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Dispelling the Myths:

The World Anti-Doping Program



Heresay, rumor, misunderstanding, confusion. Any or all of these factors can play a part in clouding the facts regarding the World Anti-Doping Code. In this issue, we lay out the information to help you and your athletes make the best decisions.

The World Anti-Doping Program is made up of three elements to ensure optimal harmonization and best practice in international and national anti-doping programs.

The three elements are:

1. The Code which advances the anti-doping effort through universal harmonization of core anti-doping elements.
2. International Standards which brings harmonization among Anti-Doping Organizations responsible for specific technical and operational parts of anti-doping programs.
3. Models of Best Practice (not mandatory but encouraged) are based on the Code and are developed to provide state-of-the-art solutions in different areas of anti-doping.

The List of Prohibited Substances and Methods is one of the International Standards, which are mandatory parts of the Program. To find out the criteria used to determine the List of Prohibited Substance and Methods, see "I didn't know that..." on Page 2.

Cracking the Code. Highlighting the Current Prohibited List

Athletes are ultimately responsible for what they ingest which, under the Code, is referred to as strict liability. When working with athletes, athlete support personnel should be familiar with the Prohibited List. This issue of *The Playing Field*™ will highlight the current List of Prohibited Substances and Methods.

In the last issue of *The Playing Field*™, we introduced the definition of doping under the World Anti-Doping Code (Code) and two potential penalties specific to athlete support personnel. For a copy of the last issue of *The Playing Field*™, visit the Education section of the USADA's Web site (www.usantidoping.org)



If you have suggestions for future articles, or would like to share concerns on anti-doping issues, contact us at educationnews@usantidoping.org. We look forward to receiving your comments.



Sneak Peak Inside!

- Take a look at the article at the bottom of Page 4. It's an update of a NCAA rule related to recognition of sanctions from other sport bodies.
- Are intravenous infusion drips a prohibited method? The Coaches' Corner provides the answer on Page 3 and a new Sport Dilemma for you to consider on Page 4.



I DIDN'T KNOW THAT...**The WADA List is determined using specific criteria.**

"How is a substance or method placed on the Prohibited List?" is one of the most frequently asked questions. The WADA List Committee, which is a panel of eleven scientists chosen for their international expertise, determines inclusion of a substance or method on the Prohibited List as follows:

Criteria for Including Substances and Methods on the Prohibited List

A substance or method is considered for inclusion on the Prohibited List if WADA determines that the substance or method meets any two of the following three criteria:

- Medical or other scientific evidence, pharmacological effect or experience that the substance or method has the potential to enhance or enhances sport performance.
- Medical or other scientific evidence, pharmacological effect, or experience that the use of the substance or method represents an actual or potential health risk to the Athlete.



- Or, WADA's determination that the use of the substance or method violates the spirit of sport described in the introduction to the Code.

Also, if WADA determines there is medical or other scientific evidence, pharmacological effect or experience that a substance or method has the potential to mask the use of other prohibited substances and prohibited methods, that substance will be included on the Prohibited List.

The List also includes a provisional statement for certain categories - "and other substances with similar structure or similar biological effects" - to ensure that any new drug can be included within the scope of the Prohibited List.

The List of Prohibited Substances and Prohibited Methods

The following categories make up the List of Prohibited Substances and Methods for both Out-of-Competition and In-Competition testing.

**Prohibited Substances and Methods:
Out-of-Competition
(Partial menu)**
Substances

Anabolic Agents
Hormones & related substances (e.g., EPO, hGH)
Beta-2 Agonists
Agents with Anti-Estrogenic Activity
Diuretics & Other Masking Agents

Methods

Enhancement of Oxygen Transfer
Chemical and Physical Manipulation
Gene Doping

**Prohibited Substances and Methods:
In-Competition
(Full menu)**
Substances

Anabolic Agents
Hormones & related substances (e.g., EPO, hGH)
Beta-2 Agonists
Agents with Anti-Estrogenic Activity
Diuretics & Other Masking Agents

Stimulants

Narcotics
Cannabinoids (THC - marijuana/hashish)
Glucocorticosteroids

Substances prohibited in particular sports (i.e. alcohol and beta-blockers)

Methods

Enhancement of Oxygen Transfer
Chemical and Physical Manipulation
Gene Doping



For definitions of the Prohibited Methods, visit USADA's Web site (www.usantidoping.org). The "Guide Book" icon is located on the home page. Refer to Page 10 of the current "Guide to Prohibited Substances and Prohibited Methods".

