

# Anti-Doping Education WDBF

02.07.2024

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WDBF

## About Anti-Doping - Clean Dodgeball

### Introduction

As set out in the World Dodgeball Federation (WDBF) bylaws, one of our key objectives is to promote fair play in sport. The WDBF is committed to clean sport and aims to implement clear anti-doping guidelines in Dodgeball in order to safeguard and educate our members.

Doping can be harmful to an athlete's health, damages the integrity of sport, and is morally and ethically wrong. All athletes participating in WDBF competitions/under a National Anti-Doping Organization's jurisdiction must abide by the WDBF and World Anti-Doping Agency (WADA) Anti-Doping Rules.

### What is Doping?

Doping is not just a positive test showing the presence of a prohibited substance in an athlete's urine sample. Doping is defined as the occurrence of one or more of the 11 Anti-Doping Rule Violations (ADRVs) outlined in the [World Anti-Doping Code](#) and WDBF [Anti-Doping Rules](#). These are:

1. **Presence** of a prohibited substance, its metabolites or markers in an athlete's sample
2. **Use or attempted use** of a prohibited substance or method by an athlete
3. **Refusing**, evading or failing to submit to sample collection by an athlete
4. **Failure to file** whereabouts information and/or missed tests by an athlete
5. **Tampering** or attempted tampering with the doping control process by an athlete or other person
6. **Possession** of a prohibited substance or method by an athlete or athlete support personnel
7. **Trafficking** or attempted trafficking of a prohibited substance or method by an athlete or other person
8. **Administering** or attempting to administer a prohibited substance or method to an athlete
9. **Complicity** or attempted complicity in an ADRV by an athlete or other person
10. **Prohibited Association** by an athlete or other person with a sanctioned athlete support personnel
11. **Acts** to discourage or retaliate against reporting to authorities

### Why is doping in sport prohibited?

The use of [doping substances or doping methods](#) to enhance performance is fundamentally wrong and is detrimental to the overall spirit of sport. Drug misuse can be harmful to an athlete's health and to other athletes competing in the sport. It severely damages the integrity, image, and value of sport, whether or not the motivation to use

drugs is to improve performance. To achieve integrity and fairness in sport, a commitment to clean sport is critical.

### What does 'Strict Liability' mean?

- The principle of strict liability applies to all athletes who compete in any sport with an anti-doping program. It means that athletes are responsible for any prohibited substance, or its metabolites or markers found to be present in their urine and/or blood sample collected during doping control, regardless of whether the athlete intentionally or unintentionally used a prohibited substance or method. Therefore, it is important to remember that it is each and every athlete's ultimate responsibility to know what enters their body.
- The rule which provides that principle, under [Code Article 2.1 and Article 2.2](#), states that it is not necessary that intent, fault, negligence, or knowing use on the athlete's part be demonstrated by the Anti-Doping Organization to establish an anti-doping rule violation.

### Why is doping dangerous?

Doping can result in severe health consequences but also comes with sport, social, financial and legal consequences. For an athlete, doping could spell the end of their sporting career, reputation, and prospects both in and out of sport.

#### Sport Consequences

The sanctions for an Anti-Doping Rule Violation (ADRV) can include:

- *Provisional Suspension*. The athlete or other person is temporarily banned from participating in any competition or activity while waiting for the results management process to be complete or until the final decision is rendered.
- *Ineligibility*. The athlete or other person is not allowed to compete or participate in any other activity, such as training, coaching, or even access to funding due to an ADRV. This period of ineligibility can be for up to 4 years or even life depending on the circumstances of the ADRV.
- *Disqualification* of results. The athlete's results during a particular period, competition or event are invalidated, which comes with forfeiture of any medals, points and prizes.
- *Public Disclosure*. The Anti-Doping Organization (ADO) informs the general public of the ADRV.
- *Fines*.

#### Health Consequences

The health consequences to an athlete can include:

- *Physical health.* Medications and medical interventions have been developed to treat a particular condition or illness. Not an otherwise healthy athlete. Depending on the substance, the dosage and the consumption frequency, doping products may have particularly negative side effects on health.
- *Psychological health.* Some doping substances may have an impact on the athlete's mental health. Anxiety, obsessive compulsive disorders or psychosis are direct consequences from doping.

### Social Consequences

Some of social consequences of doping include:

- Damage to reputation and image, which can be permanent with media attention, and future clean performances can be met with skepticism.
- Damage to future career prospects.
- Isolation from peers and sport.
- Damaged relationships with friends and family.
- Effects on emotional and psychological well-being.
- Loss of standing, fame, respect and credibility.

