

ARTICLE II DOPING

RULE 32 DOPING

1. Under the Rules of the International Association of Athletics Federations (IAAF) and the Operating Regulations of USATF, doping is strictly forbidden. The governing provisions are those of IAAF Rules 30-45 and USATF Regulation 10. This Rule 32 is intended only as a helpful summary of those provisions and not as an official source.
2. The following are guilty of a doping offense:
 - (a) An athlete whose body tissues or fluids are found to contain a prohibited substance,
 - (b) An athlete who uses or takes advantage of a prohibited technique,
 - (c) An athlete who admits having used or taken advantage of a prohibited substance or a prohibited technique,
 - (d) An athlete who fails or refuses to submit to doping control after having been properly requested to do so,
 - (e) A person who assists or incites an athlete to use a prohibited substance or a prohibited technique,
 - (f) A person who in any way improperly interferes with the collection, shipment, storing or testing of a sample, or with the administration of USATF's or the IAAF's doping control regulations, and
 - (g) An athlete who competes while ineligible to compete because of a doping offense.
3. The list of prohibited substances is included in the IAAF's Procedural Guidelines for Doping Control. That list may be amended from time to time. Metabolites of prohibited substances are also prohibited. As of January 1, 2007, the list includes the following substances:
 - (a) Stimulants: *e.g.* adrafinil, adrenaline, amfepramone, amiphenazole, amphetamine, amphetaminil, benzphetamine, benzylpiperazine, bromantan, carphedon (4-phenylpiracetam), cathine*, clobenzorex, cocaine, dimethylamphetamine, ephedrine*, etilamphetamine, etilefrine, famprofazone, fencamfamin, fencamine, fenetylline, fenfluramine, fenproporex, fur-

fenorex, mefenorex, mephentermine, mesocarb, methamphetamine, methylamphetamine, methylenedioxyamphetamine, methylenedioxyamphetamine, methylephedrine**, methylphenidate, modafinil, nikethamide, morfenfluramine, parahydroxyamphetamine, pemoline, phendimetrazine, phemetrazine, phentermine, prolintane, selegiline, strychnine, tuaminoheptane, and other substances with similar chemical structure or similar biological effects.

- (b) Narcotic Analgesics: *e.g.*, buprenorphine, dextromoramide, diamorphine (heroin), fentanyl and its derivatives, hydromorphone, methadone, morphine, oxycodone, pentazocine, and pethidine.
- (c) Cannabinoids (*e.g.* hashish, marijuana).
- (d) Steroids and anabolic agents: *e.g.*, androstenediol, 1-androstenedione, bolandiol, bolasterone, boldenone, boldione, calusterone, clenbuterol, clostebol, danazol, dehydrochlormethyltestosterone, dehydroepiandrosterone (DHEA), desoxymethyltestosterone, dihydrotestosterone, drostanolone, ethylestrenol, fluoxymesterone, formebolone, furazabol, gestrinone, 4-hydroxytestosterone, 4-hydroxy-19-nortestosterone, mestanolone, mesterolone, methandienone, metenolone, methandriol, methyl-dienolone, methyltestosterone, methylnortestosterone, methyl-trienolone, mibolone, nandrolone, 19-norandrostendiol, 19-norandrostendione, norbolethone, norclostebol, norethandrolone, oxabolone, oxandrolone, oxymesterone, oxymetholone, prasterone, prostanazol, quinbolone, stanozolol, stenbolone, 1-testosterone, tetrahydrogestrinone, tibolone, trenbolone, zeranol, zilpaterol, and other substances with a similar chemical structure or similar biological effect(s).
- (e) Peptide Hormones, Mimetics, and analogs: *e.g.*, Corticotrophin (ACTH), Glucocorticosteroids**, Gonadotrophins*** (LH, HCG), Growth Hormone (hGH, somatotrophin), Erythropoietin (EPO) and other erythropoiesis-stimulating proteins (*e.g.* NESP, Nynepo), Mechano growth factors (MGFs), Insulin-like Growth Factor (IGF-1), Insulin****, and all respective releasing factors of these substances.
- (f) Anti-Estrogenic agents including Aromatase inhibitors, clomiphene, cyclofenil, Estrogen Receptor Modulators (SERMs), and tamoxifen are prohibited.
- (g) Diuretics and other masking agents: *e.g.*, probenecid and chemically or pharmacologically related compounds. Also many diuretics.

*Cathine is prohibited when its concentration in urine is greater than 5 micrograms per milliliter. For ephedrine and methylephedrine, the definition of a pos-

itive finding is one in which the concentration in urine exceeds 10 micrograms per millilitre. For phenylpropanolamine and pseudoephedrine, the definition of a positive finding is one in which the concentration in urine exceeds 25 micrograms per millilitre.

** USATF and the IAAF may, on notification and medical recommendation prior to use, approve inhalation therapy and local or intraarticular injections of corticosteroids. and inhalation of certain beta-2 agonists.

*** Circumstances under which samples will be deemed to be positive for dihydrotestosterone, testosterone and HCG are described in Schedule 1 of the IAAF's Procedural Guidelines, which appears in the USATF Governance Manual.

****The administration of certain beta agonists is permitted with the prior written authorization of USATF and/or the IAAF.

*****Permitted only to treat insulin-dependent diabetes, with written notification by an endocrinologist. (For exemption procedure, see Chapter 5 of the IAAF's Procedural Guidelines.)

This list is not exhaustive. Other substances may be banned by the International Olympic Committee (IOC) and the United States Olympic Committee (USOC). Some other substances not listed here may be considered to be banned because they are related to specifically banned substances. Athletes are urged to call the U.S. Anti-Doping Agency (USADA) Drug Reference Line at 1-800-233-0393 before taking any medication and/or food supplement. The *IAAF Handbook and Procedural Guidelines for Doping Control* are available at www.iaaf.org. Other useful sites are: www.wada-ama.org and www.usanti-doping.org.

4. Prohibited techniques include the exogenous use of epitestosterone to alter the ratio of testosterone to epitestosterone, blood doping, gene doping, and the use of substances (e.g., diuretics, probenecid, and related compounds) and methods (e.g., catheterization, urine substitution and/or tampering) that alter the integrity and validity of urine samples collected during doping control.
5. Individuals who have committed doping offenses may be declared ineligible and may lose medals won and records set subsequent to the offense. If the offense is based on in-competition testing, prizes or appearance money earned at that competition and subsequent competitions are subject to forfeiture.
6. USATF participates in out-of-competition and in-competition doping control programs conducted by various drug testing authorities. One program is con-

ducted by the United States Anti-Doping Agency (USADA) on behalf of the United States Olympic Committee (USOC). Another is conducted by IDTM on behalf of the International Association of Athletics Federations (IAAF). On occasion, USADA conducts testing on behalf of the IAAF. The IAAF has also contracted with the World Anti-Doping Agency (WADA) to conduct testing of track and field athletes on its behalf. Therefore, a USATF athlete may be drug tested by USADA, IDTM, or WADA. The relevant protocols are set forth in the 2008 USATF Governance Handbook.