



## **DOPING IN DANCE SPORT**

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### **ANTI-DOPING REGULATIONS**

The use of drugs to enhance performance is considered unethical by most international sports organizations and especially the International Olympic Committee (IOC). World anti-doping agency (WADA) was founded by the IOC as an independent international organization. WADA was created to promote, coordinate and monitor the fight against doping in sport around the world. Based on the UNESCO conventions different governments could implement anti-doping requirements in their legal system.

The World Anti-Doping Code is the core document that provides the framework for harmonized anti-doping policies, rules and regulations within sport organizations and among public authorities around the globe. The Code is supported by 5 International Standards aimed to provide further details on certain technical and operational areas of the anti-doping program: testing, laboratories, Therapeutic Use Exemptions (TUEs), the List of Prohibited Substances and Methods and for the protection of privacy and personal information.

### **DOPING DEFINITION**

Doping means the actual or attempted misuse of drugs by sportsmen and women, manipulation of the testing procedure/program and use of various methods to improve sports performance. The current official definition of **doping** is given based on the Code as **the occurrence of one or more of the following anti-doping rule violations:**

1. ***PRESENCE OF A PROHIBITED SUBSTANCE OR METHOD***
2. ***USE OF A PROHIBITED SUBSTANCE OR METHOD***
3. ***REFUSING OR FAILING WITHOUT COMPELLING JUSTIFICATION TO PROVIDE A SAMPLE***
4. ***FAILURE TO FILE ATHLETE WHEREABOUTS INFORMATION***
5. ***TAMPERING WITH DOPING CONTROL***
6. ***POSSESSION OF A PROHIBITED SUBSTANCE***
7. ***TRAFFICKING IN PROHIBITED SUBSTANCES***
8. ***ADMINISTRATION OF A PROHIBITED SUBSTANCE TO AN ATHLETE***

**Presence of any anti-doping rule violations results in sanctions!**



## **PRINCIPLE OF STRICT LIABILITY**

Dancers should know that, under the Code, they are solely responsible for any prohibited substance found in their body; whether or not there was any intention to cheat. It is therefore very important for dancers to understand not only what is prohibited, but also what might potentially cause an inadvertent doping violation! **Ignorance is never an excuse!**

## **SANCTIONS**

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

**If the violations occurs during the event this automatically leads to disqualification of all results obtained in this event!**

Sanctioning involves not only individual dancers, but in case of team dance also the complete team (pairs, small groups, formations). Rule violations are not only applicable to dancers. Coaches, trainers or support personnel could be liable for violations such as tampering with the doping control process or trafficking banned substances.

## **THE PROHIBITED LIST**

It is an International Standard identifying substances and methods prohibited in-competition, out-of-competition and in particular sports. The List is reviewed annually and published by October 1 and comes into effect on January 1 the following year.

- ***in-competition*** –testing during the period 12 hours before a competition in which the dancer is scheduled to participate through the end of the competition
- ***out-of-competition*** – testing during the period outside of an event, at any time and at any place.

Substances and methods are classified by categories (e.g., steroids, stimulants, gene doping), some of them are prohibited only in-competition.

## **THERAPEUTIC USE EXEMPTION (TUE)**

Dancers may have illnesses or conditions that require them to take particular medications. Use of substances which fall under prohibited list requires an approved TUE. To gain approval, the dancer must submit the appropriate application form along with substantial medical



justification for the use of the prohibited substance at least 30 days in advance of intended use. A TUE will always be granted for a limited period of time, even if use of the substance is chronic!

## **DOPING TESTING**

The testing procedures are regulated by WADA International Standard For Testing. Testing takes place in one of two ways: as in-competition testing (at an event) or out-of-competition testing (at squad sessions, home or training venue). All methods of testing follow the same basic sample collection procedures, use the same sampling equipment and follow the same standards for testing as set out in the WADA Code. According to this document there are selection, notification, sample processing and laboratory analysis.