### Financial Consequences

The financial consequences of doping can include:

- Fines that an Anti-Doping Organization (ADO) may have included in their anti-doping rules including costs associated with an Anti-Doping Rule Violation (ADRV).
- Loss of income/financial support, such as government funding, other forms of financial support and by not participating in the competitions.
- Loss of financial support due to withdrawal of sponsor.
- Requirement to reimburse sponsor, if included in the contract.
- Reimbursement of prize money.
- Impact of damaged reputation on future career prospects.

### Legal Consequences

In addition to the sport, health, social and financial consequences listed above, doping can come with other legal consequences, such as:

- Some countries have gone beyond the World Anti-Doping Code and made using a prohibited substance a criminal offence (e.g. Austria, Italy, France).
- In some countries, ADRVs related to trafficking, possession or administering a prohibited substance or some substances on the Prohibited List are considered a criminal offence.

## What do athletes and athlete support personnel need to know about anti-doping?

Athletes, their support personnel and others who are subject to anti-doping rules all have rights and responsibilities under the World Anti-Doping Code (Code). Part Three of the Code outlines all of the roles and responsibilities of each stakeholder in the anti-doping system.

### Athletes' Rights

“Every athlete has the right to clean sport!”

Ensuring that athletes are aware of their rights and that these rights are respected is vital to the success of clean sport. WADA's Athlete Committee (now Athlete Council) drafted the [Athletes' Anti-Doping Rights Act](#) (Act). This Act is made up of two parts. Part one sets out rights that are found in the Code and International Standards. Part two sets out recommended athlete rights that are not found in the Code or International Standards but are rights that athletes recommend that Anti-Doping Organizations (ADOs) adopt for best practice.

Athlete rights outlined in the Code include:

- Equal opportunities in their pursuit of sport, free of participation by other athletes who dope
- Equitable and fair testing programs
- A Therapeutic Use Exemption (TUE) application process
- To be heard, to have a fair hearing within a reasonable time by a fair, impartial and operationally independent hearing panel, with a timely reasoned decision specifically including an explanation of the reasons of the decision
- Right to appeal the hearing decision
- Any ADO that has jurisdiction over them will be accountable for its action and an athlete shall have the ability to report any compliance issue
- Ability to report Anti-Doping Rule Violations (ADRVs) through an anonymous mechanism and not be subjected to threats or intimidation
- Receiving anti-doping education
- Fair handling of their personal information by ADOs in accordance with the International Standard for the Protection of Privacy and Personal Information ([ISPPPI](#)) and any local applicable law
- To pursue damages from another athlete whose actions have damaged that athlete by the commission of an ADRV
- During the sample collection process, right to:
  - See the identification of the Doping Control Officer (DCO)
  - Request additional information about the sample collection process, about the authority under which it will be carried out and on the type of sample collection
  - Hydrate
  - Be accompanied by a representative and, if available, an interpreter

- o Request a delay in reporting to the doping control station for valid reasons ([International Standard for Testing and Investigations](#) Art. 5.4.4)
- o Request modifications for athletes with impairments (if applicable)
- o Be informed of their rights and responsibilities
- o Receive a copy of the records of the process
- o Have further protections for "protected persons" because of their age or lack of legal capacity
- o Request and attend the B sample analysis (in the case of an Adverse Analytical Finding)

### Athletes' Responsibilities

Athletes' rights to clean sport come with corresponding responsibilities, and athletes may be tested in- and out-of-competition, anytime, anywhere and with no advance notice.

Their clean sport responsibilities include (but are not limited to):

- Complying with the WDBF Anti-Doping Rules (in line with the [World Anti-Doping Code](#))
- Being available for sample collection (urine, blood or dried blood spot (DBS)), whether in-competition or out-of-competition
- Remaining within direct observation of the Doping Control Officer (DCO) or chaperone at all times from notification until the completion of the sample collection process
- Providing identification upon request during the sample collection process
- Ensuring that no prohibited substance enters their body and that no prohibited method is used on them
- Ensuring that any treatment is not prohibited according to the [Prohibited List](#) in force and checking this with the prescribing physicians, or directly with the WDBF if necessary
- Applying to the WDBF if no alternative permitted treatment is possible and a Therapeutic Use Exemption (TUE) is required
- Reporting immediately for sample collection after being notified of being selected for doping control
- Ensuring the accuracy of the information entered on the Doping Control Form (DCF)
- Cooperating with ADOs investigating ADRVs
- Not working with coaches, trainers, physicians or other athlete support personnel who are ineligible on account of an ADRV or who have been criminally convicted or professionally disciplined in relation to doping (see WADA's [Prohibited Association List](#))

### Athlete Support Personnel Rights

Athlete support personnel and other persons also have rights and responsibilities under the Code. These include:

- Right to a fair hearing, before an independent hearing panel
- Right to appeal the hearing decision
- Rights regarding data protection, according to the [ISPPPI](#) and any local applicable law

### Athlete Support Personnel Responsibilities

Athlete support personnel's responsibilities under the Code include:

- Using their influence on athlete values and behaviors to foster clean sport behaviors
- Knowing and complying with all applicable anti-doping policies and rules, including the WDBF Anti-Doping Rules (in line with the [Code](#))
- Cooperating with the athlete doping control program
- Cooperating with ADOs investigating Anti-Doping Rule Violations (ADRVs)
- Informing the relevant IF and/or NADO if they have committed an ADRV in the last 10 years
- Refraining from possessing a prohibited substance (or a prohibited method)\*, administering any such substance or method to an athlete, trafficking, covering up an anti-doping rule violation (ADRV) or other forms of complicity and associating with a person convicted of doping (prohibited association). These are ADRV's applicable to athlete support personnel under Article 2 of the World Anti-Doping Code.

\* Unless the athlete support personnel can establish that the possession is consistent with a TUE granted to an athlete or other acceptable justification. Acceptable justification would include, for example, a team doctor carrying prohibited substances for dealing with acute and emergency situations.

### WDBF Recommendation to Athlete Support Personnel

Here are some ways athlete support personnel can support their athletes in their education on clean sport:

- Share the [Athlete's Anti-Doping Rights Act](#) with your athletes
- Register and take a course suitable to you on the WADA's [ADEL](#) platform
- Follow the WDBF pages on Twitter, Facebook and Instagram where the main updates about anti-doping will be published
- Contact WDBF for any questions you may have

## What are the organisations involved in protecting clean sport?

### World Anti-Doping Agency (WADA)

WADA was established in 1999 as an international independent agency to lead a collaborative worldwide movement for doping-free sport. WADA's governance and funding

are based on equal partnership between the Sport Movement and Governments of the world.

WADA's primary role is to develop, harmonize and coordinate anti-doping rules and policies across all sports and countries. WADA's key activities include:

- Scientific and social science research
- Education
- Intelligence & investigations
- Development of anti-doping capacity and capability
- Monitoring of compliance with the World Anti-Doping Program.

For more information about WADA, consult:

- WADA's website – [www.wada-ama.org](http://www.wada-ama.org)
- Play True – “Beyond Winning” video – <https://www.youtube.com/watch?v=-l8h6W53o8c>

#### International Federation (IF)

WDBF is responsible for implementing an effective and Code-compliant anti-doping program for Dodgeball. Under the World Anti-Doping Code, IFs are required to carry out the following anti-doping activities:

- Providing education programs
- Analyzing the risk of doping in their sport
- Conducting in-competition and out-of-competition testing
- Management of Therapeutic Use Exemptions (TUEs) for international-level athletes
- Results Management including sanctioning those who commit Anti-Doping Rule Violations (ADRVs)

If you have any anti-doping queries, please contact WDBF

#### National Anti-Doping Organizations (NADOs)

NADOs are organizations designated by each country as possessing the primary authority and responsibility to:

- Adopt and implement anti-doping rules at a national level
- Plan and carry out anti-doping education
- Plan tests and adjudicate anti-doping rule violations at a national level
- Test athletes from other countries competing within that nation's borders if required to

Check the [list of NADOs](#) to find out who to contact in your country.]



*If a NADO has not been designated in a country, the National Olympic Committee (NOC), if there is no NADO, takes over these responsibilities.*

### Regional Anti-Doping Organizations (RADOs)

In a number of regions of the world, countries have pooled their resources together to create a RADO responsible for conducting anti-doping activities in the region in support of NADOs.

RADOs bring together geographically-clustered groups of countries where there are limited or no anti-doping activities, for which they take over responsibility, including:

- Providing anti-doping education for athletes, coaches and support personnel
- Testing athletes
- Training of local sample collection personnel (doping control officers/chaperones)
- An administrative framework to operate within.

Check the list of [RADOs](#).

## Documents and Regulations

### WDBF Anti-Doping Rules

The [WDBF Anti-Doping rules](#) are based on the [World Anti-Doping Code](#) which came into force on the 1st January 2021.

