



# ANTI-DOPING GUIDE FOR PLAYERS AND COACHES

Supporting material for the ITTF Anti-Doping webinar  
March 2, 2021

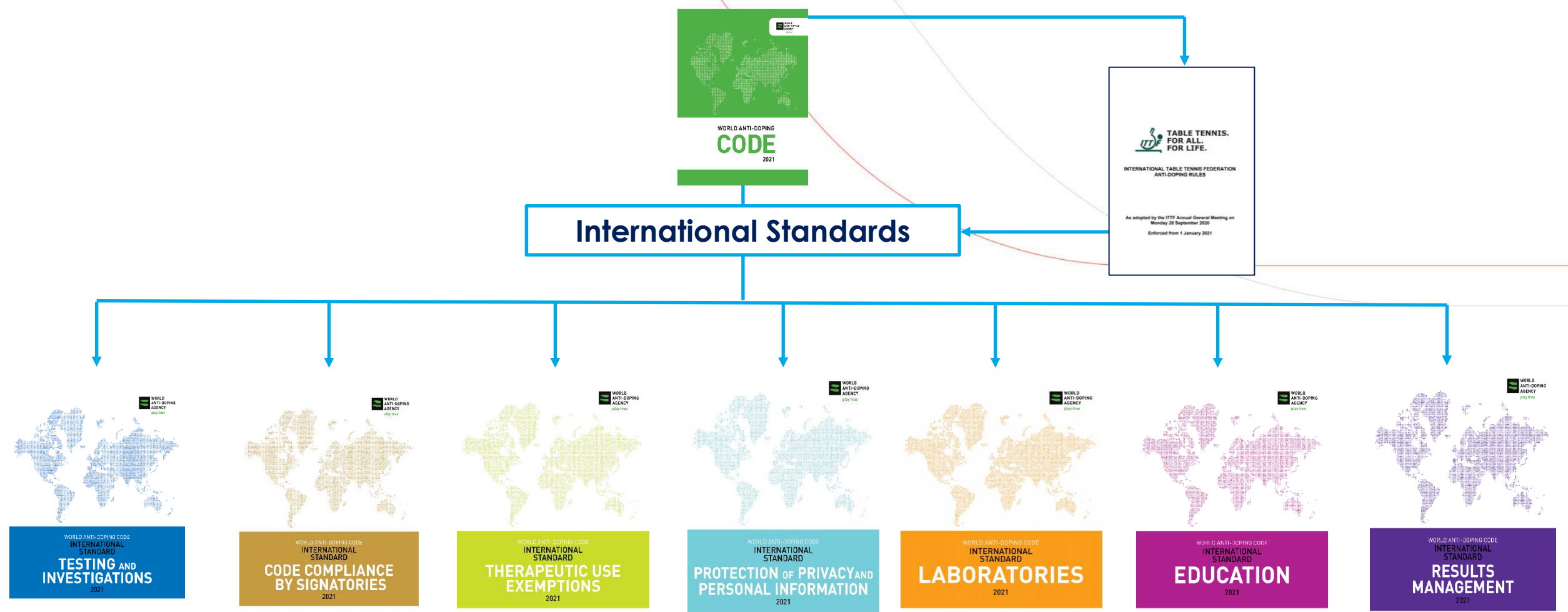




# GLOBAL FRAMEWORK



# REGULATIONS: 2021 FRAMEWORK





# MAJOR CHANGES





# MAIN CHANGES: GENERAL PRINCIPLES



- ✓ **Health** is now the top rationale of the Code
- ✓ A new document: the **Athletes' Anti-Doping Rights Act** summarises the rights of the Athletes as outlined in the Code
- ✓ **Delegation** of Doping Control activities to **Delegated Third Parties**
- ✓ An IF's or a Delegated Third Party's **board members, directors, officers, employees** involved in the Doping Control process are now bound by the Anti-Doping Rules
- ✓ New increased requirements of **independence for NADOs**



# MAIN CHANGES: OTHER KEY POINTS



- ✓ **New category in the Prohibited List:** Substances of Abuse - substances often abused in society (cocaine, heroine, MDMA)
- ✓ **New definition of 'in-competition':** the period starting at 23:59pm on the day before competition until the end of competition and the related sample collection
- ✓ Samples can be re-analysed within 10 years - there is **no limit** to the number of re-analyses conducted
- ✓ More flexible sanctioning rules are applied to **Protected Persons** and to **Recreational Athletes**