## **REDUCING THE RISK – dancer`s guide**

### **I. MEDICINES**

Most doping substances are originally pharmaceutical drugs, currently used for treatment of certain medical condition or illness. This means that are available as normal medications. There are two types of medications: prescription drugs and OTC (over the counter) drugs.

**A prescription drug** requires a medical prescription before it can be obtained. Always warn your doctor to prescribe you medications not included in the WADA List or use the opportunity of applying TUE (asthma medication!). Be careful – pharmacy compounding is warned in case of TUE application. You should always make your doctor aware that you are bound by the specific rules of the sport.

**OTC drugs** are medicines dispensed as a rule directly to a consumer without a prescription by a pharmacist after an assessment of the patient's needs and/or the provision of patient education. However in many countries, a number of OTC drugs are available in establishments without a pharmacy, such as general stores, supermarkets, gas stations, etc. In this case there is no health care professional available to advice you on the right choice considering anti-doping regulations. Buy the OTC drugs in pharmacy upon previous consultation with a pharmacist whenever is possible. Be careful using OTC drugs against cold, flu or allergy (for example Cirrus®, Claritin-D®, Sudafed®, Aerinaze®, Duact®,...) . They usually contain pseudoephedrine (PSE), a prohibited in-competition substance. Read carefully the contents on the medication packaging of any preparation as the ingredients may vary from country to country. **If you are unsure of what a product contains you should not take it until you are sure it is not prohibited.** Ignorance is never an excuse!

You should be aware that the route of drug administration and drug formulation are main factors which influence for how long a drug will remain in the body. Long lasting



formulations can delay the clearance of a substance from your body for more than 24hours! You must consider this dosing interval in addition of 12hours time interval before the event (in-competition testing period!) when you calculate the time to stop taking certain medicine.

## II. DIETARY SUPPLEMENTS

Dietary supplements are as a rule just food not drugs. In contrast with pharmaceutical manufacturers supplement manufacturers are not required to demonstrate efficacy. Dietary supplements are unnecessary if one eats a balanced diet. With supplements you never know exactly what is in it and in what quantity because no legal requirements force the producers to declare the exact composition.

**The use of dietary supplements can and has led to positive anti-doping drug tests!** Dietary supplements itself are not prohibited within the List. The risk exists due to contaminated and/or poorly labeled supplements.

Beware of products that:

- Advertise themselves as muscle-building (body building, weight gainer), weight-loss, sexual enhancement, or energy “supplements.”
- Contain ingredients ending in -ol, - idol, -stene, or that contain numbers.
- Contain proprietary blends in the ingredients.
- Contain “trademarked” or “patented” ingredients or blends of ingredients.
- Claim to treat a disease (cancer, obesity, the common cold, etc).
- Advertise themselves as “newest scientific breakthrough,” “secret formula,” “money back guarantee” or “what the FDA doesn’t want you to know.”
- Claim to be safe because “they have been used for thousands of years” or are deemed “traditional.”
- Claim to be an alternative to prescription medication.
- Contain herbal ingredients (Ma Huang).

Always avoid supplements from unknown sources (especially internet selling)!

**The only way to completely eliminate the risks associated with dietary supplements is to avoid dietary supplement use all together.**

## III. ENERGY DRINKS

An energy drink is a type of beverage containing stimulant drugs, chiefly caffeine, which is marketed as providing mental or physical stimulation. In fact they are not providing energy, while they don’t contain carbohydrates and electrolytes like sports drinks. The proper name

for this class of drinks could be “Stimulant Drinks”. Stimulants make people *feel* like they have more energy but it’s mostly because they are using it all up at once. Keep in mind that stimulants are prohibited as a category in- competition (except for caffeine and synephrine, both of which are in the WADA Monitoring program).

**Stimulants in energy drinks can cause positive anti-doping tests.**

Stimulant drinks are not limited to what you find in bottles or cans in shelves - they can also come in powder form that you mix up yourself. They are also found in the grocery check-out line decorated with bracelets and other gimmicks to attract young consumers.

