



PLAYER ANTI-DOPING HANDBOOK

World Amateur Team Championships 2018

Maynooth, Ireland



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The information provided in this handbook is subject to change at any time and in case of any discrepancy between this information and the International Golf Federation Anti-Doping Policy, the Policy prevails. Always check with the International Golf Federation for the most up-to-date anti-doping regulations.

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This Handbook will help prepare you for participation in the Anti-Doping Programme, which is a condition of participation in the World Amateur Team Championships.

Reading this handbook will help you to know:

- what is involved in the Anti-Doping Programme
- what substances and methods are prohibited;
- what are the testing procedures;
- how to check your sample security and identification;
- what your rights and responsibilities are during testing;
- what are the risks associated with supplement use;
- how to check if your medications are permitted.

Importance of Drug-Free Golf

The International Golf Federation is committed to maintaining the integrity of golf. The use of doping substances is contrary to the spirit of fair competition, erodes public confidence and jeopardizes the health and well-being of the golfers. Anti-doping rules, like the Rules of Golf, are sport rules governing the conditions under which the sport is played. Anti-doping rules prohibit intentional or unintentional use of prohibited substances or methods, or any other anti-doping rule violation which is defined as doping. Players and other Persons accept these rules as a condition of participation and shall be bound by them.

It is a condition of entry to all Events organised by the IGF that Players voluntarily accept the application to them of the IGF Anti-Doping Policy in its entirety and submit to Testing in accordance with its provisions, and to the jurisdiction of the disciplinary process set out in the IGF Policy.

Anti-doping rules are based on the principle of strict liability; this means **you are solely responsible for whatever is found in your body. It is your duty to remain within the applicable anti-doping rules, and to know your rights and responsibilities.**

The purpose of this handbook is to provide essential, summary information to help you understand and comply with the anti-doping rules applicable for the World Amateur Team Championships in 2018 and specific requirements when taking part in the doping control process. Links to supporting resources are included.

Rules and Regulations

The IGF Anti-Doping Policy and the World Anti-Doping Code



The World Anti-Doping Agency (WADA) was created in November 1999 for the purpose of promoting and coordinating the fight against doping in sport at international and national levels. The World Anti-Doping Code was approved in 2003 at the World Conference on Doping in Sport and revised in 2009 and 2015. It forms the basis of rules and regulations governing anti-doping that are the same for all competitors in sport.

The International Golf Federation (IGF) Anti-Doping Policy incorporates the principles of WADA's World Anti-Doping Code, in particular, the definition of Doping, the List of Prohibited Substances and the Sanctions applicable when there is a breach of the Policy. The IGF's operating standards for Testing, Therapeutic Use Exemptions (TUEs), Laboratory Analysis, the Prohibited List and Protection of Privacy and Personal Information are based on the applicable International Standards which are a fundamental part of the World Anti-Doping Code. All those involved in the 2018 World Amateur Team Championships (WATC), including Players and Player Support Personnel (e.g. coaches, caddies, medical and administrative personnel)

have a responsibility to respect the IGF Anti-Doping Policy.

To be eligible for the WATC, you are required to sign the Entry/Eligibility Conditions Form to state you will respect the IGF Anti-Doping Policy in force at the time of the WATC.

The IGF Anti-Doping Policy includes specific requirements regarding Prohibited Substances and Methods, Testing, Therapeutic Use Exemptions and Sanctions.

[Link to the IGF Anti-Doping Policy](#)

What do I need to know about the Prohibited List?

The IGF Anti-Doping Policy adopts the Prohibited List published by the World Anti-Doping Agency.

[Link to the 2018 Prohibited List](#)

The List identifies substances and methods prohibited at all times, in-competition, and in particular sports.

The following classes of substances and methods are **PROHIBITED** for 2018.

PROHIBITED AT ALL TIMES - IN and OUT of Competition

Prohibited Substances

- S0 Non-Approved Substances
- S1 Anabolic Agents
- S2 Peptide Hormones, Growth Factors, Related Substances and Mimetics
- S3 Beta-2 Agonists
- S4 Hormone and Metabolic Modulators
- S5 Diuretics and Masking Agents

Prohibited Methods

- M1 Manipulation of Blood and Blood Components
- M2 Chemical and Physical Manipulation
- M3 Gene Dopin

PROHIBITED - IN Competition

S6 Stimulants
S7 Narcotics
S8 Cannabinoids
S9 Glucocorticoids

P2 Beta-Blockers

Prohibited List of Substances and Methods

Full details of the Prohibited List with explanations about associated health and safety risks, and legitimate medical use of substances may be found [here](#).

WARNING - There is no complete list of prohibited substances.

