

# IWF ANTI-DOPING ATHLETES GUIDE

## WHAT WILL CHANGE FROM 2015?

With the New WADA Code the IWF Anti-doping rules will change as well. It will be **smarter, stricter** and more **flexible**.

What does it mean for You? Let's see!

## NEW ANTI-DOPING RULE VIOLATIONS

The Anti-Doping Policy will have additional sanctions for all people who are involved or connected to an Anti-Doping Rule violation.- **ENTOURAGE** (coaches, doctors)

The IWF does not want to punish you if it was not your fault but each and every case shall be examined individually.

## NEW SANCTIONS

Intentional cheating and the usage of anabolic steroids will be **4 years!**

For other cases the sanction system will be more flexible.

## WHEREABOUTS

1. If you are listed on the IRTP list
  - first of all let us congratulate you 😊 because that means that you are among the most successful Athletes in weightlifting!
  - secondly you are required to provide whereabouts information in ADAMS all the time quarterly.
2. If your name is not listed among the IRTP Athletes however you wish to compete on an IWF Event you are obliged to provide your whereabouts information in ADAMS at least 2 months before the competition (and during the competition). If you are not doing it you CANNOT COMPETE!

## NEW METHODS FOR ANALYSIS

With the STEROID PASSPORT it is not necessary to detect the prohibited substance in your body. They will see from your biological passport that you used something!