**Avoid energy shots - concentrated forms of energy drinks!**

*The FDA considers liquid supplements should be 8 oz or less, but many companies ignore this guidance.*

*Would you know to only drink a quarter of the can at the time?*

*Yohimbe is a strong stimulant used in drugs in some countries.*

*With blends, you don't know how much of each ingredient you are getting!*

*Tyrosine and phenylalanine can interact with medications.*

*Also known as oxilofrine, a prohibited stimulant.*

*Source of synephrine, not prohibited in 2013, but has stimulant properties.*

*This is a plant source of ephedra, a prohibited stimulant.*

*This might be methylhexanamine, a prohibited stimulant.*

*Both are sources of caffeine.*

| Energy Drink®   |     | Serving Size 12 Oz |  | Servings per container 4 |  |
|---|-----|--------------------|--|--------------------------|--|
| Amount per serving  |     |                    |  | % Daily Value            |  |
| Total Carbohydrate  | 14g |                    |  | 5%                       |  |
| Sugar   | 14g |                    |  |                          |  |
| Proprietary Energy Blend  |     | 5g                 |  |                          |  |
| Tyrosine, phenylalanine, yohimbe, geranium, guarana, vinpocetine, Fo-Ti, schizandra berries, kola nut (extract), mehlsynephrine, citrus aurantium, ma huang (extract) |     |                    |  |                          |  |

**IV. ILLICIT DRUGS**

Illicit drugs are substances that alter the mind in a psychoactive way but **are illegal** in the eyes of the law and punishable with criminal justice.

The most common are *opiates* such as heroin, morphine, opium, *stimulants* such as cocaine, methamphetamines, MDMA (ecstasy), *cannabis* such as marijuana and hashish, *hallucinogens* such as LSD and phencyclidine (PCP).

Although these illicit drugs are on the Prohibited List for anti-doping tests they are only banned under the anti-doping rules “in-competition” (i.e. for tests done immediately after a match). Banning of this substance in sport based on safety concern during training and competition. Lack of scientific evidence for performance enhancing properties of these drugs is associated with the strong evidence of its adverse effects on psychomotor skills and cognitive function in the user.



## V. LEGAL HIGHS

Legal highs are substances which produce similar effects to illegal drugs (such as cocaine, cannabis and ecstasy) but that are not controlled under the Misuse of Drugs Act. These new substances are not yet controlled because there is not enough research about them yet to ban. Legal highs can carry serious health risks. The chemicals they contain have in most cases never been used in drugs for human consumption before, so haven't been tested to show that they are safe.

Legal highs cannot be sold for human consumption so they are often sold as bath salts (Cloud nine, Ivory wave, designer drugs such as Foxy, Pandora) or plant food (Elephant Creeper, Peruvian Torch Cactus) to get round the law.

Legal High's – although not illegal to buy they are banned in sport. A positive test would be dealt with in a similar way to other stimulants that are prohibited.

## VI. WINDOW OF DETECTION

In-competition testing may include blood as well as urine samples collection. Presence and cut-off levels of prohibited substance depend on its chemical structure, its drug formulation and dosing regimen. On the other hand the elimination time (removal from the body) of the substance can vary considerably between individuals and may be altered by disease and concomitant drug therapy.

You should be careful when using published “typical” detection windows for certain substances while they cannot be feasible for you

### **Useful links:**

[www.wada-ama.org/en/](http://www.wada-ama.org/en/)

[www.wada-ama.org/Documents/Anti-Doping\\_Community/Athlete\\_Guide\\_2008\\_EN.pdf](http://www.wada-ama.org/Documents/Anti-Doping_Community/Athlete_Guide_2008_EN.pdf)

[www.globalDRO.co.uk](http://www.globalDRO.co.uk)

<http://www.informed-sport.com/>

### **In case of any questions, please contact:**

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