



2015 World Anti-Doping Code
ADO Reference Guide

Version 1.0

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1.0 Introduction

The World Anti-Doping Agency (WADA) was founded with the aim of bringing consistency to anti-doping policies and regulations within sport organizations and governments right across the world.

The World Anti-Doping Code (Code) sets out rules that athletes and athlete support personnel around the globe must follow.

It is the responsibility of Anti-Doping Organizations (ADOs) such as International Federations (IFs), National Anti-Doping Organizations (NADOs), Regional Anti-Doping Organizations (RADOs), and Major Event Organizations (MEOs) to implement these rules.

The revised Code (2015 Code), which came into force on 1 January 2015, is stronger and fairer, with:

- Increased focus on prevention and values-based education
- Emphasis on the principles of proportionality and human rights
- Longer periods of ineligibility for real cheaters and more flexibility for sanctioning in specific circumstances
- Recognition of the increasing importance of intelligence gathering and sharing, and investigations in the protection of clean athletes
- Increased focus on sanctioning entourage/athlete support personnel involved in doping
- Emphasis on smart testing (the right athlete, for the right substance, at the right time) and smart sample storage (to support possible additional analysis at a later time)

1.1 Purpose of this ADO Reference Guide

This ADO Reference Guide provides an overview of the changes in the 2015 Code and highlights what an ADO should focus on going forward. The Guide is neither a substitute for the language of the Code, nor for the anti-doping rules of an ADO.

It must be emphasized that the language of the Code is always the primary source. This Guide is provided purely for the purpose of understanding, and is in no way a binding legal document.

Several acronyms familiar to the anti-doping community are used in this document. A table is provided in Section 14.0 for reference.

2.0 Education

Since it first came into effect in 2004, the Code has recognized education and deterrence as basic principles that underpin doping-free sport. The 2015 Code specifies that such education should focus on prevention, be 'values-based', and target athletes and athlete support personnel – with "a particular focus on young people" and the implementation of prevention programs (e.g. in schools and sports clubs) "appropriate to their stage of development." See Code Article 18.

2.1 What is 'values-based' education?

Values-based education takes a person-centered, holistic approach, engaging participants in the moral and ethical arguments of fair play, the spirit of sport and the reasons for having rules. This approach promotes positive attitudes toward clean sport and ultimately leads to athletes engaging in doping-free behavior.

This type of program involves a more comprehensive approach that goes beyond the more traditional anti-doping education program of simply providing information. A values-based education program seeks to develop decision-makers – athletes choose to be clean rather than be deterred for fear of being caught.

Awareness and information are also essential components to ensure inadvertent doping does not occur.

2.2 Three key components: Awareness, Information and Values

A values-based anti-doping education program has three key components:

- Awareness
- Information
- Promotion of values

AWARENESS

This component involves a social awareness campaign that ensures visibility of anti-doping messages. The campaign should promote further enquiry for people looking to learn more. [WADA's Outreach Program](#) and its [clean sport campaigns](#) provide a unique opportunity to reach athletes.

INFORMATION

This component ensures people are provided with the necessary information so that they can abide by anti-doping rules and regulations.

Such a program should foster anti-doping behavior. It should include updated, accurate information on the following:

- Definitions of doping and of Anti-Doping Rule Violations (ADRVs)
- List of Prohibited Substances and Methods (Prohibited List)
- Consequences of doping, including sanctions, health and social consequences
- Managing the risk of nutritional supplements
- Doping control procedures
- Athlete and athlete support personnel rights and responsibilities, such as results management, [Therapeutic Use Exemptions](#) (TUEs) and [whereabouts filings](#).

PROMOTION OF VALUES

The values outlined in the Code, which are listed below, form the 'values base' that should inform all education programs.

This does not mean explicitly addressing these values in all interventions, but rather integrating them into programs in a way that develops understanding and leads to better moral reasoning.

For example, WADA's eLearning tools [ALPHA and CoachTrue](#) include decision-making modules that promote:

- Ethics, fair play and honesty
- Health
- Excellence in performance
- Character and education
- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and others
- Participation
- Courage
- Community and solidarity

2.3 Some considerations to keep in mind

- Values-based education is best delivered at a young age.
- We are living in the digital age. Many people access and process information differently than before.
- Always put yourself into the mind of your target audience before developing any content. For instance, if you are developing a resource for young children, imagine you are that young child to try to better understand what he/she will or will not respond to.
- Keep content short, concise and to the point.
- Aim for a ratio of one educator to 12 participants when possible.
- A session such as a seminar or webinar should last no more than two hours.
- Use positive language – clean sport is positive, anti-doping is negative.
- Face-to-face sessions are always the most effective.

EXAMPLE OF A KEY EDUCATION MESSAGE

Tell, Check, Ask *before* taking any medication:

- **Tell** medical personnel you are an athlete
- **Check** that the medication is safe to take before doing so
- **Ask** for confirmation as the final check

2.4 Thinking it through

The development of an educational program should include identification of:

- Short-term goals
- Long-term goals
- Timeframe
- Target groups
- Key messages
- Available resources

2.5 Planning your education programs

Advance planning is critical to the success of any education program. Such planning should involve consultation with key stakeholders.

