



## **ANTI-DOPING & DRUGS IN SPORT INFORMATION**

Some drugs, medications and substances are banned in sport, as are some methods. Athletes competing in sports governed by a World Anti-Doping Authority (WADA) Code need to be aware that they cannot just take any drug or medication, or even use certain methods.

Each year the World Anti-Doping Agency (WADA) updates and publishes a Prohibited List - [\*List of Prohibited Substances and Methods\*](#). The Prohibited List is the international standard that outlines the substances and methods that are prohibited in sport. It reflects the latest scientific and medical advances and is finalised after a consultative process facilitated by WADA.

For a substance or method to be prohibited, it must meet two of the following three conditions:

1. The substance or method has the potential to enhance, or does enhance performance in sport.
2. The substance or method has the potential to risk the athlete's health.
3. WADA has determined that the substance or method violates the spirit of sport.

The World Anti-Doping Prohibited List identifies substances and methods that athletes cannot take or use, and presents them in a number of categories. It is important to understand that the Prohibited List is not exhaustive in that several categories of substances are 'open'. For example, some categories include 'other substances with a similar chemical structure or similar biological effect(s)'.

In Australia, the Australian Sports Anti-Doping Authority (ASADA) administers the anti-doping policies as implemented by WADA.

Sporting associations have a general right to make rules for the conduct of organised sporting competitions. Those rules are binding, on the basis of a contract (membership/entry forms), on players who want to participate in those organised competitions.

At elite levels, the rules always include the right of sporting bodies to require players to have a drug test for performance enhancing drugs like anabolic steroids, in and out of competition. Some sports also test for recreational drugs.

The general principle is that if an athlete refuses or fails a drug test, the sporting bodies are entitled, subject to their own constitutions and rules of procedural fairness, to suspend or ban the player. The Australian Kodokan Judo Association (AKJA) and its affiliate member organisations utilise and abide by the codes and policies applied by ASADA. Players competing in AKJA or affiliate member organisation tournaments, activities or trainings must abide by the anti-doping rules as described by ASADA/WADA.

### **Therapeutic Use Exemption (TUE)**

Athletes may at times need to use a prohibited medication to treat a legitimate medical condition. A TUE is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance) which may be present during competition.

TUEs are administered by the Australian Sports Drug Medical Advisory Committee (ASDMAC). TUE approval may protect athletes from receiving a sanction if a prohibited substance is found in their sample. An exemption is only granted provided that there is no unfair advantage given to the athlete by taking the substance or using the method. Before applying for a TUE, athletes must check with their sporting organisation to see if TUEs are allowed or required under their sport's anti-doping policy.

### **Responsibility**

Under the World Anti-Doping Code's strict liability policy, the athlete is responsible for any substance found in their body regardless of how it got there. The athlete must check the status of any substance and method before using it. Athletes must remember to tell their doctor that they are an athlete who is subject to doping control. [To apply for a TUE, visit the ASDMAC website: http://asdmac.gov.au](http://asdmac.gov.au)

### **AKJA Anti-Doping Regime:**

Currently there is no formal testing arrangement and no requirement to apply for a TUE. However drug testing can occur anytime; prior to, during or shortly after the AKJA National Judo Championships or any other National or International Tournament conducted by or under the auspices of the AKJA. The AKJA will advise prior to any targeted event if testing is likely to occur.

The AKJA does not allow or condone players using illicit 'recreational' drugs socially or performance enhancing drugs for use within the sport. Players caught doing so will be dealt with harshly by the AKJA with various imposed sanctions including tournament prohibition, expulsion and suspension bans. Illicit drugs remain in the system for many months. Testing for such can occur in several ways.

Remember, the onus of being drug free is on the athlete. This is in the interest of player safety, both for the individual and competitor as well as keeping a level playing field for fairness in the sport.

For further information please contact the National Tournament Director via the AKJA webpage or by accessing the available resources as listed below.



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### **Resources:**

ASADA - <https://www.asada.gov.au>

WADA - <https://www.wada-ama.org>

National Drug & Alcohol Research Centre - <http://ndarc.med.unsw.edu.au>

Australian Sports Drug Medical Advisory Committee - <http://www.asdmac.gov.au>

Australian Sports Commission - <http://www.ausport.gov.au/information/nsic>