

# ANTI-DOPING. JU JITSU GUIDE.



In partnership with





**“THINK GREEN...  
KEEP JU-JITSU CLEAN”**

Ju-Jitsu Asian Union  
Chairperson of Anti-doping and education committee.  
First Ju-Jitsu Authorized Educator.  
Head of Anti-doping Education Department.  
**Leyla Kuliyeva**



**Anti-doping. Ju Jitsu Guide.**

**UAE, Abu Dhabi, 2020**

**Email: [anti-doping@jjau.org](mailto:anti-doping@jjau.org)**

Ju Jitsu Asian Union (JJAU) is a member of



**Olympic Council of Asia  
(OCA)**



**Ju Jitsu International federation  
(JJIF)**

booklet has been printing by “ ALPHABET TRANSLATION

# CONTENT

<b>I.</b>	<b>Introduction</b>	<b>5</b>
1.	Doping	6
2.	History of anti-doping	7
3.	World Anti-doping Agency (WADA)	9
<b>II.</b>	<b>Anti-doping basic information</b>	<b>10</b>
1.	TUE	10
2.	Whereabouts	13
3.	Doping Control Process	15
4.	Anti-doping rule violations in Sport (ADRV)	18
5.	Athlete's roles and responsibilities under WADAC art. 21	20
6.	Athlete support personnel role and responsibilities under WADAC art. 21	21
<b>III.</b>	<b>Prohibited List (substances and methods)</b>	<b>22</b>
1.	Divisions of Prohibited List	23
2.	Prohibited substances	23
3.	Prohibited methods	26
<b>IV.</b>	<b>Doping and Health</b>	<b>29</b>
	Appendix 1 Definitions	36

# I. INTRODUCTION

Nowadays Anti-doping in sport is important and serious subject. On 2018 has been approved and started for the first time JJAU Anti-doping education project.

The Ju Jitsu Asian Union (JJAU) Anti-doping and education committee through new Anti-doping education Plan, started educate the Ju Jitsu athletes, athlete's support personnel, sport administrators, other ju jitsu lovers in a best practice. The JJAU's slogan is "Think Green...Keep Ju Jitsu Clean". The slogan includes a positive message. This is the Anti-doping booklet intended for ju jitsu athletes, coaches, managers and others to know more about general Anti-doping rules and procedures.



# 1. DOPING?

**What is doping.**

Doping in sport included but not limited:

Doping is defined as the occurrence of one or more of the Anti-doping rule violations





## 2. HISTORY OF ANTI-DOPING

Presumed that doping has been across the history.

Cyclists and others endurance athletes in the 19th century often used stimulants, cocaine, and alcohol to improve performance.

The International Amateur Athletic Federation (IAAF) became the first International Sport Federation (IF) to ban the use of stimulating substances.

Danish cyclist dead at the Rome Olympic 1960. The complete autopsy report was never made public. Some years later, one of the doctors who conducted the autopsy, asserted that they had «found traces of several things», including amphetamine.

In July 1967, another cyclist, Tom Simpson died during the Tour de France. Stimulants in combination with heat were co-factors in his demise.

The International Olympic Committee (IOC) created its Medical Commission and set up its first list of prohibited substances. Drug testing was first introduced at the Olympic Winter Games in Grenoble and at the Olympic Games in Mexico in 1968.

In 1988, Ben Johnson, who won the 100 metre competition at the Olympic Games in Seoul, tested positive for an anabolic steroid and was stripped of his medal and records. He later tested positive for exogenous testosterone and was banned from sport for life.

The International Olympic Committee (IOC) banned blood doping in 1986.

An effective test for detecting EPO was first implemented at the Olympic Games in Sydney in 2000.





### 3. WADA

In 1998, after the event that shocked the world of cycling, scandal highlighted the need for an independent international agency, which would set united standards for anti-doping work and coordinate the efforts of sports organizations and public authorities.