For example, an ADO developing an education program should follow these steps:

- a. Analyze the current situation – what are our current resources and needs?
- b. What do we want to say, how do we want to say it and when do we need to deliver?
- c. What do we want to achieve?
- d. How are we going to accomplish those short- and long-term goals?
- e. What are we going to teach, and how?
- f. What are the results of our program?
- g. How can we improve the program?

2.6 Timely, achievable, realistic goals

Timely, achievable, realistic goals motivate everyone involved. Such goals encourage future involvement and support for an ADO program.

EXAMPLE OF A TIMELY ANNUAL GOAL

“All athletes in the junior-level program will have completed three of five anti-doping seminars by the end of October.”

2.7 A caution on stand-alone education programs

Stand-alone anti-doping education programs have proven difficult to sustain. Relying on voluntary participation from athletes and athlete support personnel likely will not produce satisfactory results. Instead, an ADO should identify other education channels and consider how anti-doping education can be added to such content. These can be identified during the development of the action plan.

2.8 More information and available resources

Before creating any new materials or activities, see what already exists.

A number of information and education resources are at hand, in many languages, in the [Resources](#) section of WADA's Web site. Feel free to adapt

this content to the look and feel of your particular audience. Also, check what other ADOs have done. As a model for core programs, see WADA's [Information/Education Guidelines to Prevent Doping in Sport](#), Version 2.0, October 2014.

Note: Any use of WADA's logo and/or co-branding should be approved by WADA's Communications Department (info@wada-ama.org).

3.0 Effective Test Planning and Implementation

The Code requires that each ADO develops a Test Distribution Plan (TDP) and implements intelligent and proportionate testing.

A TDP is a document written by an ADO that plans testing on athletes over whom it has testing authority, in accordance with the requirements of Article 4 of the [International Standard for Testing and Investigations](#) (ISTI). Such testing is to be effective in detecting and deterring doping practices. See Code Article 5.4.

Given ADOs are advised to prioritize their efforts and resources (see Code Article 5.4.2), it follows that they should have an appropriate TDP in place (see ISTI Section 4.0).

The ADO's TDP must allocate resources for testing effectively across the different sports (NADOs), countries (IFs), disciplines, competitions, leagues, age groups, athletes, and more under the ADO's jurisdiction.

Where to start?

3.1 Risk assessment

Risk assessment is a mandatory ISTI requirement that simply makes sense.

For years, time-tested strategies such as random selection have been part of the process, although significant doubt remains that random selection testing will catch cheating athletes.

The smarter strategy is to identify specific risk factors related to the specific sport, discipline or particular group of athletes. This testing strategy will better position an ADO to build an effective, efficient TDP that targets:

- Disciplines in which doping is more likely to occur
- Types of athletes with a higher potential for engaging in high-risk behavior
- Optimal times to test these athletes

The risk assessment, which must be documented and available for WADA's compliance evaluation, is the foundation to an effective, efficient ADO testing program.

3.2 What could be a risk factor?

An ADO requires a full, informed picture of issues and opportunities in its individual environment, and should consider a wide range of factors, e.g. from the physiological demands of individual sports, to team sponsorships, to the history of doping in a particular country, etc.

3.3 Establishing the overall pool of athletes

The primary focus of an IF's TDP should be international-level athletes. For a NADO/RADO, the main focus of its TDP is national-level athletes.

Consequently, when establishing an overall pool of athletes subject to an anti-doping program, ADOs must make sure the pool is not so large that it detracts from testing athletes at the highest risk level.

3.4 Prioritizing between different athletes

Once the overall pool has been determined, and priority sports and disciplines allocated, an ADO needs to identify for target testing those groups and individual athletes at a higher risk for doping. These athletes should represent a significant proportion of the ADO's overall TDP.

3.5 Documenting the Test Distribution Plan

An ADO must document its TDP. See [ISTI Article 4.1.3](#).

At a minimum, a documented TDP should include the:

- Number of tests
- Type of tests (in or out of competition), sample types (blood and/or urine) and analyses (e.g. Erythropoiesis Stimulating Agents (ESAs), Growth Hormone (GH), Growth Hormone Releasing Factors (GHRFs), etc.) to be conducted across sports, disciplines, nations, and/or athletes, as appropriate, and, at a minimum, in line with the requirements of the [Technical Document for Sport Specific Analysis](#) (TDSSA).

In addition, a TDP should also include the following:

- General language on the process used to evaluate relevant risks and their outcome (high, medium, low)

- How these risks were converted to a number of tests relative to the total TDP
- General information on the timing of tests — week, month, quarter
- Selection policy for out-of-competition testing (OOCT) — who will be tested and how frequently
- Relevant details for in-competition testing (ICT); such as: number of tests, type of tests, selection criteria, etc.