Coaches' Corner



The following are answers to the **Sport Dilemma** in the July - September issue of *The Playing Field™*. To view the last issue, visit www.usantidoping.org, (in the site search box, type in *The Playing Field* and you will be directed to a page with a PDF version of the newsletter.)

SPORT DILEMMA

Think about how you would handle the situation...

A doctor is appointed head team doctor to an endurance winter sport's Olympic team. Head team physician responsibilities include playing an active role in the medical treatment of athletes through either direct involvement or adequate supervision of personnel.

Prior to the head team doctor's arrival, a team chiropractor observed athletes receiving suspicious intravenous infusions administered by the head coach, who had no formal medical training.

The doctor arrives four days before the start of the event. Following an athlete's complaint of severe nausea and problems breathing, the head coach, with no medical support and without supervision of or disclosure to the team doctor, administers a "blood treatment."

The chiropractor brings the incident to the attention of the head team doctor who replies, "I am only responsible for the team doctors who perform medical or para-medical services on athletes."

Questions to think about:

1. Who in this Sport Dilemma has committed a doping violation?
2. At which point(s) does the team doctor exhibit negligence of duty?
3. The coach claims that the blood treatment is used by thousands of medical doctors in his country and is practiced and taught at the collegiate level. Would you consider applying the practice? Why or why not?

Answers in the next issue!

SPORT DILEMMA #1: **"Are intravenous (IV) drips used for recovery considered a form of cheating?"**

THE ANSWER: Under the List, intravenous (IV) infusions are classified as a form of "chemical and physical manipulation." IV infusions are prohibited except in the event of a legitimate acute medical treatment.

SPORT DILEMMA #2: **"Could a rehydration technique that included glucose or intralipid (a high fat calorie preparation) be considered a form of doping?"**

THE ANSWER: No.

However, under the List of Prohibited Methods, all forms of chemical and physical manipulation with the intent of tampering, or attempting to tamper, in order to alter the integrity and validity of samples is prohibited and subject to sanctioning under anti-doping rules. Intravenous infusions of fluid can alter blood parameters that are now being used both for health tests and for anti-doping tests. Qualified team medical physicians should understand explicitly that intravenous infusions are permitted only in the event of a legitimate acute medical treatment.

SPORT DILEMMA #3: **"What would you do in those situations?"**

THE ANSWER: Athlete support personnel are required to cooperate with the athlete testing program. This includes reporting any suspected or known incidents of anti-doping violations to USADA.

USADA Position:

Intravenous infusions are prohibited except in the event of a legitimate acute medical treatment. Any method designed to alter the integrity or validity of collected samples (urine or blood) is considered a prohibited method and can be viewed as a form of tampering (a violation of anti-doping rules).

Athlete support personnel have a responsibility to report any suspected or known incidents of anti-doping rule violations to USADA. If you believe the integrity of your sport is being compromised, call the Play Clean Line™ at (877) 752-9253.

NCAA to Recognize Doping Sanctions Imposed by other Sport Bodies

Under an amendment to rules which went into effect in August 2005 National Collegiate Athletics Association (NCAA) athletes who are sanctioned by organizations complying with the WADA Code will no longer be allowed to compete in any intercollegiate sport or participate in any NCAA Championship competition while serving their suspension.

For athletes who need a prohibited medication to manage a medical condition, Therapeutic Use Exemptions are required to be processed with USADA or an International Federation (IF). This requirement exists even if an athlete has a waiver from the NCAA. Without a granted TUE, an athlete with an adverse analytical sample is subject to sanctioning. For more information about the Therapeutic Use Exemption process, visit www.usantidoping.org.



Are you ready to take a stand against doping?

Contact USADA at (877) 752-9253 if you suspect the integrity of your sport is being compromised by doping.



The **Playing FIELD**™

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WADA Released 2006 Prohibited List

On October 1, the World Anti-Doping Agency (WADA) published the 2006 Prohibited List which will go into effect January 1, 2006. USADA's 2006 Guide to Prohibited Substances & Prohibited Methods and the 2006 Wallet Card will be available in December 2005. The USADA Guide and Wallet Card feature the examples of prohibited and permitted substances from the WADA Prohibited List, along with explanations, comments, and information.

We've moved!

USADA's new address is:
U.S. Anti-Doping Agency
1330 Quail Lake Loop, Suite 260
Colorado Springs, CO 80906-4651
Phone and fax numbers will remain the same.



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