An Athlete's Guide to  
the Significant Changes  
in the 2021 Code



# ATHLETE'S GUIDE TO THE SIGNIFICANT CHANGES IN THE 2021 CODE

Resources:

- ✓ 2021 World Anti-Doping Code [LINK](#)
- ✓ 2021 International Standards [LINK](#)
- ✓ Summary of the major changes [LINK](#)
- ✓ Athlete's Guide is available on **ADEL**
- ✓ Athletes' Anti-Doping Rights Act [LINK](#)



# CHANGES TO ITTF ADR: ILA DEFINITION



**New definition of International-Level Athlete:** the following Athletes shall be considered International-Level Athletes:

- (a) For each year, the first 250 Men and 200 Women in the January General List of ITTF World Ranking.
- (b) For each year, the first 8 Men and 8 Women in each Class in the January Para Table Tennis rating.
- (c) All Athletes included in the ITTF Registered Testing Pool and any Testing Pool established by the ITTF.
- (d) Any other Athletes who, at any moment of the year, reach the top 100 in the General World Ranking, or the top 4 in the Para Table Tennis Ranking. The aforesaid rankings are published on ITTF's website.





# CHANGES TO ITTF ADR: EDUCATION



- ✓ **ITTF shall plan, implement, evaluate and promote Education** in line with the requirements of Article 18.2 of the Code and the International Standard for Education.
- ✓ ITTF may decide to request that **Athletes to complete Educational activities before and/or during their participation in select Event** as a condition of such participation. The list of Events for which Athletes will be required to complete Educational activities as a condition of participation will be published on ITTF website.
- ✓ Failure by the Athlete to complete Educational activities as requested by ITTF may result in the imposition of sanction under ITTF's disciplinary rules.





# ITTF ANTI-DOPING RULES RESOURCES

- ✓ 2021 International Table Tennis Federation Anti-Doping Rules [LINK](#)
- ✓ ITTF World Ranking (Senior Singles) [LINK](#)
- ✓ All ITTF Rankings and related documents [LINK](#)
- ✓ ITTF PTT Ranking List [LINK](#)
- ✓ ITTF Anti-doping – general information [LINK](#)



# ANTI-DOPING RULE VIOLATIONS



# MAIN CHANGES: ANTI-DOPING RULE VIOLATIONS



**Presence** of a prohibited substance in athlete's sample



**Use or attempted use** of a prohibited substance or method



**Evading, refusing or failing** to submit to sample collection



**Failure** to file athlete whereabouts information & missed tests



**Tampering** with any part of the doping control process or during Results Management



**Possession** of a prohibited substance or method



**Trafficking** a prohibited substance or method



**Administering or attempting to administer** a prohibited substance or method



**Complicity or attempted complicity** in an ADRV



**Prohibited association** with sanctioned Athlete Support Personnel

**NEW**

Acts by an athlete or other person to discourage or retaliate against reporting to authorities

IMAGE CREDIT:





# DOPING CONTROL PROCESS



# DOPING CONTROL PROCESS – KEY STEPS



- ✓ Arabic
- ✓ Chinese
- ✓ English
- ✓ French
- ✓ German
- ✓ Italian
- ✓ Japanese
- ✓ Korean
- ✓ Portuguese
- ✓ Russian
- ✓ Spanish

Deutsch  
Italiano  
日本語  
한국어  
Português  
Русский  
Español



**SCAN ME**

# 01

YOU'VE BEEN SELECTED FOR TESTING

# NOW WHAT?

## YOUR RIGHTS AND RESPONSIBILITIES

### Rights

- ✓ Have a representative with you
- ✓ Ask for identification
- ✓ Ask questions
- ✓ Request a delay for valid reasons
- ✓ Request special assistance

### Responsibilities

- ✓ Keep Whereabouts up to date
- ✓ Keep Therapeutic Use Exemptions up to date
- ✓ Report for testing immediately
- ✓ Show identification
- ✓ Remain in direct sight of Doping Control Officer or Chaperone
- ✓ Comply with collection procedure