3.6 Pyramid Testing Model of deterrence and detection

Unpredictability is the cornerstone of an effective testing strategy. Why? It works *against* cheating athletes, because it limits the ability to modify their doping schedule, and *for* clean athletes, who view variability as protecting clean sport.

The Pyramid Testing Model takes the form of a pyramid with three tiers:

Bottom tier – The ‘General Pool’

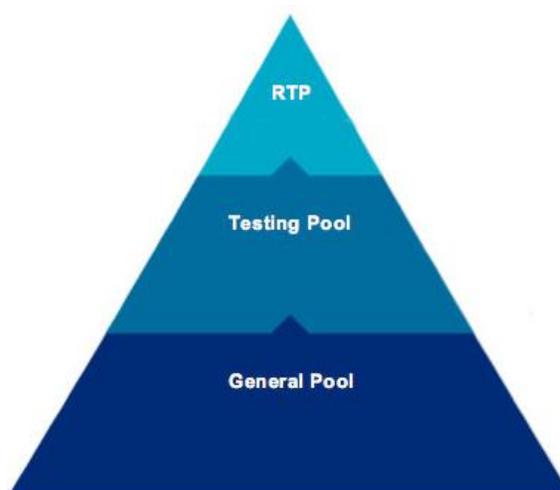
Those athletes on the lower spectrum of risk are at the bottom of the pyramid. They would be subjected to ‘deterrence’ or ‘structured’ testing — enough to demonstrate that any athlete can be tested at any time — led by risk factors that are relatively quantifiable (e.g. physiological attributes, doping statistics). From these athletes, no whereabouts information may be required.

Middle tier – The ‘Testing Pool’

As for the middle tier, the Code and ISTI demand that most testing be targeted at this point and onward to the top tier. This means that a substantial amount of the pyramid —and the resources allocated to it— should involve target testing. This tier would contain more athletes from whom whereabouts information is required. Such whereabouts, and the consequences for not complying, are at the discretion of the ADO.

Top tier – The ‘RTP’

In the top tier are the highest risk athletes with the highest probability of being tested out-of-competition.



This tier includes athletes from whom the greatest amount of whereabouts information is required — contenders for national or international honors, athletes in an Athlete Biological Passport (ABP) Program, and athletes deemed to be at the highest risk for doping.

Athletes in this top tier must be entered into a Registered Testing Pool (RTP) — triggering specific whereabouts submission requirements set out in the ISTI, e.g. the athlete's daily overnight residence, training and competition information, and a designated 60-minute period during which the athlete may be liable for a 'missed test' should he/she not be present when a testing attempt is made, etc.

These athletes are also subject to possible ADRVs should they fail to provide accurate whereabouts information in accordance with Code Article 2.4.

The RTP is the pool of highest-priority athletes, established separately at the international level by IFs and at the national level by NADOs.

They are subject to focused ICT and OOCT as part of the IF's or NADO's TDP; and, therefore, are required to provide whereabouts information as specified in the ISTI.

Each NADO and IF has the discretion to determine the size and make-up of its testing pool(s) to best meet the needs of the sport/country over which it has anti-doping jurisdiction.

3.7 Relationship between whereabouts and the TDP

Once a NADO or IF has finalized its TDP, it knows how much testing will be allocated for the relevant period. That number then operates as the key parameter in determining the size and make-up of its RTP. Athletes in an RTP should be tested a minimum of three times a year; therefore, the pool of athletes in an RTP must be proportionate to the minimum number of tests to be conducted.

EXAMPLE OF HOW A TDP RELATES TO A RTP

If an NADO or IF draws up a TDP that provides for 200 tests out of competition over the course of 12 months, it would make no logical sense to put 500 athletes in the RTP.

3.8 Who goes in the Registered Testing Pool?

The expectation is that, unless good reason exists otherwise, an ADO RTP may include:

- Athletes over which a NADO has jurisdiction that have been included in an international RTP
- Athletes on a national team that meet identified criteria
- Other athletes who perform at the Olympic, Paralympic or World Championship level
- Other athletes, due to certain risk factors who are determined to be of higher risk

The responsible NADO or IF should also include in its RTP:

- Athletes who are serving periods of ineligibility
- Athletes who retired while in the RTP and now want to return to competition

It may also include:

- Any athlete under the NADO's or IF's jurisdiction that it wishes to target (e.g. an athlete now training with someone previously associated with doping practices)

Ultimately, the size and composition of an RTP should, in significant part, be determined by how often the athletes in it will be tested out of competition.

EXAMPLE OF WHEN TO INCLUDE AN ATHLETE IN A RTP

If an ADO's TDP determines an athlete is to be tested three or more times out of competition annually, that athlete should be included in the ADO's RTP.

3.9 More information and available resources

- [ISTI](#)
- [Guidelines for Implementing an Effective Testing Program](#)

4.0 Athlete Biological Passport

The ABP monitors selected biological variables over time that highlight the effects of doping, rather than attempting to detect the doping substance or method itself.