Only examples of prohibited classes are shown in the list which includes the statement: "...and other substances with similar chemical structure or similar biological effect(s)."

Any substance that is chemically related to the class, even if it is not listed as an example, is also prohibited. You should not rely upon the Prohibited List to rule out a prohibited ingredient, particularly from a dietary supplement.

PLEASE NOTE THAT THE FULL PROHIBITED LIST WILL APPLY DURING THE TOURNAMENT DAYS OF THE WORLD AMATEUR TEAM CHAMPIONSHIPS.

How to I check my medication?

If you need to use a medication for a valid medical condition, you are strongly recommended to check if it contains any substance on the Prohibited List, if possible, before use. Several resources exist to allow you to check and determine if you need to find a permitted alternative, or apply for a Therapeutic Use Exemption (TUE). These include Global Dro <http://www.globaldro.com/home/index> and other drug information websites and drug reference hotlines see: [IGF Anti-Doping Medication Check](#). If you require a medication which contains a prohibited substance and no alternative is available, you should apply for a Therapeutic Use Exemption (see next section). If you are travelling to the 2018 World Amateur Team Championships and are proposing to take medications with you for emergency use, you are recommended to check these medications are permitted and may be imported into Ireland. Check with your own Embassy regarding travel advice.

ALWAYS make your doctor and other medical support personnel aware that you are an elite golfer. If you are ever unsure what a product or medication contains, do not take it until you are sure that it is not prohibited. **Exercise caution when taking a medication that is not prohibited out-of-competition when leading up to the Championships because if it is taken too close to the competition it may be detected in an in-competition test.**

How do I apply for a Therapeutic Use Exemption (TUE)?

If you have an illness or medical condition that requires use of a medication or other product containing a substance or using a method that is on the Prohibited List, a TUE is required. A TUE permits you to use the prohibited medication or method without committing an Anti-Doping Rule Violation, provided that use is in accordance with the conditions of the TUE.

If you have already obtained a TUE from your National Anti-Doping Organisation (NADO), please forward the relevant information to the IGF Anti-Doping Office (antidoping@igfmail.org). In some cases, the national TUE may be automatically recognised by IGF and in other cases, the national TUE will be reviewed.

If you require a TUE from IGF for the WATC and are not yet in possession of one, you may apply directly to the IGF Anti-Doping office (antidoping@igfmail.org). Do this as soon as possible and ensure that any existing TUE approval you may be relying upon is valid during the period of the World Amateur Team Championship. If you are granted a TUE for the medication, this will be taken into account if the substance is detected in your sample.

Once granted, the TUE and information relevant to the TUE will be uploaded by IGF into ADAMS (WADA's Anti-Doping Administration and Management System) and, in accordance with the [ADAMS TUE Athlete's Declaration](#), shared via ADAMS with WADA and other Anti-Doping Organisations (ADOs) that have a right to this information under the World Anti-Doping Code and/or the International Standard for TUEs.

More information on TUEs and the recognition of national TUEs can be found on the [IGF's TUE webpage](#).

How to apply for a TUE from the IGF

1. Download, print, complete and sign the IGF TUE application form [[IGF TUE Form 2017](#)] with your physician.

2. a) Ask your physician to complete the form in UPPER CASE and in English, preferably typed.

b) Incomplete or illegible forms will be returned unprocessed.

c) Provide medical documentation to support the use of the prohibited substance or method:

- complete comprehensive medical history of the diagnosis,
- symptoms,
- management strategies,
- laboratory results and examinations,
- a clear statement from the physician indicating why the use of a non-prohibited alternative would not be effective in symptom management.

3. Submit completed TUE application and medical documentation to the IGF Anti-Doping office antidoping@igfmail.org

4. IGF will confirm the receipt of your TUE application.

The TUE process can take up to 30 days for a decision to be made.

All TUE applications are reviewed in accordance with the WADA International Standard for TUEs.

5. If your TUE application is approved, you will receive a certificate indicating the specific period of validity of approval for the prohibited substance and/ or method.

Decisions to deny or reverse a TUE may be appealed. If your TUE is rejected, you will be required to seek a permitted alternative and to cease using the prohibited substance (subject to your doctor's advice).

You are advised to have a copy of your TUE in your possession as details will be recorded on the Doping Control Form when you are tested.

It may be helpful to record medications taken at the time of testing, in case this helps the laboratory to explain a finding.

Remember: an application for a new TUE, or renewal of an existing TUE, should be submitted at least **30** days in advance of use.

NOTE: if emergency treatment is required, you must file a TUE with full medical documentation as soon as possible after treatment starts. In such cases, the decision about the emergency TUE request will be made by the IGF TUE Committee after treatment has taken place.

Use of a prohibited substance without a valid TUE is at your own risk.