The International Olympic Committee (IOC) took the initiative and organized the World Conference on Doping in Sport, in Lausanne in February 1999.

Following the proposal of the Conference, the World Anti-Doping Agency (WADA) was established on November 1999 ,10.

One of the most important achievements to date in the fight against doping in sport has been the drafting, acceptance and implementation of a harmonized set of anti-doping rules, the World Anti-Doping Code (Code). The Code is the core document that provides the framework for harmonized anti-doping policies, rules, and regulations within sport organizations and among public authorities. The adoption of the original Code (2003 Code) led to several significant advances in the global fight against doping in sport, including the formalization of certain rules as well as the clarification of stakeholder responsibilities. The Agency consists of equal representatives from the Olympic Movement and public authorities.

The World Anti-Doping Agency's mission is to lead a collaborative worldwide movement for doping-free sport.



## II. ANTI-DOPING BASIC INFORMATION

### 1. TUE THERAPEUTIC USE EXEMPTION

As an athlete, you may have an illness or condition that requires a particular medication. If this medication appears on the Prohibited List, you may be granted a Therapeutic Use Exemption (TUE) which gives you permission to take it. TUEs ensure that you are able to obtain treatment for a legitimate medical condition even if that treatment requires a prohibited substance or method. The TUE process avoids the risk of sanctions due to a positive test. Any athlete who may be subject to doping control must request a TUE before taking a prohibited medication. All information in this request remains strictly confidential.

An application must be made at least 30 days before taking part in an event. In exceptional cases or true emergencies, a TUE may be approved retroactively.