### WADA and WDBF Documents

- [WDBF Anti-Doping rules](#)
- [World Anti-Doping Code \(Code\)](#)
- [International Standard for Testing and Investigations \(ISTI\)](#)
- [International Standard for Laboratories \(ISL\)](#)
- [International Standard for Therapeutic Use Exemptions \(ISTUE\)](#)
- [International Standard for the Protection of Privacy and Personal Information \(ISPPPI\)](#)
- [International Standard for Code Compliance by Signatories \(ISCCS\)](#)
- [International Standard for Education \(ISE\)](#)
- [International Standard for Result Management \(ISRM\)](#)
- [The List of Prohibited Substances and Methods \(List\)](#)
- [Athletes' Anti-Doping Rights Act \(Act\)](#)

## The Prohibited List

The [Prohibited List](#) (List) identifies substances and methods prohibited in-competition, at all times (i.e. in- and out-of-competition) and in particular sports. Substances and methods are classified by categories (e.g. steroids, stimulants, masking agents). The List is updated at least annually following an extensive consultation process facilitated by WADA.

It is each athlete's responsibility to ensure that no prohibited substance enters their body and that no prohibited method is used.

1. Be aware that since 1 January 2022, all injectable routes of administration will now be prohibited for glucocorticoids during the in-competition period.  
Note: Oral administration of glucocorticoids remains prohibited in-competition. Other routes of administration are not prohibited when used within the manufacturer's licensed doses and therapeutic indications.

The List only contains the generic names of the pharmaceutical substances. The List does not contain brand names of the medications, which vary from country to country. Before taking any medication, an athlete should check with the prescribing physician that it does not contain a prohibited substance:

2. Check that the generic name or International Non-proprietary Name (INN) of any active ingredient is not prohibited ('in-competition only' or at 'all times').
3. Check that the medication does not contain any pharmaceutical substances that would fall within a general category that is prohibited. Many sections of the Prohibited List only contain a few examples and state that other substances with a similar chemical structure or similar biological effect(s) are also prohibited.
4. Be aware that intravenous infusions and/or injections of more than 50mL per 6-hour period are prohibited, regardless of the status of the substances.
5. Be aware that as of 1 January 2024, the narcotic tramadol will be prohibited in-competition.
6. If you have any doubt, contact WDBF.

An athlete will only be allowed to use a prohibited substance for medical reasons if the athlete has a valid [Therapeutic Use Exemption \(TUE\)](#) for the substance that WDBF has granted or recognized.

### Useful Online Databases

The following National Anti-Doping Organizations make online country-specific drug reference databases available for checking the status of a medication bought in that country.

- o [GlobalDRO](#) (for Australia, Canada, UK, USA, Switzerland, Japan and New Zealand)
- o A list of other country-specific databases can be found [here](#).

Note: WADA and WDBF do not take responsibility for the information provided on these websites.

## Risk of Supplement Use

Extreme caution is recommended regarding supplement use. A number of positive tests have been attributed to the misuse of supplements, poor labeling or contamination of dietary supplements.

The use of supplements by athletes is a concern because in many countries the manufacturing and labeling of supplements may not follow strict rules, which may lead to a supplement containing an undeclared substance that is prohibited under anti-doping regulations. Pleading that a poorly labeled dietary supplement was taken is not an adequate defense in a doping hearing.

### **Risks of supplements include:**

- Manufacturing standards, which are often less strict when compared with medications. These lower standards often lead to supplement contamination with an undeclared prohibited substance, for example when manufacturing equipment isn't cleaned to the required standards and contains remnants of ingredients from a previous product.
- Fake or low-quality products which may contain prohibited substances and be harmful to health.
- Mislabeling of supplements with ingredients wrongly listed and prohibited substances not identified on the product label.
- False claims that a particular supplement is endorsed by Anti-Doping Organizations (ADOs) or that it is "safe for athletes". Remember, ADOs do not certify supplements and the product label may contain misleading messaging.

Athletes should do a risk-benefit assessment if they are considering the use of supplements. The first step of such an assessment is to consider whether a "food-first" approach meets the athlete's needs. Whenever possible, such assessment should be done with support of a certified nutritionist or other qualified professional who is familiar with the global and WDBF Anti-Doping Rules.

## Checking your supplements

If, after careful consideration, an athlete chooses to use supplements, they must take the necessary steps to minimize the risks associated with supplements. This includes:

- Thorough research on the type and dose of the supplement, preferably with the advice of a certified nutritionist or other qualified professional who is familiar with Anti-Doping Rules.
- Only selecting supplements that have been “batch-tested” by an independent company.
- Remembering what supplement they take, keep some of it in case they get a positive result, and keep any proof of purchase and declare it on the Doping Control Form (DCF).

Remember, no supplement is 100% risk-free but athletes and athlete support personnel can take certain steps to minimize these risks.

Neither WADA nor the WDBF is involved in any supplement certification process and therefore do not certify or endorse manufacturers or their products. WADA and the WDBF do not control the quality or the claims of the supplements industry.