# 02 PROVIDING THE SAMPLE

## READY, AIM!

### URINE TEST



Urine testing is done by a Doping Control Officer



Select your collection vessel



Provide urine sample



Select your kit



Seal bottles



Check numbers and form carefully



# KEEPING SPORT REAL



# 03 PROVIDING THE SAMPLE

## JUST A DROP!



### BLOOD TEST



Blood testing is done by a Blood Collection Officer



Select your kit



Stay seated for 10 minutes before giving blood



Blood sample is collected



Place sample tube in testing bottle








Check numbers and form carefully

# 04 DOPING CONTROL FORM

## WHAT HAVE I TAKEN?

### FILLING OUT FORM

-  Complete personal information
-  Declare all medications and supplements taken in the last 7 days
-  Confirm whether you have a Therapeutic Use Exemption
-  Provide any comments about the procedure
-  Check all details carefully
-  Sign the form





# MEDICATIONS AND THE PROHIBITED LIST





# THE PROHIBITED LIST

A substance or method can be added to the Prohibited List if it is deemed to meet two of the following three criteria:

1. It has the **potential to enhance or enhances sport performance**.
2. Use of the substance or method represents an **actual or potential health risk** to the athlete.
3. Use of the substance or method **violates the spirit of sport**.

WORLD ANTI-DOPING CODE  
INTERNATIONAL  
STANDARD

# PROHIBITED LIST

2021



# MEDICATIONS: USEFUL TIPS

## PRESCRIPTION VS. OVER-THE-COUNTER

- ✓ Both medications that require a prescription and those that can be bought **over the counter** can appear on the Prohibited List

## INFORMING YOUR MEDICAL PROFESSIONAL

- ✓ Anytime you need a prescription, **remind your doctor** that you are an athlete and are subject to anti-doping regulations

## IN-COMPETITION VS. OUT-OF-COMPETITION

- ✓ Remember that different substances take **different amounts of time to leave your system** – take that into account when taking substances prohibited in-competition

## DOSAGE

- ✓ Some medications are prohibited in large doses. If the medication you are taking is subject to this limitation, **carefully monitor your intake**



# MEDICATIONS: USEFUL TIPS



## BRAND

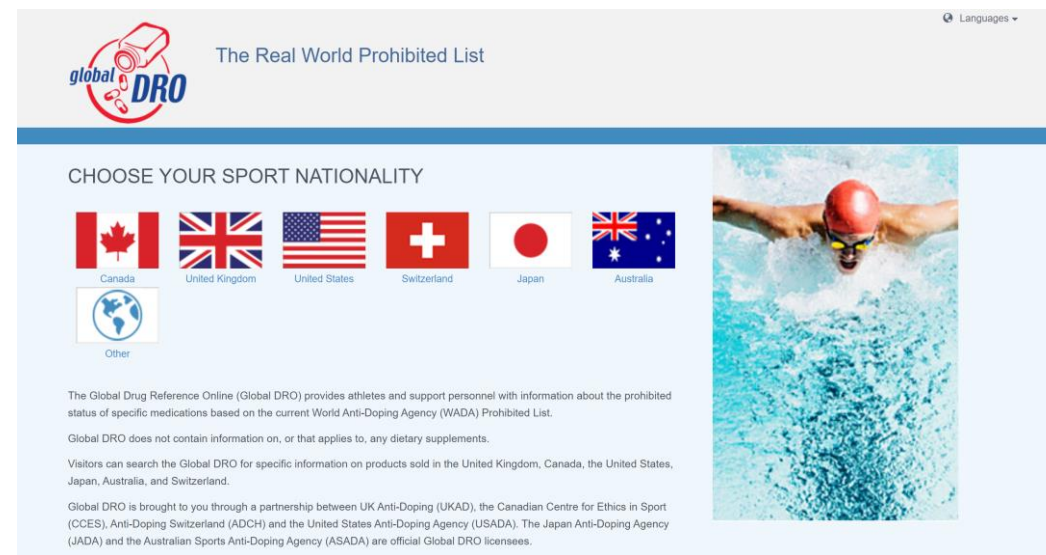
- ✓ Take exactly what was recommended. Some **brand names offer multiple variations of the same product** and there is a real risk that one will contain a prohibited substance while another may not