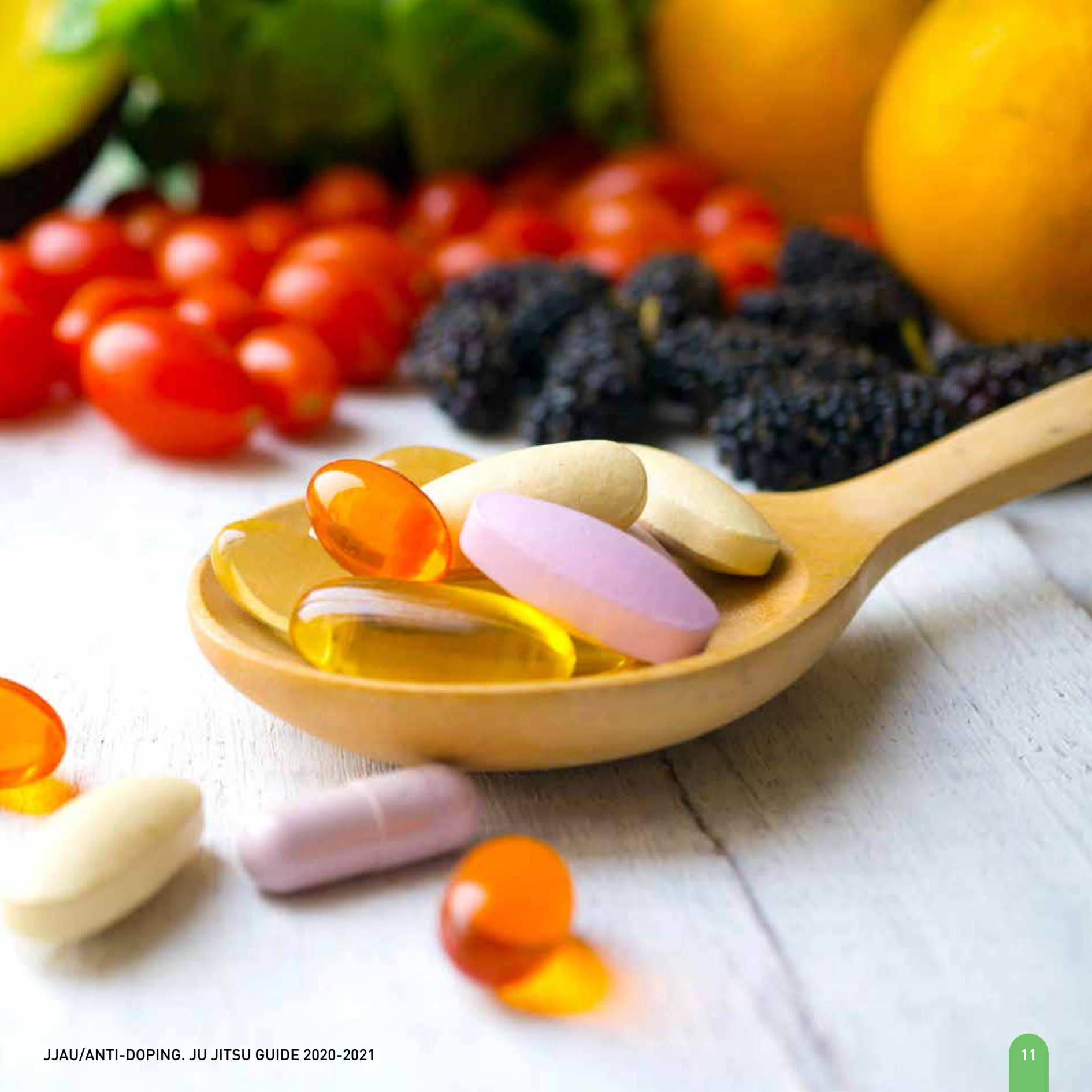
#### **TUE PROCESS:**

Request a TUE form from your relevant anti-doping organization (ADO) or through anti-doping administration and management system (ADAMS).

Your physician fills out the TUE form and you send it back to your anti-doping organization (ADO).

Once a TUE is requested, a panel of experts selected by the ADO reviews your request and will grant a TUE if:

- Your health will be significantly impaired if you do not take the substance.
- The substance does not enhance your performance beyond what brings you back to normal health.
- There are no alternative treatments available.



The ADO advises if you can take the requested medication or not. In the case of a denied request, you will be informed of the reasons. You have the right to appeal the decision.

TUE, during doping control.

Declare the approved medication on your Doping Control Form. Specify that a TUE has been granted. Show a copy of the TUE approval to the doping control officer. The procedures for applying for and granting a TUE are outlined in the International Standard for TUEs published by WADA. You may also contact your IF or NADO for more information.



# THERAPEUTIC USE EXEMPTIONS



## 2. WHEREABOUTS ATHLETE WHEREABOUTS.

Athlete whereabouts.

Remember that all athletes can still be tested anytime and anywhere. However, whereabouts only for registered testing pool (RTP) athletes, a missed test may be recorded if you are unavailable during your declared 60 minute window.

Providing whereabouts is about protecting your right to clean sport.

Whereabouts information gives the Anti-Doping Organization (ADO) the ability to locate athletes with no notice, which is vital to testing athletes who choose to cheat themselves by doping. Very few athletes are in the Registered Testing Pool (RTP) and need to provide accurate and current whereabouts information.

### QUICK FACTS ABOUT WHEREABOUTS:

You may be able to update your whereabouts details simply by sending an SMS to your relevant ADO or using the WADA mobile App. There may be consequences if you are not present without a valid reason. If you cannot be located for testing, you have the opportunity to explain why.



You can choose to have your agent or other representative submit your whereabouts for you, but keep in mind you are still responsible for that information. If you are part of a team, your whereabouts information may be submitted by a coach or team official as part of your team's collective filing.

If you are asked to provide whereabouts information by your ADO, you may be required to provide information such as:

- Home address
- Training information and locations
- Competition schedules
- Regular personal activities such as work or school
- For those few athletes included in a RTP, one 60 minute time period a day, where you'll be available for testing, must also be provided.
- Only you alone, are responsible for your whereabouts.
- You can't blame your representative or agent for inaccurately filing or forgetting to update your whereabouts.
- If you are included in a RTP, you must provide your whereabouts every three month so that you can be located for testing.
- If you are included in an RTP, REMEMBER, there may be consequences for failing to provide accurate whereabouts information. Your IF or NADO will provide you more detailed information on their requirements.
- Whereabouts information is a crucial element in supporting your right to clean sport.