## Therapeutic Use Exemptions (TUEs)

### What is a Therapeutic Use Exemption?

Athletes may have illnesses or conditions that require them to take medications or undergo procedures. If the medication or method an athlete is required to use to treat an illness or condition is prohibited as per the World Anti-Doping Agency’s (WADA) [Prohibited List](#) a TUE may give that athlete the authorization to use that substance or method while competing without invoking an anti-doping rule violation (ADRV) and applicable sanction. Applications for TUEs are evaluated by a panel of physicians, the TUE Committee (TUEC).

### What are the Criteria for granting a TUE?

All of the four following criteria must be met (for more details, please refer to the [WADA International Standard for Therapeutic Use Exemptions \(ISTUE\) Article 4.2](#)):

- The athlete has a clear diagnosed medical condition which requires treatment using a prohibited substance or method;
- The therapeutic use of the substance will not, on the balance of probabilities produce significant enhancement of performance beyond the athlete’s normal state of health;

- The prohibited substance or method is an indicated treatment for the medical condition, and there is no reasonable permitted therapeutic alternative;
- The necessity to use that substance or method is not a consequence of the prior use (without a TUE), of a substance or method which was prohibited at the time of use.

## Who should apply for a TUE? Where and When to apply?

Athletes who are subject to anti-doping rules would need a TUE to take a prohibited substance or use a prohibited method. You should verify with WDBF to know to whom you need to apply and if you can apply retroactively.

First, check if the required medication or method you intend to take, or use is prohibited as per the WADA Prohibited List.

[[Prohibited List](#) / page] You may also use a 'check your medication' online too or ask your NADO if it has one.

You have a responsibility to inform your physician(s) that you are an Athlete bound to anti-doping rules. You and your physician(s) should check the [Prohibited List](#) for the substance/method you are prescribed. If the substance/method is prohibited, discuss non-prohibited alternatives, if there are none, apply for a TUE. Remember Athletes have the ultimate responsibility. Contact your NADO or WDBF if you are having difficulties.

Then, contact Medical Director Darko Sarovic at [darko@darkosarovic.com](mailto:darko@darkosarovic.com) to determine your competition level and TUE application requirements.

<sup>a</sup> **If it is determined that you are an International-Level Athlete** *i.e* 'an Athlete who is entered for or is competing in an International Dodgeball Competition under the jurisdiction of the WDBF', you must apply to WDBF in advance, as soon as the need arises, unless there are emergency or exceptional circumstances.

For substances prohibited in-competition only, you should apply for a TUE at least 30 days before your next competition, unless one of the exceptions on retroactive TUEs (see below) apply.

Please refer to the section "How to apply to WDBF for a TUE?" below.

If you already have a TUE granted by your National Anti-Doping Organization (NADO):

We will automatically recognise TUEs granted by your National Anti-Doping Organization.

In such case, please notify **WDBF** that you have a TUE granted by your NADO.

## Can I get a retroactive TUE?

You may only apply retroactively for a TUE to WDBF if:

- You required emergency or urgent treatment of a medical condition.
- There was insufficient time, opportunity or other exceptional circumstances that prevented you from submitting the TUE application, or having it evaluated, before getting tested.
- You are a lower level athlete who is not under the jurisdiction of WDBF or a NADO and were tested.
- You tested positive after using a substance Out-of-Competition that is only prohibited In-Competition (for example glucocorticoids).

In rare and exceptional circumstances and notwithstanding any other provision in the ISTUE, you may apply for and be granted retroactive approval for a therapeutic use of a prohibited substance or method, if considering the purpose of the Code, it would be manifestly unfair not to grant a retroactive TUE.

This unique retroactive TUE will only be granted with the prior approval of WADA (and WADA may in its absolute discretion agree with or reject the WDBF's decision).

Important note:

Using a prohibited substance or method without a TUE could result in an Anti-Doping Rule Violation.

In case an application for a retroactive TUE is necessary following sample collection, you are strongly advised to have a medical file prepared and ready to submit for evaluation.

## How to apply to WDBF for a TUE?

Otherwise, please download the WDBFs TUE Application Form and once duly completed and signed, send it together with the required medical file to **darko@darkosarovic.com**

Your TUE application must be submitted in legible capital letters or typing.

The medical file must include:

- A comprehensive medical history, including documentation from the original diagnosing physician(s) (where possible);
- The results of all examinations, laboratory investigations and imaging studies relevant to the application.

Costs incurred for the completion of the TUE are at the responsibility of the Athlete, including any required additional medical examinations, tests, imaging studies, etc.

Any TUE application that is not complete or legible will not be dealt with and will be returned for completion and re-submission.

To assist you and your doctor in providing the correct medical documentation, we suggest consulting the WADA's [Checklists for TUE applications](#) for guidance and support, and [TUE Physician Guidelines](#) for guidance on specific common medical conditions, treatments, substances, etc.