Invaluable and efficient, the ABP does not replace traditional testing methods, but rather complements analytical methods to further refine and strengthen overall anti-doping strategies.

4.1 Main outcomes of running an ABP Program

The main outcomes associated with running an ABP Program are as follows:

- The Program enables an ADO to direct a targeted analysis strategy, which helps identify an athlete for specific targeted testing. Such strategies may include retroactive analytical testing of samples that have previously been collected, rapid reactive testing for collection of new samples, or long-term planning for targeting of the athlete during the coming year. The ABP framework facilitates the sharing of passport data between ADOs to allow coordination of efforts in testing an athlete.
- The Program is a means of establishing a use-related ADRV (see Code Article 2.2). An atypical profile in itself is not sufficient to declare an ADRV, but must be further assessed by experts to determine if it is the result of normal physiological variation, pathology, or a likely doping scenario. If three experts unanimously agree that the atypical profile is the result of doping, this expert opinion is an indication that doping has likely taken place.
- The ABP has also been shown to have a deterrent effect against doping.

4.2 ABP Haematological and Steroidal Modules

The ABP is currently composed of two modules:

- The **Haematological Module**, introduced in 2009, aims to identify enhancement of oxygen transport, including use of ESAs and any form of blood transfusion or manipulation. The Haematological Module considers a panel of biomarkers of blood doping that are measured in an athlete's blood sample.
- The **Steroidal Module**, introduced in 2014, aims to identify endogenous anabolic androgenic steroids (EAAS) when administered exogenously (i.e. not created by the human body) and other anabolic agents, such as selective androgen receptor modulators (SARMs). The Steroidal Module

considers a panel of biomarkers of steroid doping measured in an athlete's urine sample.

The decision to implement the Haematological Module depends largely on the physiological demands of the sport and the inherent risk/reward associated with doping in that particular discipline. Therefore, running the Haematological Module may not be the best use of resources for all ADOs.

All urine samples are now automatically analyzed for the Steroidal Module. This means any athlete who has been tested is essentially part of an ABP Program, provided the doping control forms are entered into WADA's Anti-Doping & Administration System (ADAMS). Section 13 of this document provides more details on the use of ADAMS.

4.3 More information and available resources

- [ABP Operating Guidelines*](#)
- [General ABP Q&A](#)
- [ABP Steroidal Module Q&A](#)
- [ADAMS ABP Guide](#)

* For ease of reference, Technical Documents (TDs) related to the ABP are included in the Appendices. These TDs are also included in the relevant International Standards documentation.

5.0 Technical Document for Sport Specific Analysis

The [TDSSA](#) is a tool intended to help ADOs achieve more intelligent and effective testing programs by requiring a minimum level of analysis (MLA) for prohibited substances that are not part of the routine urine analysis menu for in-competition or out-of-competition samples.

This Technical Document came into effect 1 January 2015 and is mandated by Code Article 5.4.1.

The TDSSA applies to all ADOs that authorize the collection of samples — IFs, NADOs, RADOs, and MEOs.

While the TDSSA is a core element in ensuring MLAs, by no means does meeting MLA numbers ensure a fully effective analytical strategy.

Why? Because the prescribed percentages represent *minimum* values, and ADOs need to target athletes based on their risk assessment, applying the levels of analysis mentioned in the TDSSA to those athletes with the highest risk, and conducting tests at the relevant time to optimize detection.

5.1 Prohibited substances within the TDSSA's scope

The following prohibited substances are within the scope of the TDSSA:

- ESAs (e.g., recombinant erythropoietins and their analogues)
- Human Growth Hormone (hGH) and Growth Hormone Releasing Factors (GHRFs), including Growth Hormone Releasing Hormone (GHRH) and its analogues, and Growth Hormone Releasing Peptides (GHRPs)

Testing for ESAs, hGH and GHRPs should predominantly focus on out-of-competition periods, when athletes feel they are less likely to be tested. There are two types of detection for hGH: (1) the GH isoforms test, and (2) the GH biomarkers test. See [HGH Q&A](#). ADOs should request both subject to the availability of these methods at the relevant laboratory, since they are complementary in nature. ADOs should consult their laboratory to discuss what type of sample (urine, whole blood, or blood serum) should be collected to apply these tests.

5.2 What athletes are subject to the TDSSA?

NADOs and IFs have the latitude/flexibility to decide to which of their national-level and international-level athletes the TDSSA applies.

5.3 Why was the TDSSA required?

Inconsistency in the testing conducted by ADOs for a number of prohibited substances subject to abuse in certain sports and disciplines at risk is why the TDSSA was required. The TDSSA is intended to contribute to:

- Increased levels of deterrence
- A potential increase in detection rates for prohibited substances
- An increase in laboratories' analytical capacities and planning
- Greater protection of the rights of clean athletes

5.4 How to calculate a Minimum Level of Analysis

To calculate a MLA, start with the basics — a test. That test will form the basis of the MLA calculation. Under the TDSSA, one test includes any number of samples that may be collected from one athlete during a single sample collection session. For example, blood and urine, including dilute samples, equals one test.