### 3. DOPING CONTROL PROCESS

- Your urine and/or blood can be collected anytime and anywhere for doping control.
- You will be notified by a doping control officer (DCO) or chaperone about your selection for doping control. You will be asked to sign a form confirming that you understand your rights and responsibilities.
- You will report to the doping control station as soon as possible.
- You will choose a collection vessel from the selection provided.
- A minimum amount of urine will need to be provided.
- You will disrobe from knees to navel and from your hands to elbow to provide an unobstructed view of the passing of the sample.
- Choose a sample collection kit from the selection provided. Split the sample in the A and B bottles. Pour urine up to the line in the B bottle first. Next, fill the A bottle and leave a small portion in the collection vessel.
- Seal the A and B bottles
- The DCO will measure the specific gravity of the sample to ensure it is not too diluted to analyze.



If it is too dilute, you may be required to provide additional samples. You will complete the Doping Control Form, by:

- Providing personal information
- Noting any substances you may be taking: prescription medication, over the counter medication and supplements
- Noting concerns or comments, if you have any, about the doping control
- Confirming the information, recorded numbers and sample code are correct

Samples will be sent to a WADA accredited laboratory in strict confidentiality and will be tracked to ensure their security. Your A sample will be analyzed and your B sample will be securely stored for further testing if required. The laboratory will send the results to the responsible anti-doping organization (ADO) and WADA.

## **Athlete Rights and Responsibilities. You have the right to:**

- Have a representative and, if available, an interpreter
- Ask for additional information about the sample collection process
- Request a delay in reporting to the Doping Control Station for valid reasons (as determined by the DCO)
- If you are an athlete with a disability, to request modifications to the sample collection procedure You have a responsibility to:
  - Remain within direct observation of the DCO/chaperone at all times from the point of notification until the completion of the sample collection process
  - Produce appropriate identification
  - Comply with sample collection procedures (failure to do so may constitute an anti-doping rule violation)
  - Report immediately for doping control, unless there are compelling reasons for a delay.





## 4. ANTI-DOPING RULE VIOLATIONS (ADRV)

Doping is defined as the occurrence of one or more of the following anti-doping rule violations:

1. **Presence** of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample
2. **Use** or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method
3. **Evading**, Refusing or Failing to Submit to Sample Collection by an Athlete
4. **Whereabouts** Failures by an Athlete
5. **Tampering** or Attempted Tampering with any part of Doping Control by an Athlete or Other Person
6. **Possession** of a Prohibited Substance or a Prohibited Method by an Athlete or Athlete Support Person
7. **Trafficking** or Attempted Trafficking in any Prohibited Substance or Prohibited Method by an Athlete or Other Person
8. **Administration** or Attempted Administration by an Athlete or Other Person to any Athlete
9. **Complicity** or Attempted Complicity by an Athlete or Other Person
10. **Prohibited Association** by an Athlete or Other Person
11. **Acts** by an Athlete or Other Person to Discourage or Retaliate Against Reporting to Authorities (Number 11 will come in effect 1st January 2021)

### Result Management

Sanctions for violating anti-doping regulations may range from a reprimand to a lifetime ban. The period of ineligibility may vary depending on the type of anti-doping violation, the circumstances of an individual case, the substance, and the possible repetition of an anti-doping rule violation.

As an athlete, you have the right to request a B sample analysis. You are entitled to a fair hearing and to appeal any decision regarding a positive test or sanction imposed on you following an anti-doping rule violation.







