General Secretary will be informed of their conclusions. If the Disciplinary Committee decide that the competitor is guilty of drug abuse, the General Secretary will inform the competitor by registered letter to the last known address that his/her membership is suspended for the remainder of the current year and that from then on a life ban is imposed. The competitor will also be informed of his/her right to appeal (see Appeal Procedures). The WDFPF will then be informed of the result.
  13. The results of a positive drug test and penalties imposed by the Disciplinary Committee shall be published in the WDFPF Drugs Test page of the website at the earliest possible opportunity. Similarly, the result of appeals will also be published at the earliest possible opportunity.

## **Section 3.2**

### **CONDUCTING A TEST**

There are 2 types of testing undertaken by the WDFPF and its Affiliates, procedures for both are indicated below:

#### **In competition**

1. The Athlete is informed of their requirement to undertake drugs testing.  
NOTE, this can be done during or at the end of the competition in which they are participating. Under NO circumstances is the lifter to be tested prior to the start of the event.
2. Once the athlete has been informed they are required for testing they need to report to the designated Drugs Testing Officer who has been assigned to conduct the test. Where possible there will always be 2 referees present at the test. This may not be possible where the sex of the referees is different than the athlete to be tested. In such a case the Drugs Testing Officer (DCO) will select an appropriate person to accompany them.
3. Having reported to the DCO the athlete is free to conduct personal administration, such as shower, eating or any aspect they require to undertake if they are unable to immediately provide a sample. There is no requirement for the athlete to remain with the DCO until they can provide a sample.
4. The sample is collected as follows:
  - a. The athlete is presented with a sealed Urine Collection vessel and a sealed Drug Test Kit. They confirm both are sealed.
  - b. The athlete opens the collection vessel bag **NOT** the test kit at this stage.
  - c. The athlete is accompanied to the collection area and must be

observed providing the sample. The testing officer must be able to see the urine stream being delivered into the vessel. Standard kits require 90ml of urine.

- d. The athlete, once they have completed urinating, closes the collection vessel. They may wash their hands if they wish but the DCO is not to hold the test sample. The time of the sample is noted by the DCO
- e. The athlete and the DCO return to a suitable area for the Urine to be transferred into the Drugs Testing Kit.
- f. The athlete again confirms the Testing kit is sealed. The DCO opens the kit and confirms the numbers of all bottles and containers with the athlete and then records them on the Chain of Custody document (COC). It is the athlete's responsibility to ensure all details of the numbers and all information on the COC is correct. NOTE the test is recorded by its numbers only NOT with the prefix of A or B.
- g.** THE ATHLETE then pours the urine from the collection vessel into the testing kit to the designated levels. The athlete then closes the testing kits ensuring they are closed correctly. The athlete then places the Testing Kit into the provided transit medium. For VERSAPAK this is into the ANTI-TAMPER Plastic container, The DCO then closes the ANTI-TAMPER container and places the kit into the collection bags with the PINK copy from the COC once completed. For BERLINGER kits the athlete closes the bottles ensuring the ratchet no longer turns and then places the bottle into the provided bag and hands it to the DCO who will place it into the transit box along with the PINK copy of the COC once completed.
- h.** The COC information may be completed after, prior or during the test as time allows. The only aspect of the form that cannot be completed prior or during is the final signature of the athlete to confirm the test is theirs and it has been conducted in the correct manner.
- i.** THE DCO then checks the form to ensure the all boxes have been completed and the serial numbers match the test for a final time. The top copy (WHITE) is retained by the DCO and given to the WDFPF Executive. Page 2 is the PINK copy, this is inserted into the Bag/box that contains the kit, the bag or box is then closed/sealed. The GREEN copy is retained by the organising Nation/Promoter, the final page (BLUE) is given to the athlete for their records.

### **Section 3.2.1**

#### **Out of Competition. (OOC)**

The WDFPF or any of its affiliates will undertake OOC testing as required by the constitutional mandates required. When conducting an OOC test the WDFPF or any of its affiliates have the right to test any member at any time.