What are the risks of taking supplements?

Dietary Supplements

Products marketed as dietary supplements may not be subject to the same government regulation as medications. Their manufacture and distribution may not be controlled. Some products may contain ingredients not listed on the label or in different quantities than stated, or may be contaminated with other substances which may be prohibited.

It is important that you consider the potential risks associated with supplement use including:

- A positive anti-doping test results and/or
- Negative and potentially dangerous health issues.

It is essential that you recognise, evaluate and reduce the risks associated with supplement use:

Q - Do you really need to take it?

What does the product claim to do? Could food sources provide the same?

Q - Is the labelling accurate?

Do I recognise all the ingredients as permitted? Is it a proprietary blend?

Q - Is there a risk of contamination?

What other products does the manufacturer produce? Are they prohibited? Could contamination occur?

Q - Is there evidence of any association with doping?

What evidence of third party testing to verify the product and its contents?

Consumption of any dietary supplement or other product that contains a Prohibited Substance makes you vulnerable to an anti-doping rule violation.

Social Drugs

Competitors should be aware that the majority of social and recreational drugs are prohibited under the IGF Anti-Doping Policy and the use of such drugs can lead to a positive test result. Social and recreational drugs may also be illegal. You should be aware that possession, importation and/or trafficking may constitute an anti-doping rule violation.

The IGF strongly advises against the use of supplements, more information [here](#).

Testing

When can I be Tested – where and by whom?

Any playing member of a team for the Eisenhower Trophy or Espirito Santo Trophy may be selected for doping control.

At the 2018 World Amateur Team Championships, testing will be conducted by an IGF approved testing authority on behalf of the IGF in accordance with the IGF Anti-Doping Policy. Samples will be analysed at a WADA-accredited laboratory and results reported to the IGF. When a player has been contacted and notified by a Doping Control Official that he or she is required to undergo a test, a Doping Control Official is required to remain with the player until the end of the Doping Control process.

Testing may take place in-competition, or it may take place out of competition with no-advance notice. You may be subject to urine and/or blood testing, at any place, at any time.

After Players are notified of their selection for doping control, sample collection will take place in accordance with the International Standard for Testing and samples will be sent off for analysis.

To assist the identification of players, you are asked to take to the Championship venue, a photocopy of the page of your passport (or identity card) containing your name, photograph, nationality and date of birth. This information is required for the testing process and will be used to confirm your identity. It should be easily available to you if you are selected for testing.

Testing process

The following information identifies the processes involved in each type of test and the procedures you should follow when providing a sample. The steps for sample collection and processing are similar for in and out of competition testing.

This video outlines the steps during the testing process [[Video-doping-control-process-for-athletes](#)] (available in several languages).

What to expect during a Doping Control Test



In-competition : Sample collection process - urine

STAGE	DESCRIPTION
1. Notification	<ul style="list-style-type: none"> You are notified of selection for testing by Doping Control Officer (DCO) or Chaperone. You will be shown identification confirming the DCO/Chaperone's appointment and his or her authority to test by the International Golf Federation. Provide photo identification.
2. Reporting	<ul style="list-style-type: none"> You must remain within full view of the DCO or Chaperone until the sample collection process completed Report to the doping control station immediately unless a valid reason is agreed with the DCO or chaperone. Opportunity provided to hydrate, to eat, have procedures explained. Once notified, it is an offence to fail or to refuse to submit to sample collection.
3. Select Equipment	<ul style="list-style-type: none"> When ready to provide a urine sample, you are offered a choice of of sealed sample collection vessels. Check and inspect the collection vessel to ensure it has not been tampered with. Keep it in sight at all times until your sample is securely sealed in the sample collection bottles. Rinse your hands with water only before opening the vessel.
4. Sample Provision	<ul style="list-style-type: none"> A urine sample of 90ml must be provided under the direct observation of a DCO or witnessing Chaperone of the same gender. You must remove sufficient clothing to enable the DCO to observe the urine leaving your body. Retain control of your sample in the collection vessel.
5. Sample Division and Sealing	<ul style="list-style-type: none"> You are offered a choice of sealed sample collection kits containing an A and B bottle. Check and inspect this equipment prior to using. Divide the sample between the A and B bottles and seal them and check that they do not leak. Once sealed you are asked to place the A and B Sample bottles into plastic bags and into the equipment box.
6. Partial Sample	<ul style="list-style-type: none"> If urine sample is of insufficient volume, it shall be temporarily sealed and you will be required to provide further samples until a sufficient volume has been collected.
7. Specific Gravity	<ul style="list-style-type: none"> DCO will check that sample has a suitable specific gravity for analysis. If the sample is too dilute, you will be required to provide further samples until the requirements for specific gravity are met.