# 5. ATHLETE'S ROLES AND RESPONSIBILITIES UNDER WORLD ANTI-DOPING AGENCY'S CODE (WADAC) ART. 21

## 21.1 Roles and Responsibilities of Athletes

**21.1.1** To be knowledgeable of and comply with all applicable anti-doping policies and rules adopted pursuant to the Code.

**21.1.2** To be available for Sample collection at all times.

**21.1.3** To take responsibility, in the context of anti-doping, for what they ingest and Use.

**21.1.4** To inform medical personnel of their obligation not to Use Prohibited Substances and Prohibited Methods and to take responsibility to make sure that any medical treatment received does not violate anti-doping policies and rules adopted pursuant to the Code.

**21.1.5** To disclose to their National Anti-Doping Organization and International Federation any decision by a non-Signatory finding that the Athlete committed an anti-doping rule violation within the previous ten years.

**21.1.6** To cooperate with Anti-Doping Organizations investigating anti-doping rule violations.

**21.1.7** To disclose the identity of their Athlete Support Personnel upon request by any Anti-Doping Organization with authority over the Athlete.





# 6. ATHLETE SUPPORT PERSONNEL ROLES AND RESPONSIBILITIES UNDER WORLD ANTI-DOPING AGENCY'S CODE (WADAC) ART. 21

## **21.2** Roles and Responsibilities of Athlete Support Personnel

**21.2.1** To be knowledgeable of and comply with all anti-doping policies and rules adopted pursuant to the Code and which are applicable to them or the Athletes whom they support.

**21.2.2** To cooperate with the Athlete Testing program.

**21.2.3** To use his or her influence on Athlete values and behavior to foster anti-doping attitudes.

**21.2.4** To disclose to his or her National Anti-Doping Organization and International Federation any decision by a non-Signatory finding that he or she committed an anti-doping rule violation within the previous ten years.

**21.2.5** To cooperate with Anti-Doping Organizations investigating anti-doping rule violations.

**21.2.6** Athlete Support Personnel shall not Use or Possess any Prohibited Substance or Prohibited Method without valid justification



### III. PROHIBITED LIST

Since 2004, World Anti-doping Agency (WADA) has published an annual List of Prohibited Substances and Methods (List). The List, which forms one of the six International Standards, identifies the substances and methods prohibited in- and out-of-competition, and in particular sports. The substances and methods on the List are classified by different categories (e.g., steroids, stimulants, gene doping). WADA's role, through its List Expert Group and Health, Medical and Research Committee, is to facilitate a consultation period before preparing and publishing the List by 1 October in order to allow for its introduction at the start of the following year. The Prohibited List is a cornerstone of the World Anti-Doping Code and a key component of harmonization. The List is updated annually following an extensive consultation process facilitated by WADA.



# PROHIBITED LIST

# 1. DIVISION OF PROHIBITED LIST

The Prohibited List divided as following:

## **A. Substances and Methods prohibited at all the time (in and out-of competition):**

### **SUBSTANCES**

#### **S0 Non-approved substances.**

Any pharmacological substance which is not addressed by any of the subsequent sections of the List and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.