Keep a complete copy of the TUE application form and all medical information submitted in support of your application, and proof that it has been sent.

### How to submit a request for recognition of my NADO's TUE to WDBF?

Your request for recognition should be submitted to WDBF in writing quoting your ADAMS TUE reference number.

Keep a complete copy of the proof that your request for recognition has been sent to WDBF.

### What happens at major events?


A Major Event Organization (MEO) requires athletes to apply for the recognition of their TUE if they wish to use a prohibited substance or method in connection with the Event.

If you have a TUE granted by WDBF and you will be competing at a Major Event e.g., the World Championships, you should contact the MEO for information on their recognition process.

### When will I receive a decision on my TUE application [or request for recognition]?

WDBF's TUEC's must render a decision as soon as possible, and usually within 21 days from the date of receipt of the complete TUE application [or request for recognition].

### What if I need to renew my TUE?



Each TUE has a specific duration, at the end of which it expires automatically. Should you need to continue to use the prohibited substance or method, it is your responsibility to submit a new application for a TUE with updated medical information ahead of the expiry date, so that there is sufficient time for a decision to be made prior to the expiry of the current TUE.

**Important note:**

The presence (following sample collection), use, possession or administration of the prohibited substance or method must be consistent with the terms of your TUE. Therefore, if you require a materially different dosage, frequency, route or duration of administration, you should contact WDBF as you may be required to apply for a new TUE. Some substances and dosages, e.g. insulin, are often modified during treatment and these possible fluctuations should be mentioned by the treating physician in the TUE application and would usually be accepted by the ADO TUEC.

### What if my WDBF's TUE application is denied?

A decision to deny a TUE application will include a written explanation of the reason(s) for the denial. If it is not clear to you, please contact WDBF to understand exactly why the TUE was denied. Sometimes, there may be a critical piece of information, diagnostic test, laboratory results missing, etc. In which case, you should re-apply to us.

You and/or your NADO may refer the matter to WDBF for review no later than 21 days after notification of the WDBF TUEC decision. You should send the same information that you submitted to us, and on which the decision to deny the TUE was based on, via a secure on-line method or by registered mail.

It should be noted that WDBF is not obliged to proceed with a request for a review.

### What if my NADO's TUE is not recognised by WDBF?

You and/or your NADO have 21 days from the date of decision to refer the matter to WDBF for review.

The same information that was provided to your NADO should be submitted to WDBF. Please use a secure on-line method unless sending by registered mail.

Pending WDBF's decision, your NADO TUE remains valid for national-level competition and out-of-competition testing only.



If the matter is not referred to WDBF for review, your NADO must determine whether the original TUE that was granted should remain valid for national-level Competition and Out-of-Competition Testing.

### Will my medical information be treated in a confidential manner?

All the information contained in a TUE application, including the supporting medical information and any other information related to the evaluation of your TUE request is kept strictly confidential and treated in accordance with the Athlete's Declaration contained in the WDBF's TUE Application Form *[Insert the link to a customized version of the WADA TUE application template]*. All members of the TUEC and any other authorized recipients of your TUE request and related information (as described in the Athlete's Declaration) are subject to a professional or contractual confidentiality obligation.

Please review the terms of the Athlete's Declaration carefully. In particular, note that should you wish to revoke the right of the WDBF's TUEC to obtain the information related to your TUE in accordance with the Athlete's Declaration, your TUE application will be deemed withdrawn without approval [or recognition] being granted.

Your TUE request-related information will be retained by the WDBF and any other authorized recipients for no longer than necessary for the purposes stated in the Athlete's Declaration, in accordance with the International Standard for the Protection of Privacy and Personal Information.

### Contact information

**If you have a doubt as regards to which organization you should apply for a TUE, or as to the recognition process, or any other question about TUEs, please contact:** Medical Director Darko Sarovic at [darko@darkosarovic.com](mailto:darko@darkosarovic.com)

### Other useful information

[WADA International Standard for Therapeutic Use Exemptions \(ISTUE\)](#)

[WADA Checklists for TUE Applications](#)

[WADA Guidelines for the International Standard for Therapeutic Use Exemptions \(ISTUE\)](#)

[WADA Anti-Doping Education and Learning \(ADEL\)](#)

[WDBF Privacy Policy](#)

## Testing

The aim of testing is to protect clean athletes through the detection and deterrence of doping.

Any athlete under the testing jurisdiction of the WDBF may be tested at any time, with no advance notice, in- or out-of-competition, and be required to provide a urine, blood sample or blood for a Dried Blood Spot (DBS) analysis.