Once an ADO has applied the number of tests to a sport or discipline, according to its associated risk assessment, the ADO then applies the MLA percentages to those tests.

The athlete and samples to which those analyses are applied are at the ADO's discretion.

EXAMPLE OF A MLA CALCULATION

If an ADO plans to conduct 100 tests in a sport or discipline, and the MLAs are 60 percent for ESAs and 10 percent for GH/GHRFs, that ADO would distribute the analyses this way:

- 60 ESAs analyses, in either urine or blood
- 10 GH/GHRFs analyses in blood for GH or in either urine or blood for GHRFs

5.5 What about blood samples collected?

Blood samples collected as part of the ABP are not subject to the TDSSA. That said, it is strongly recommended that any sport or discipline for which ESAs have a MLA of 15 percent or greater implement the ABP Haematological Module, given the risk assessed for blood doping by WADA and the IFs. This is outlined in the TDSSA.

WADA will provide the necessary support to ADOs in establishing ABP Programs. Furthermore, an ABP Program can assist in directing the ESA analysis required by the TDSSA in a more intelligent fashion by identifying risk athletes and risk periods.

5.6 More information and available resources

- [TDSSA, Appendix 1 and 2; Supporting Documents A, B and C](#)
- [IF/MEO Webinar: TDSSA](#)
- [NADO/RADO Webinar: TDSSA](#)

6.0 Storing of Samples and Further Analysis

The 2015 Code makes an important change in the statute of limitations.

6.1 Extension of the statute of limitations

The statute of limitations —the period of time in which an action can be brought against an athlete or athlete support personnel— has been extended from eight years to ten years. Recent events have demonstrated that it can take a long time before a sophisticated doping scheme is uncovered. See Code Article 17.

For an ADO, this holds the following consequence:

- The ADO that initiated testing, being the owner of the sample, can perform additional analysis on that sample at any time through the 10-year running of the statute of limitation period. See Code Article 6.5.

6.2 New intelligence and advances

Why continue to store samples for re-analysis? Because of new intelligence and/or advances in analytical methods becoming available.

To support this possibility, an ADO must incorporate into its TDP a strategy to retain and store samples at a WADA-accredited laboratory to enable future testing. This strategy requires ADOs to consider the costs of sample storage and potential analysis. Those costs should be weighed against the relative benefits of collecting and analyzing more samples in the present.

Such a strategy should consider these particular factors:

- Laboratory recommendations on further analysis and storage
- A possible need for retroactive analysis in connection with the ABP Program
- New detection methods – what will the future hold?
- Samples collected from athletes meeting some or all of the 'high-risk' criteria set out in [ISTI Article 4.5](#)
- New intelligence regarding doping strategies.

EXAMPLE OF A SAMPLE STORAGE OUTCOME

The IOC re-analyzed samples from previous Olympic Games and found several athletes had used prohibited substances such as CERA, a new generation ESA.

6.3 More information and available resources

- [ISTI](#)
- [Guidelines for Implementing an Effective Testing Program.](#)

7.0 Intelligence and Investigations

Testing will always remain integral to the anti-doping effort. But testing alone is not enough. ADOs need to develop efficient and effective intelligence-gathering and sharing functions.

Under the 2015 Code, governments are expected to put into place legislation, regulations, and policies or administrative practices to facilitate the cooperation and sharing of information with ADOs investigating ADRVs. See Code Article 22.2.

In the meantime, the Code requires ADOs to obtain, assess and process anti-doping intelligence from all available sources, including ADAMS. See Code Articles 5.8 and 10.6.1.

The Code and ISTI also require all ADOs to set up mechanisms for the most basic collection of information and intelligence, ensuring secure and confidential handling. It is understood that not all ADOs are equipped to conduct proactive investigations.

That said, initiatives might include tip lines, athlete interviews after adverse analytical findings (AAFs), thorough reviews of Doping Control Officer reports, field-staff training, and enhanced communication with other ADOs and associated scientific and WADA-accredited laboratory experts.

Beyond that, ADOs should establish mechanisms to capture information and intelligence that can act as alerts to potential doping.

7.1 Alerts to potential doping

These can include, but should not be limited to, the following:

- Prior ADRVs
- Abnormal biological test parameters
- An athlete's particular sport performance history, in particular sudden major improvements in performance or sustained high performance without a commensurate testing record
- Repeated failure to comply with whereabouts requirements
- Suspicious whereabouts filing patterns

- Moving to or training in a remote location, or a location deemed to be high risk due to political or cultural factors
- Sudden withdrawal or absence from expected competition
- Association with a third party — doctor, teammate, coach, other athlete — with a history of involvement in doping
- Injury
- Age
- Stage of career
- Financial incentive for improved performance
- Reliable information from a third party, or intelligence developed by or shared with the ADO.