#### **S1 Anabolic Agents**

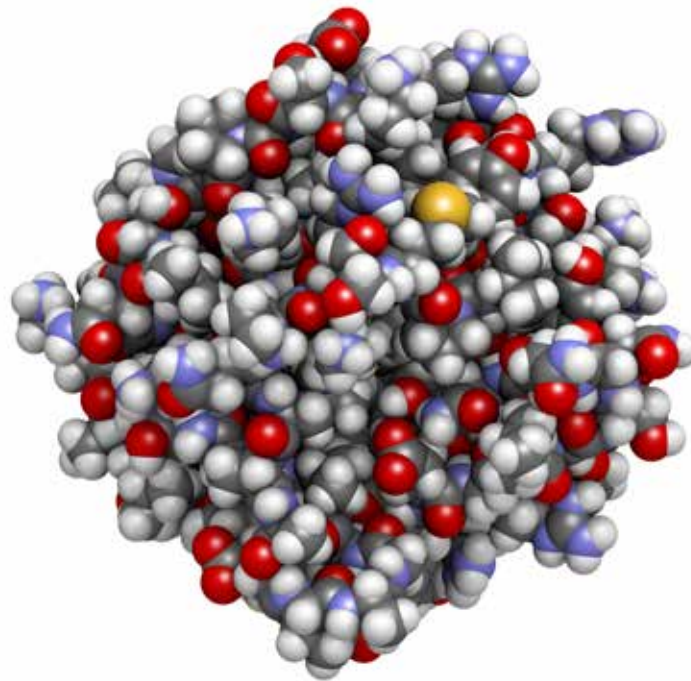
- Anabolic agents are prohibited. Anabolic Androgenic Steroids (AAS) when administered exogenously including but not limited. Other anabolic agents. Including, but not limited.

- Other anabolic agents including, but not limited to:

Selective androgen receptor modulators (SARMs), e.g. andarine, LGD4033- (ligandrol), enobosarm (ostarine) and RAD140.

## S2 Peptide hormones, Growth factor, related substances and mimetic.

- Erythropoietin (EPO) and agents affecting erythropoiesis, including but not limited
- Erythropoietin receptor agonists Hypoxia-inducible factor (HIF) activating agents, e.g.
- Gata Inhibitors e.g.
- TGF-beta, signaling inhibitors
- Innate repair receptor agonists, e.g.
- Peptide hormones and their releasing factors
- Chorionic gonadotrophin (CG) and luteinizing hormone (LH) and their realizing factors, in males, e.g.
- Corticotrophins and their realizing factors, e.g.
- Growth hormone (GH), it's fragments and realizing factors, including but not limited
- Growth factors and growth factor modulators, including, but not limited
- And other growth factors or growth factor modulators affecting muscle, tendon or ligament protein synthesis/ degradation, vascularization, energy utilization, regenerative capacity or fibre type switching.





### S3 Beta2 - agonists.

All selective and non-selective beta2- agonists, including all optical isomers, are prohibited.

### S4 Hormone and metabolic modulators.

### S5 Diuretics and masking agents.



## METHODS

### M1 Manipulation of blood and blood components.

The following are prohibited:

- The Administration or reintroduction of any quantity of autologous, allogenic (homologous) or heterologous blood, or red blood cell products of any origin into the circulatory system.
- Artificially enhancing the uptake, transport or delivery of oxygen. Including, but not limited to: Perfluorochemicals; efaproxiral (RSR13) and modified haemoglobin products, e.g. haemoglobin-based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen by inhalation.
- Any form of intravascular manipulation of the blood or blood components by physical or chemical means.



## M2 CHEMICAL AND PHYSICAL MANIPULATION

- Tampering, or Attempting to Tamper, to alter the integrity and validity of Samples collected during Doping Control. Including, but not limited to: Sample substitution and/or adulteration, e.g. addition of proteases to Sample.
- Intravenous infusions and/or injections of more than a total of 100 mL per -12hour period except for those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations.

## M3 GENE AND CELL DOPING

The following, with the potential to enhance sport performance, are prohibited:

- The use of nucleic acids or nucleic acid analogues that may alter genome sequences and/or alter gene expression by any mechanism. This includes but is not limited to gene editing, gene silencing and gene transfer technologies.
- The use of normal or genetically modified cells.



## B. Prohibited in Competition

### SUBSTANCES

S6. Stimulants

S7. Narcotics

S8. Cannabinoids

S9. Glucocorticoids

## C. Prohibited in Particular Sport

### SUBSTANCES

P1 Beta-blockers





# IV.DOPING AND HEALTH

## METHODS

Methods of administering substances or manipulating your physiology that are banned. These methods can also have negative effects on your body, for example:

Blood doping including having blood transfusions to change the way your blood carries oxygen to the rest of your body, may result in:

- An increased risk of heart failure, stroke, kidney damage and high blood pressure.
- Problems with your blood like infections, poisoning, overloading of your white cells, and reduction of platelet count.
- Problems with your circulatory system. HIV/AIDS. As with any injectable drug, using a syringe to dope puts you at a higher risk for contracting infectious diseases such as HIV/AIDS and hepatitis.