### Sample Collection Process

1. Athlete Selection: An athlete can be selected for testing at any time and any place.
2. Notification: A Doping Control Officer (DCO) or chaperone will notify the athlete of their selection and outline their rights and responsibilities.
3. Reporting to the Doping Control Station: The athlete should report to the doping control station immediately after being notified. The DCO may allow a delay in reporting for a valid reason.
4. Sample Collection Equipment: The athlete is given a choice of individually sealed sample collection vessels and kits to choose from.
5. They must inspect the equipment and verify the sample code numbers.
6. Collecting the sample:
  - For a urine sample:
    - Providing the sample: The athlete will be asked to provide the sample under the direct observation of a DCO or witnessing chaperone of the same gender.
    - Volume: A minimum 90mL is required for urine samples. If the first sample is not 90mL, the athlete may be asked to wait and provide an additional sample.
    - Splitting the sample: The athlete will split their sample into A and B bottles.
    - Sealing the samples: The athlete will seal the A and B bottles in accordance with the DCO's instructions.
    - Measuring specific gravity: The DCO will measure the specific gravity of the sample to ensure it is not too dilute to analyze. If it is too dilute, the athlete may be asked to provide additional samples.
  - For a blood sample:

- The athlete will be asked to remain seated and relaxed for at least 10 minutes before undergoing venipuncture (only for the Athlete Biological Passport (ABP) blood samples).
  - The Blood Collection Officer (BCO) will ask for the athlete's non-dominant arm, apply a tourniquet to the upper arm, and clean the skin at the puncture site.
  - The BCO will draw blood from the athlete and fill each Vacutainer blood tube with the required volume of blood.
  - The BCO will place the Vacutainer tubes into the A and B kits (only one vial may be necessary if the blood sample is collected as part of an ABP program).
- For a [Dried Blood Spot \(DBS\) analysis](#):
- The DCO/BCO will assess the most suitable location for the puncture that is unlikely to adversely affect the athlete or their sporting performance (e.g., finger of a non-dominant hand/arm).
  - The athlete will warm the sample collection site (especially in case the hands are cold).
  - The DCO/BCO will disinfect the blood sample site with a sterile disinfectant pad or swab.
  - The DCO/BCO will collect the blood from the fingertips (with cellulose based cards) or from the upper arm (with microneedles devices).
  - The DCO/BCO will transfer the DBS samples into a secure kit that is labeled as A&B.
7. Completing the Doping Control Form (DCF): The athlete will check and confirm that all of the information is correct, including the sample code number and their declaration of medications and/or products they have used. They will also be asked their consent for the use of the sample for research purposes. They will receive a copy of the DCF and should keep it.
8. Laboratory Process: All samples are sent to WADA accredited laboratories for analysis.

## Whereabouts

### What are testing pools and why are whereabouts important for clean sport?

Out-of-competition testing with no-advance notice is one of the most powerful means of deterrence and detection of doping. At the time of publishing this information WDBF has not created testing pools as part of its testing program but aims to implement this in the future.

Certain athletes in the WDBF testing pools, such as those in the Registered Testing Pool (RTP) would be required to provide information on their whereabouts in ADAMS, WADA's online anti-doping administration and management system.

The WDBF would update the composition of the testing pools (RTP) regularly/at least yearly. Athletes in the RTP would be chosen based on set criteria.

### **How do athletes know they need to provide whereabouts?**

Athletes who need to provide whereabouts in ADAMS would be notified by the WDBF of their inclusion in a testing pool as well as what information exactly is required of them, how to use ADAMS, deadlines to submit this information and any consequences if the information required is not submitted.

### **What do RTP/TP athletes need to know?**

Should athletes have any query on ADAMS, such as how to submit whereabouts, please refer to the [ADAMS Help Center](#)

#### *Tips for RTP/TP athletes*

- Set a calendar reminder of the key dates/deadlines to submit quarterly whereabouts information
- For RTP athletes only: Set an alarm for the start of the 60-minute time slot
- Be as specific as possible when submitting your whereabouts information
- Make modifications to your whereabouts information when changes occur
- If you have any doubts, please contact WDBF or use the [ADAMS Help Centre](#) if you require technical support with ADAMS
- Download the app [Athlete Central](#) in order to facilitate all the processes related to the whereabouts system
- Check the [WADA Q&A Whereabouts](#)
- Check the [At-a-Glance: Athlete Whereabouts](#)

### **What should athletes do if they wish to retire or return to competition after retiring?**

All WDBF athletes who decide to retire from competition must inform the WDBF.

For RTP athletes, as soon as the retirement is officially confirmed to the WDBF, the athlete will be withdrawn from the WDBF's RTP with immediate effect. If an athlete wishes to resume competing, they will not be able to do so until they have given the WDBF written notice of their intent to resume competition (i.e. by completing and sending a Return to Competition Form) and made themselves available for testing for a period of six months. Please consult the WDBF Anti-Doping Rules.