7.2 Additional red flags

Additional 'red flags' that may be identifiable and thus reliable:

- Overtraining or insufficient recovery time from injury
- Previous or current absence or weakness of deterrent doping controls
- Lack of resources such as professional training equipment, information, nutrition and technology
- Performance setback or plateau.

It should be noted that many of these factors, by themselves, are not likely indicators of doping behavior. At the same time, any combination of multiple factors could be seen as higher-risk behavior.

7.3 Additional ADO responsibilities

The 2015 Code also contains new sections (see Code Article 20) that make it a priority for ADOs to:

- Vigorously pursue potential ADRVs, where athlete support personnel or others may have been involved in doping.

Specific to IFs and NADOs is the additional responsibility to:

- Conduct an automatic investigation of athlete support personnel in any ADRV case involving a minor, or athlete support personnel who provided support to more than one athlete found to have committed an ADRV.

7.4 More information and available resources

- [ISTI](#)
- [Guidelines for Implementing an Effective Testing Program](#)
- [Coordinating Investigations and Sharing Anti-Doping Information and Evidence](#)
- [IF/MEO Webinar: How to Develop and Implement a More Effective Testing Program](#)
- [NADO/RADO Webinar: How to Develop and Implement a More Effective Testing Program](#)
- [Information Gathering and Intelligence Sharing Webinar](#)

Note: Related guidelines and investigations training are in development and will be made available to ADOs.

8.0 New Anti-Doping Rule Violations (ADRVs)

Special attention should be paid to Code Article 2, which outlines 10 ADRVs.

8.1 Specific changes to the Code

Specific changes in the 2015 Code include:

- Article 2.4, Whereabouts Failures — For athletes in an RTP, a failure to file or missing a test counts as a so-called whereabouts strike. Three strikes in 12 months results in an ADRV. Under the prior Code, three strikes within 18 months resulted in an ADRV.
- Article 2.5, Tampering — The text now formally and explicitly states it is an ADRV to intentionally interfere or attempt to interfere with an anti-doping official, to provide fraudulent information to an anti-doping official or to intimidate or try to intimidate a potential witness. The prior Code referenced these defining circumstances in a comment only.
- Article 2.9, Complicity — This enhanced section makes it clear that it is against the rules to assist, encourage, conspire, cover up, or otherwise be complicit in an ADRV, attempted violation or ineligibility provisions by another person.
- Article 2.10, Prohibited Association — See next section.

9.0 Athlete Support Personnel

Under the 2015 Code, 'athlete support personnel' means *"any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel, parent or any other person working with, treating or assisting an athlete participating in or preparing for sports competition."*

As it is now well recognized that doping frequently involves an athlete's entourage, MEOs and IFs are required to bind athlete support personnel to anti-doping rules as a condition of participation in their events and competitions.

9.1 Enhanced focus on education

In the spirit of sport, the revised Code calls for an enhanced focus on education. Code Article 18 specifies that the focus and primary goal of education programs should be prevention. Code Article 18.2 explicitly says that such programs are to provide "athletes and other persons" with "updated and accurate information" on "at least" a variety of issues, including:

- Substances and methods on the Prohibited List
- ADRVs
- Consequences of doping, including sanctions, health and social consequences
- Doping control procedures
- Managing the risks of nutritional supplements
- Applicable whereabouts requirements
- Athlete and athlete support personnel rights
- And more

The Code goes further. It also says athlete support personnel have the duty to educate and counsel athletes about anti-doping policies and rules.

9.2 Prohibited association

The Code introduces two new —and novel— sections related to athlete support personnel.

Article 2.10, known as Prohibited Association, is aimed at dissuading athletes from working with athlete support personnel who have committed an ADRV or have been convicted of doping-related activities.

This section can, upon first reading, seem complex. To simplify:

- Article 2.10 makes it an ADRV for an athlete or other person to associate in a professional or sport-related capacity with athlete support personnel who are either:
 - currently ineligible, or
 - have been convicted in a criminal, disciplinary, or professional proceeding for conduct that would constitute doping for the longer of either:
 - Six years from the conviction (or decision), or
 - The duration of the criminal, disciplinary or professional sanction imposed

There is more. Before an athlete can be found to have violated this Article, he/she must have received written notice from an ADO of both the:

- Athlete support personnel's disqualified status, and
- Consequences of continued association

In the interest of fairness, the athlete support person at issue also has the opportunity to explain that such disqualified status does not apply to him/her.

Finally, this Article does not apply in specific circumstances where association is unavoidable, i.e. husband/wife, child/parent.

Article 21.2.6 says athlete support personnel should not use or possess any prohibited substance or prohibited method without valid justification.

As the related Code comment notes, athlete support personnel are often role models and should not engage in personal conduct that conflicts with their responsibility to encourage their athletes not to dope. For an ADO, it is important to point out that this section is not defined as an ADRV under the Code; rather, ADOs should include this as a basis for discipline under their codes of conduct or other disciplinary rules.