## SUBSTANCES

Side effect of using the following:

### 1. STEROIDS

Steroids may make your muscles big and strong,

but can have a side effect:

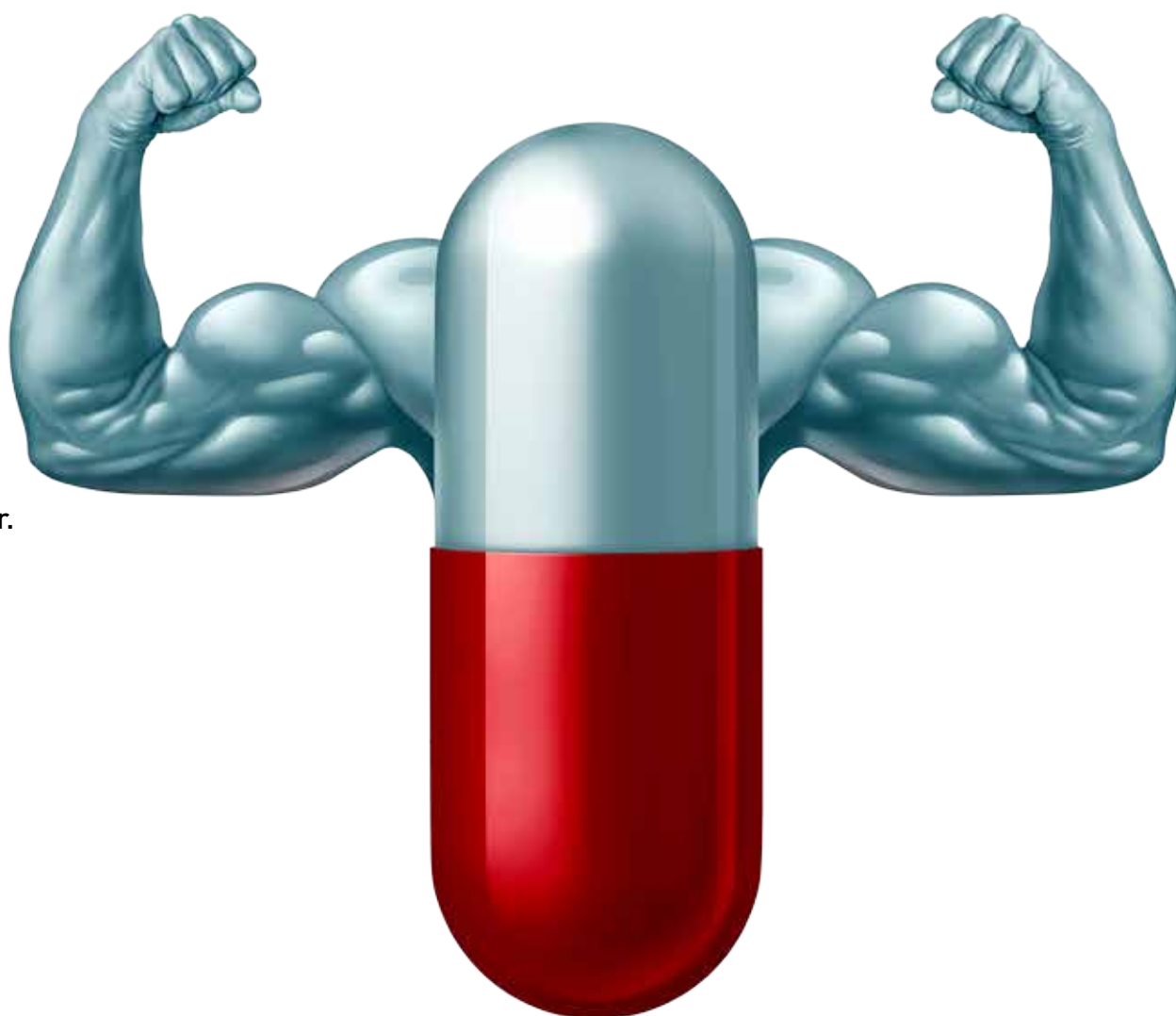
- Give you acne.
- Make you bald.
- Increase your risk of liver and cardiovascular disease.
- Give you mood swings.
- Make you more aggressive.
- Make you suicidal