## Report Doping

Every time someone steps forward with information on doping, we move closer to a clean and fair playing field for all. As an athlete, athlete support personnel or any person aware of doping practices has a duty to report their suspicions to WADA, their IF or NADO, even if you are not sure about what you witnessed.

Many ADOs, including WADA, have online, confidential tools to report suspicious behavior. Every piece of information is important.

Report doping or any concern about doping here: [Speak Up](#) or [REVEAL](#). *Please note that in order to be allowed to use the free Speak Up platform, approval must be granted by the WADA Confidential Information Unit (CIU) and a Memorandum of Understanding must be signed. Please note as well that only one reporting platform should be used in order to allow information to be centralized and to avoid any data loss when reporting between multiple platforms. The ITA and WADA work in close collaboration and information is transferred in case the wrong platform is used by whistleblowers.].*

## Education Tools

WADA makes available a series of online courses targeting athletes and athlete support personnel in an array of languages through its [ADEL](#) platform. The WDBF encourages athlete and athlete support personnel to complete the following courses on ADEL as appropriate.

ADEL courses for athletes:

- Privacy and Information Security Awareness for Athletes
- Athlete's Guide to the 2021 Code
- At-a-Glance: Athlete Whereabouts
- At-a-Glance: Therapeutic Use Exemptions (TUE)
- At-a-Glance: Anti-Doping Overview
- Dried Blood Spot (DBS) Testing - The Basics
- Factsheet - Glucocorticoid Injections
- ADEL for International-Level Athletes
- Guide to the List 2023
- ADEL for National-Level Athletes
- ADEL for Registered Testing Pool Athletes
- Welcome to Sport Values
  - Respect
  - Equity

- o Inclusion
- ADEL for Talented Level Athletes
- Recertification course for International-Level Athletes/National Level-Athletes

ADEL courses for athlete support personnel:

- ADEL for High Performance Coaches
- Factsheet for Medical Professionals - Glucocorticoid Injection
- ADEL for Medical Professionals
- ADEL for Medical Professionals at Major Games
- ADEL for Parents of Elite Athletes
- Athlete Support Personnel Guide to the Code 2021
- Sport Values in Every Classroom

## Sanctions and Reports

World Anti-Doping Code Article 14.3 requires the WDBF to publicly disclose ADRVs under their jurisdiction. Where the WDBF is aware of ADRVs under their jurisdiction, the name of the athlete or athlete support personnel, the nature of the ADRV, and whether the person is subject to a provisional suspension will be published here. There are no sanctions for ADRV's in force at this time.

As stated in Article 7.1 and 7.2 of the WDBF [Anti-Doping Code](#):

All members and persons sanctioned by virtue of the WADA Anti-Doping Program will be ineligible to participate in any role and in any competition or activity organized, convened, held or sanctioned by World Dodgeball Federation and the National Federations as per the penalties imposed.

The World Dodgeball Federation may apply further sanctions or penalties in accordance with World Dodgeball Federation's Code of Conduct and Ethics, or its Discipline Policy.

We will also publish annual statistical reports of our Anti-Doping activities here.

## Important Definitions

- **International-Level Athlete (ILA):** Athletes who compete in sport at the international level, as defined by each International Federation, consistent with the International Standard for Testing and Investigations. WDBF defines as: 'an Athlete who is entered for or is competing in the World Dodgeball Championships under the jurisdiction of the WDBF'
- **National-Level Athlete (NLA):** Athletes who compete in sport at the national level, as defined by each National Anti-Doping Organization, consistent with the International Standard for Testing and Investigations.

- **Event period:** The Code states that the definition of event period “The time between the beginning and end of an event, as established by the ruling body of the event.”
- **In-competition period:** The Code defines the in-competition period as “The period commencing at 11:59 p.m. on the day before a competition in which the athlete is scheduled to participate through the end of such competition and the sample collection process related to such competition.”
- **Out-of-competition period:** The Code defines the out-of-competition period simply as “Any period which is not in-competition”.

## List of Calendar of Events

The WDBF Calendar of Events can be found here:

[Events | World Dodgeball Federation](#)

## Links to WADA and other Organizations’ Microsites and Resources

- [ADAMS](#)
- [ADEL - Online Learning Platform](#)
- [Speak Up](#) (subject to WADA’s approval) or [REVEAL](#) (for ITA partners that have included it in their contract)
- [Prohibited Association](#) - WADA list of Athlete Support Personnel who are currently prohibited from working with athletes under the World Anti-Doping Code ‘Prohibited Association’ rule

## WDBF Contacts

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