10.0 Sanctions and Results Management

The 2015 Code reflects the strong consensus among stakeholders, athletes in particular, that intentional cheaters deserve to be ineligible for a period of four years.

The prior Code allowed for a four-year period of ineligibility for an AAF— instead of the standard two-year period— if an ADO could show ‘aggravating circumstances.’ This option was hardly used.

The Code has changed in the sense that the standard penalty for intentional cheating is now four years.

10.1 What does ‘intentional’ mean?

‘Intentional’ means the athlete, or other person, engaged in conduct he/she knew constituted an ADRV, or knew there was significant risk the conduct might constitute an ADRV, and manifestly disregarded that risk.

Article 10.2 is clear that it is four years of ineligibility for presence, use or possession of a non-specified substance, unless an athlete can establish that the violation was not intentional. For specified substances, it is also four years if an ADO can prove the violation was intentional.

Note: Specified substances are more susceptible to a credible, non-doping explanation; non-specified substances do not have any non-doping explanation for being in an athlete’s system.

10.2 Prompt admission

Under Article 10.6.3, ‘prompt admission’ no longer automatically reduces a potential four-year ADRV for an AAF to two years. Now, both WADA and the ADO with results management authority (RMA) must approve a reduction.

10.3 No significant fault

Meanwhile, the Code also provides more flexibility in sanctioning in certain circumstances where an athlete can show he/she was not cheating.

For instance, Article 10.5.1 says that if an athlete can establish ‘no significant fault’ involving a contaminated product, the period of ineligibility may range from — at a minimum — a reprimand of a maximum two years.

Note: A finding of ‘no significant fault’ has been added to reduce the period of ineligibility for a specified substance below two years. See Code Article 10.5.1.1. As a unique exception, an athlete may demonstrate ‘no significant fault’ for negligence involving the use of marijuana by clearly showing the context of the use was unrelated to sport performance.

10.4 Substantial assistance

The language of what qualifies as 'substantial assistance' has been expanded in Code Article 10.6. WADA now has the authority to assure that for an athlete or another person giving such assistance, an agreed-upon reduction cannot be challenged on appeal.

Also, in appropriate circumstances, the disclosure of such 'substantial assistance' may be limited or delayed. And, in exceptional circumstances, WADA may approve an agreement that provides for no period of ineligibility. In any event, for assistance provided to a criminal or disciplinary body to result in substantial assistance treatment under the Code, the information must be made available to the ADO with RMA.

10.5 Multiple violations

Under Code Article 10.7, the period of ineligibility applicable for multiple violations is now a short formula. It used to be a long chart with accompanying explanation.

10.6 Financial sanctions

Article 10.10 reaffirms the proposition that ADOs may, in their own rules, impose financial sanctions—but only where such sanctions are proportionate and do not reduce the period of ineligibility that would otherwise be applicable. Athletes should not be able to pay their way out of being ineligible.

10.7 Status during ineligibility

Code Article 10.12.2 provides an exception to the general rule that, during their period of ineligibility, athletes are not allowed to take part in training or any other activity of their federation or club. It says an athlete may return to train with his/her team or use the facilities of a club or other organization during the shorter of the two:

- Last two months of the athlete's period of ineligibility, or
- Last one-quarter of the period of ineligibility.

The rationale? The burden of not being able to train with a team or club during a period of ineligibility is heavier in some sports than others. A distance runner can run alone. But ski jumpers and gymnasts cannot train without access to facilities, nor can athletes in team sports—football, handball and more—effectively train on their own.

10.8 Results Management Authority

The 2015 Code also clarifies several areas in results management, including which ADO has authority.

RMA rests with the ADO that initiated testing or, for other violations, the ADO that first provides notice to the athlete or other person of an asserted ADRV, and then diligently pursues that violation. See Code Article 7.1.

If there is a dispute over RMA, WADA reviews and determines which ADO has RMA. WADA's decision may be appealed to the Court of Arbitration for Sport (CAS) in an expedited fashion.

Under Article 2.4, whereabouts violations are any combination of three missed tests and/or filing failures, as defined in the ISTI, within a 12-month period by an athlete in a RTP. This may include a combination of filing failures and missed tests reported by either an IF or a NADO, as per Code Article 7.1.2, which also clarifies that the authority to conduct results management on account of the whereabouts violations is the responsibility of the ADO with whom the athlete files his/her whereabouts information.

10.9 More information and available resources

- [Results Management, Hearings and Decisions Guidelines](#)
- [IF/MEO Webinar: Results Management](#)
- [NADO/RADO Webinar: Results Management](#)

11.0 Therapeutic Use Exemptions

TUEs were created with the understanding that, due to illness or medical condition, an athlete might require the use of medications or treatments that are on the Prohibited List.

As has been the case for years, a TUE is granted under narrow, well-defined conditions, enabling an athlete to take needed medication while competing without resulting in a doping offense.