Boys, you may also look forward to:

- Shrinking testicles.
- Breast growth.

Ladies, you may look forward to:

- Deeper voice.
- Excessive facial and body hair.



## 2. EPO

EPO (erythropoietin) may help with the way your body uses oxygen, but:

- Using EPO may make your blood more like honey-thick and sticky-than water.
- Trying to pump this thick blood through your veins may:
- Make you feel weak-not good when you are trying to train hard!
- Give you high blood pressure.
- Make your heart work so hard that you have a heart attack or stroke (even at your age).



### 3. STIMULANTS

Stimulants are used to heighten the competitive edgy. Side effect:

- Can't sleep (insomnia).
- Have involuntary shaking or trembling.
- Have problems with your coordination and balance.
- Are anxious and aggressive.
- Develop an increased and irregular heart rate.
- Have a heart attack or stroke.





#### 4. HGH

HGH (human growth hormone) may make muscles and bones stronger and recover faster. Using HGH may lead to:

- Acromegaly- protruding forehead, brow, skull and jaw which can't be reversed.
- An enlarged heart that can result in high blood pressure and even heart failure.
- Damage to your liver, thyroid and vision.
- Crippling arthritis





## 5. MASKING AGENT

Some athlete try to cheat the system by using diuretics and other substance to cover-up the signs of using banned substances.

The side effects can definitely affect your ability to compete and train.

- Become dizzy or even faint.
- Become dehydrated.
- Get muscle cramps.
- Have a drop in blood pressure.
- Lose coordination and balance.
- Become confused and moody.
- Develop cardiac disorders.



## 6. MARIJUANA

Marijuana, cannabis and others **IT IS BANNED.**

Whether you are a Pot-head or a casual user, marijuana may have a negative effect on your athletic performance and your health.

Using May:

- Reduce your memory, attention, and motivation-even result in learning disabilities.
- Weaken your immune system.
- Affect your lungs (chronic bronchitis and other respiratory diseases, even throat cancer).
- Lead to psychological and physical dependence.



## 7. NARCOTICS

Narcotics, like heroin and morphine, may help you forget about the pain, BUT you will have:

- Weakened immune system.
- Decreased heart rate and suppressed respiratory system.
- Loss in balance, coordination and concentration.
- Gastrointestinal problem like vomiting and constipation.
- Narcotics are also highly addictive your body and mind quickly become dependent on them.

# DEFINITIONS

**IOC** - International Olympic Committee

**WADA** - World Anti-doping Agency

**JJAU** - Ju Jitsu Asian Union

**JJIF** - Ju Jitsu International Federation

**ADAMS** – Anti-doping administration and Management System

**IF** - International Federation

**NADO** - National Anti-doping organization

**ADO** - Anti-doping organization

**DCO** - Doping Control Officer

**ADRV** - Anti-doping rule violation

**TUE** - Therapeutic Use Exemption

**RTP** - Registered Testing Pool

**AAS** - Anabolic Androgenic Steroids

**EPO** - Erythropoietin

**HIV/AIDS** - Human immunodeficiency virus infection and acquired immune deficiency syndrome

**HGH** - Human growth hormone



[anti-doping@jjau.org](mailto:anti-doping@jjau.org)