## TRAVELLING ABROAD

- ✓ What is allowed in one country may be prohibited in another. Even medications of the same brand may have **different ingredients in another country**

## CHECKING YOUR MEDICATION

- ✓ Global DRO provides information about the prohibited status of specific medications based on the current WADA Prohibited List. Use it to **check all your medications**



**WWW.GLOBALDRO.COM**



# SUPPLEMENTS



# SUPPLEMENTS

- ✓ **Extreme caution** is recommended regarding supplement use
- ✓ Many countries **do not follow strict rules in the manufacturing and labeling** of supplements, which may lead to a supplement containing an undeclared substance that is prohibited under anti-doping regulations
- ✓ The **risks of taking supplements should be weighed against the potential benefits** that may be obtained
- ✓ How ingredients are listed on supplement labels can be different to how they are listed on the WADA Prohibited List
- ✓ **Fake supplement products do exist** - particularly online! Not only can those contain prohibited substances, but they can also be **harmful to athletes' health**
- ✓ Some supplements might claim to be endorsed by WADA or another anti-doping organisation – **this is not true**. Others may say they are “safe for athletes to use” – **this may also be untrue**



**Where is Your Supplement?**



# SUPPLEMENTS – MINIMISING THE RISKS



1. Athletes should seek professional medical advice before using supplements.
2. Athletes should **only use batch-tested supplements** screened by an independent company. This does not guarantee that an athlete will not test positive, but it will **greatly reduce the risk**.
3. Athletes should **keep the original supplement packaging**, or a photo of it. Most important information to keep on file is the name of the supplement, the brand name and the batch number. If athletes received medical advice to take supplements, they should also keep a record of it.

## INDEPENDENT SUPPLEMENT CERTIFICATION COMPANIES:



# MEDICATIONS AND SUPPLEMENTS RESOURCES



- ✓ Prohibited List [LINK](#)
- ✓ Global DRO [LINK](#)
- ✓ Athlete's Guide is available on **ADEL**
- ✓ Independent Supplement Certification Companies
  - ✓ Informed Sport [LINK](#)
  - ✓ NSF Certified for Sport [LINK](#)
  - ✓ Cologne List [LINK](#)



What do Athletes and Athlete Support Personnel need to know about the 2021 Prohibited List?



# THERAPEUTIC USE EXEMPTIONS



# THERAPEUTIC USE EXEMPTIONS



Athletes, like all others, may have illnesses or conditions that require them to take medications. If the medication an athlete is required to take is on the WADA Prohibited List, a Therapeutic Use Exemption (TUE) can give the athlete authorisation to take the needed medicine.

- ✓ Before applying for a TUE, verify the status of the medication
- ✓ TUEs for **International-Level Athletes** should be submitted through the ITA
- ✓ TUEs for **National-Level Athletes** should be submitted through the NADO
- ✓ TUEs granted by NADOs at national-level are **automatically recognised** by ITTF for international competitions







# THERAPEUTIC USE EXEMPTIONS

Resources:

- ✓ WADA TUE FAQ [LINK](#)
- ✓ TUE Checklists [LINK](#)
- ✓ Applying for a TUE through ITA [LINK](#)
- ✓ ITA Webinar [LINK](#)



# IN-COMPETITION TESTING



# TESTING AT ITTF EVENTS



- ✓ **Event Period:** The time between the beginning and end of an Event, as established by the ruling body of the Event
- ✓ For ITTF, the Event Period is considered the period which starts at 11:59 p.m. of the day before the Event and finishes at 11:59 p.m. of the day on which the Event ends





# OUT-OF-COMPETITION TESTING





# WHAT ARE WHEREABOUTS?

- ✓ Whereabouts are information provided by a limited number of top elite athletes **about their location** to the International Sport Federation (IF) or National Anti-Doping Organisation (NADO) that included them in their respective registered testing pool as part of these top elite athletes' anti-doping responsibilities.

Source: [www.wada-ama.org/en/questions-answers/whereabouts](http://www.wada-ama.org/en/questions-answers/whereabouts)

- ✓ The **Anti-Doping Administration and Management System** (ADAMS) is a Web-based database management tool for data entry, storage, sharing, and reporting designed to assist stakeholders and WADA in their anti-doping operations in conjunction with data protection legislation.