To receive a TUE, an athlete must have a well-documented medical condition, backed up by reliable, relevant and sufficient medical data. This mandatory documentation supports the athlete's TUE application to his/her relevant ADO.

11.1 Review and appeal of TUE decisions

2015 Code Article 4.4 spells out which ADOs have the authority to make TUE decisions; how those TUE decisions should be recognized and respected by other ADOs; and when TUE decisions may be reviewed and/or appealed.

In brief:

- IFs still manage TUEs for international-level athletes
- NADOs still manage TUEs for national-level athletes
- Each organization must recognize a TUE granted by the other, unless the organization asked to recognize a TUE provides a written explanation of its finding that the TUE does not comply with the [International Standard for Therapeutic Use Exemptions \(ISTUE\)](#)
- In such a case, a NADO TUE remains in effect for national events and an IF TUE remains in effect for international events until the appeal process – through WADA and, ultimately, to CAS – is completed
- MEOs continue to have authority to grant TUEs for their events
- However, an MEO's denial of a TUE has no effect on any TUEs previously granted beyond its event

11.2 More information and available resources

- [ISTUE](#)
- [TUE Guidelines](#)

12.0 Public Disclosure of Anti-Doping Rule Violations

Prior versions of the Code required the details of an ADRV be reported within 20 days of a hearing decision establishing the violation.

Now, mandatory public disclosure is not required until the period within 20 days following a final appellate decision. See Code Article 14.3.2.

In addition, mandatory public disclosure is not required where the person committing the ADRV is a minor. See Code Article 14.3.6.

13.0 Use of WADA's Anti-Doping Administration & Management System

ADAMS is the core means that enables WADA to meet its ongoing obligation under the Code to coordinate anti-doping activities and to provide a mechanism to assist stakeholders with Code implementation and

compliance. WADA's web-based system ensures the privacy and security of sensitive personal information such as test results, biological data, whereabouts information, and TUEs. ADAMS is free of charge and exclusive to athletes, WADA-accredited laboratories, ADOs and ADO stakeholders.

The 2015 Code and revised International Standards require that all ADOs use ADAMS (or another approved system which provides data to ADAMS). Until all ADOs enter their data into ADAMS —either directly or via another WADA-approved system— the protection of clean athletes will not be as effective or efficient as it could be.

13.1 Benefits of global ADO adoption of ADAMS

Global adoption of ADAMS is necessary to coordinate efforts and reduce unnecessary duplication. Furthermore, access to comprehensive data stored in a single, secure centralized system provides WADA a more robust means to evaluate the effectiveness of specific anti-doping programs and to monitor the compliance of ADO programs on a broader basis, and in greater detail.

WADA will only be able to fully fulfill its mandate to coordinate anti-doping activity, publish doping control statistics and effectively monitor programs, once all ADOs use ADAMS.

13.2 ADAMS redesign

ADAMS is currently undergoing a complete redesign to better serve the needs of the anti-doping community. In particular, a new version of ADAMS will be released in 2016 that features:

- A universal interface to allow for connectivity with other systems for exchange of data, and
- A progressive intelligence and investigative platform to reflect the new responsibilities of ADOs and WADA under the 2015 Code and ISTI

Finally, the enhanced ADAMS will better serve athletes, with more dynamic, intuitive and user-friendly functionalities to provide whereabouts information, review testing information, apply for TUEs, and communicate with their ADOs.

13.3 More information and available resources

- [ADAMS Log-In](#)
- [How ADOs can implement ADAMS](#)

- [About ADAMS and its functions](#)
- [Welcome to the ADAMS knowledge base](#)

14.0 Anti-Doping Acronyms

AAF	Adverse Analytical Finding	ISTI	International Standard for Testing and Investigations
ABP	Athlete Biological Passport	ISTUE	International Standard for Therapeutic Use Exemptions
ADAMS	Anti-Doping Administration & Management System	MEO	Major Event Organizer
ADO	Anti-Doping Organization	MLA	Minimum Level Of Analysis
ADRV	Anti-Doping Rule Violation	NADO	National Anti-Doping Organization
CAS	Court of Arbitration for Sport	OOCT	Out-Of-Competition Testing
EAAS	Endogenous Anabolic Androgenic Steroids	RADO	Regional Anti-Doping Organization
ESAs	Erythropoiesis Stimulating Agents	RMA	Results Management Authority
GH	Growth Hormone	RTP	Registered Testing Pool
GHRFs	Growth Hormone Releasing Factors	SARMs	Selective Androgen Receptor Modulators
GHRHs	Growth Hormone Releasing Hormones	TD	Technical Document
GHRPs	Growth Hormone Releasing Peptides	TDSSA	Technical Document for Sport Specific Analysis
hGH	Human Growth Hormone	TDP	Test Distribution Plan
ICT	In-Competition Testing	TUE	Therapeutic Use Exemption
IF	International Federation	WADA	World Anti-Doping Agency