When undertaking OOC testing the following procedures are to be followed:

1. Where possible the athlete is to receive NO notification of testing for OOC. This can be achieved by a recognised DCO arriving at the known address or gym of the person to be tested. If the person is present they must undertake

to provide a sample at that time. If the individual is unable to permit to such testing due to Work or Family commitments, that are deemed a suitable reason for not providing the test at that time, the individual is required to provide a sample within the next 24 hours in agreement with the DCO. (the only exception to this is if the person is not going to be available for the next 24 hours). If the individual is not at home the DCO may make other visits to try and obtain a test but may well choose to conduct future visits in line with 2 below.

2. If the DCO is unsure of the individual's routine or has excessive distance to travel and wishes to ensure the individual will be present they may contact the individual by Phone or e-mail to confirm their ability to undertake a test in the next 24 hours. If the individual fails to contact the DCO within 24 hours a further attempt is to be made, if another 24 hours expires with no contact (for no known reason) the matter is to be referred for disciplinary consideration and action.
3. As individuals are required to notify their National representative of any periods of absence from their address long absences should not be experienced nor be a surprise to the testing organisation when trying to conduct a test. Where the individual has failed to follow notification procedures disciplinary action may be taken.
4. If on arrival or either a surprise visit or arranged visit as per 2 above, the individual refuses to provide a test, the DCO is to note the refusal on the COC document writing "REFUSAL" across the document, where possible the individual is to sign but it is recognised the individual may not wish to do so, this also is to be noted on the COC.
5. On undertaking the test all aspects as per Para 3.2.4 onwards comply, less the Green copy which is also to be retained by the DCO for the individual's membership Nation.

Notification of testing is then undertaken as per the WDFPF Rule book.

### **PENALTIES**

1. Any member found guilty of drug abuse as detailed in the previous sections, shall receive a life ban from the WDFPF and any affiliate nation subject to the aforementioned procedures and rights of appeal. NOTE – Refusals will result in an IMMEDIATE LIFE BAN.

Under exceptional circumstances, a positive test for any substance on the WADA/WDFPF Banned List may not be regarded as drug abuse, subject to any Disciplinary Committee's decision.

2. The WDFPF will exercise all aspects of the WADA disciplinary code in terms of issuing the maximum ban as a minimum in all cases. THE WDFPF and in turn all its affiliates are absolute that failure for PEDs such as Anabolic Steroids will result in an immediate LIFE TIME BAN.

### **Section 3.3**

#### **THERAPEUTIC USE EXEMPTIONS (TUEs)**

If any member has illnesses or conditions that require them to take particular medications that fall under the Prohibited List, a Therapeutic Use Exemption may give that member the authorisation to take the needed medicine. The World Anti-Doping Agency (WADA) has issued an International Standard for the granting of

Therapeutic Use Exemptions. The criteria for granting TUEs are:

1. The athlete would experience significant health problems without taking the prohibited substance or method.
2. The therapeutic use of the substance would not produce significant enhancement of performance.
3. There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or method.

**Any member wishing to apply for a TUE should contact their Drug Control Secretary or President in the first instance.**

Full details regarding the TUE scheme can be found on the WADA internet website [www.wada-ama.org](http://www.wada-ama.org).

#### **Section 4**

#### **IOC/WDFPF LIST OF BANNED SUBSTANCES**

A full list can also be viewed on the WADA internet website [www.wada-ama.org](http://www.wada-ama.org).

#### **Prohibited Classes of Substances and Prohibited Methods**

1. Doping contravenes the ethics of both sport and medical science. Doping consists of:

- a. The administration of substances belonging to prohibited classes of pharmacological agents, and/or.
- b. The use of various prohibited methods.

The WDFPF regards Beta Blockers as acceptable medication.