# RESOURCES



- ✓ Whereabouts FAQ [LINK](#)
- ✓ ADAMS [LINK](#)
- ✓ ITA Webinar [LINK](#)

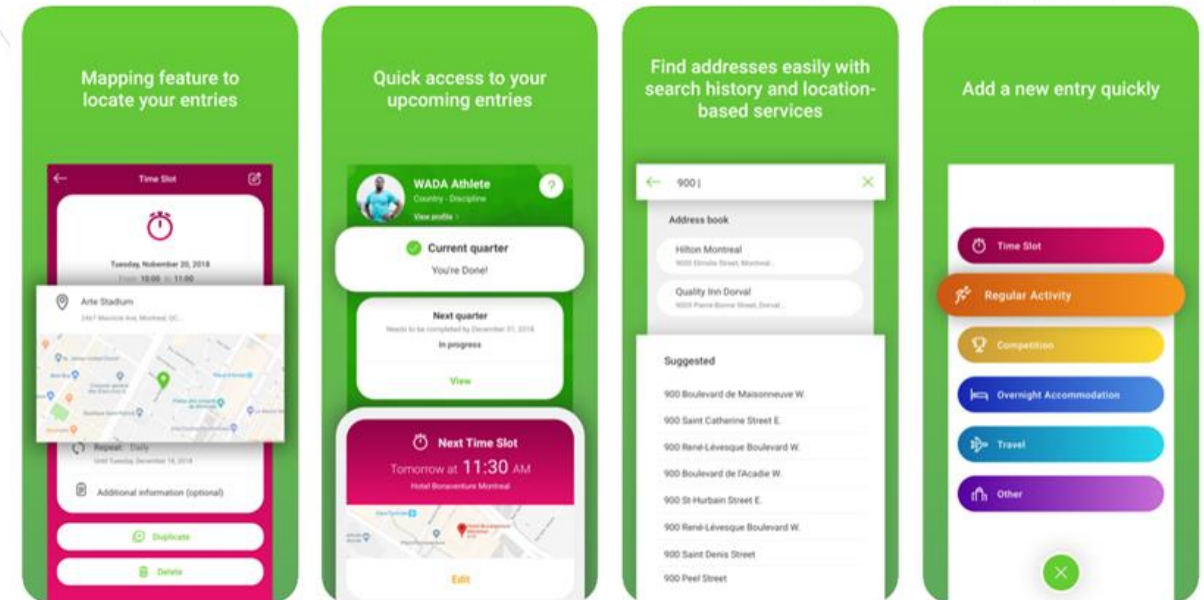
Powered by ADAMS, Athlete Central is a simple, smart and reliable way for athletes to provide their Whereabouts information in order to support out of competition testing. Click [here](#) for more information about Athlete Central.

## ATHLETE CENTRAL

*Anytime-Anywhere*

Download the App

Powered by  WADA





# CONTACTS AND OTHER RESOURCES



# EDUCATION RESOURCES



- ✓ WADA education resources [LINK](#)

- ✓ Anti-doping Education and Learning [LINK](#)  
FOR ATHLETES



- ✓ National-Level Athletes Education Program
- ✓ International-Level Athletes Education Program
- ✓ Athlete's Guide to the 2021 Code
- ✓ ADEL for Registered Testing Pool athletes
- ✓ ADEL for Tokyo 2020 Olympics and Paralympics

## FOR COACHES

- ✓ High Performance Coaches' Education Program
- ✓ Athlete Support Personnel (ASP) Guide to the Code 2021





# RESOURCES AND CONTACTS



- ✓ International Testing Agency
  - ✓ New website coming soon [LINK](#)
  - ✓ ITA Webinars [LINK](#)
  - ✓ Education: [education@ita.sport](mailto:education@ita.sport)
  - ✓ TUEs: [tue@ita.sport](mailto:tue@ita.sport)
  - ✓ REVEAL – ITA Reporting Platform [LINK](#)
- ✓ WADA
  - ✓ WADA Cope Implementation Support Program (CISP) [LINK](#)
  - ✓ WADA Athlete Committee [LINK](#)
- ✓ National Anti-Doping Organisations
  - ✓ [UKAD](#) [USADA](#) [SIA](#) [JADA](#) [CCES](#)
  - ✓ [List of NADOs](#)





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