#### **WADA ARTICLE I: PROHIBITED CLASSES OF SUBSTANCES**

Prohibited substances fall into the following classes of substances:

- A. Stimulants
- B. Narcotics
- C. Anabolic Agents
- D. Diuretics
- E. Peptide and glycoprotein hormones and analogues

#### **WADA ARTICLE II: PROHIBITED METHODS**

The following procedures are prohibited:

##### **A. Blood doping**

Blood doping is the administration of blood, red blood cells and related blood products to an athlete. This procedure may be preceded by withdrawal of blood from

the athlete who continues to train in this blood depleted state.

## **B. Pharmaceutical, chemical and physical manipulation**

Pharmaceutical, chemical and physical manipulation is the use of substances and of methods which alter, attempt to alter or may reasonably be expected to alter the integrity and validity of urine samples used in doping controls, including, without limitation, catheterisation, urine substitution and or tampering, inhibition of renal excretion such as by probenecid and related compounds and epitosterone application.

The success or failure of the use of a prohibited substance or method is not material. It is sufficient that the said substance or procedure was used or attempted for the infraction to be considered as consummated.

## **WADA ARTICLE III: CLASSES OF DRUGS SUBJECT TO CERTAIN RESTRICTIONS**

### **A. Alcohol**

In agreement with the International Sports Federations and the responsible authorities, tests may be conducted for ethanol. The results may lead to sanctions.

### **B. Marijuana**

In agreement with the International Sports Federations and the responsible authorities, tests may be conducted for cannabinoids (eg Marijuana, Hashish). The results may lead to sanctions.

### **C. Local Anaesthetics**

Injectable local anaesthetics are permitted under the following conditions:

- a. That bupivacaine, lidocaine, mepivacaine, procaine, etc are used but not cocaine. Vasoconstrictor agents (eg adrenaline) may be used in conjunction with local anaesthetics.
- b. Only local or intra-articular injections may be administered.
- c. Only when medically justified (eg the details including diagnosis) dose and route of administration must be submitted prior to the competition or immediately, if administered during the competition, in writing to the relevant medical authority.

### **D. Corticosteroids**

The use of corticosteroids is banned except:

- a. For topical use (aural, dermatological and ophthalmological) but not rectal.
- b. By inhalation.
- c. By intra-articular or local injection.

The WDFPF regards Beta Blockers as acceptable medication.

The IOC Medical Commission has introduced mandatory reporting of athletes requiring corticosteroids by inhalation during competitions. Any team doctor wishing to administer corticosteroids by local or intra-articular injection, or by inhalation, to a

competitor must give written notification prior to the competition to the relevant medical authority.

**WADA ARTICLE IV:**

Except as specifically otherwise provided in the IOC Medical Code, the detected presence of any amount of substances in classes (A), (B), (C), (D) and (E) in respect of a test conducted in connection with a competition shall constitute a definitive case of doping. The quantity of the substance detected is not material to a definitive case of doping.

**WADA ARTICLE V:**

The detected presence of ephedrine, pseudoephedrine, phenylpropanolamine and cathine in respect of a test conducted in connection with a competition shall constitute a prima facie case of doping. The person affected shall have the opportunity to rebut the presumption of doping by providing evidence that the substance was present under circumstances which, on a balance of probabilities, including the quantity of substance detected, would support a conclusion that doping was neither intended, nor the result of gross negligence, wilful negligence nor imprudence. In all cases, the onus of rebutting the presumption of doping, when the substance has been detected, shall rest with the person affected.

NB Positive Ephedrine results will not necessarily be regarded as drug abuse carrying an automatic lifetime ban, unless a second failure for the same. The WDFPF World Committee will decide the penalty subject to the following criteria:

1. Up to 10ppm will result in a warning.
2. Over 10ppm will result in a two-year ban (and the removal of any title, placing and records set, if the result of an *In Competition Test*).

**WADA ARTICLE VI:**

Out-of-competition testing is directed solely at prohibited substances in Article I (A), (C), (D) and (E). The only positive results for purposes of out-of-competition testing and the application of the IOC Medical Code will be in respect of such classes of prohibited substances and pharmacological, chemical and physical manipulation (Article II (B)).