8. Recording Information	<ul style="list-style-type: none"> • DCO will record the bottle code numbers on the Doping Control Form. Check these match. • Declare any medications, supplements you have taken in the last 7 days, write your personal contact details, check all information is correct and sign the Doping Control Form. • If you have a valid TUE you should mention this to the DCO for recording on the form. • Take a copy of the Doping Control Form and retain it. • Samples are stored securely and transferred to the analytical laboratory. • No personal identifying information is sent to the lab with your samples.
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Out of competition

A DCO or chaperone can notify you at any time and any location, including your accommodation or training facility/area.

The test could be conducted by an authorised official from the IGF, NADO or NF who will identify a suitable venue to ensure the integrity of the collection.

Ask for the DCO's credentials and check the key elements of the process, particularly if you are unfamiliar with the equipment, sealing, numbering system and/or documentation.

Once notified, you should submit to sample collection, however make the DCO aware of any commitments you may have, in case these can be accommodated around sample collection. Procedures for providing and processing the sample are the same as those for in-competition testing.

Sample Storage and Transportation

Sealed urine samples will be securely stored at the Doping Control area temporarily prior to transportation to the laboratory. Samples will be packaged for shipping to ensure their security is traceable. The relevant documentation will accompany the samples – this documentation will not reveal your identity to the laboratory. The chain of custody of the samples will be documented throughout. The samples will be sent to a World Anti-Doping Agency accredited laboratory for analysis. The laboratory will sign receipt of your sample, inspect the samples to ensure there is no evidence of tampering and will continue to document the chain of custody.

Analysis

The WADA-accredited laboratory will analyse the "A" sample for those substances specified on the Prohibited List and will report the results of the urine sample analysis to the International Golf Federation approximately 10 days after receipt of the sample. The "B" sample is securely stored at the laboratory and may be used to confirm an Adverse Analytical Finding from the "A" sample.

Research and Reanalysis of your Sample

During the sample collection process, you will be asked if you consent to your samples being used for research, after analysis is completed. This is a voluntary decision; there is no repercussion for declining.

As part of the continuous review of evidence, your samples may be retained for up to 10 years and may be reanalysed.

WADA's Anti-Doping Administration and Management System (ADAMS)

Please carefully read through this [Notice to Athletes about Processing of Personal Information in ADAMS](#)

What are my Rights and Responsibilities during testing?

RIGHTS	RESPONSIBILITIES
<ul style="list-style-type: none"> Request to see authorisation and DCO credentials. Chaperones and DCOs will have a letter of authorisation from the responsible ADO. If you are unsure, check with the IGF. 	<ul style="list-style-type: none"> Acknowledge notification (at the time notified) by signing the form provided by the Chaperone or DCO. Produce photo identification if requested to do so. Advise your team captain/other team official that you have been selected for testing and to request an accompanying representative should you wish one (mandatory in the case of minors). At least ensure that your team officials are aware that you will be reporting for testing.
<ul style="list-style-type: none"> You have the right to have a representative present. You may be accompanied during the sample collection process by one representative (e.g. coach, team representative). Have a language interpreter present, if available. 	<ul style="list-style-type: none"> Remain within direct observation of the Chaperone/DCO from the time of notification until completion of the sample collection process.
<ul style="list-style-type: none"> You may complete a training session or other activities while the DCO or notifying chaperone observes you (out of competition) 	<ul style="list-style-type: none"> Report to the Doping Control Station immediately, unless there is a valid reason for delay (in-competition).
<ul style="list-style-type: none"> You can request a delay in reporting to the Doping Control Station for any of the following reasons: <ul style="list-style-type: none"> victory ceremony media commitments warm down medical treatment finding a representative or interpreter obtaining photo identification or exceptional circumstances, to be agreed with the DCO. You must be chaperoned during this time. Only the player and the DCO are permitted in the toilet area. If you are a minor you may have your representative present in the toilet area, however this representative is not permitted to view the provision of the sample. 	<ul style="list-style-type: none"> Comply with sample collection procedures, including providing samples as directed by the DCO. Provide a suitable urine sample (i.e. of sufficient concentration and volume). Following provision of a dilute sample, be prepared to wait for one hour before providing further samples and do not hydrate excessively. Keep collection vessel in your possession and in view of the DCO at all times. Have control of the sample until it is sealed.
<ul style="list-style-type: none"> You can ask to have the testing procedures explained to you, including how the sample collection equipment works. 	
<ul style="list-style-type: none"> You must receive a copy of the sample collection documentation. You have the opportunity to provide feedback on the Doping Control Form. 	<ul style="list-style-type: none"> Ensure the sample code number is correctly documented on the Doping Control Form and that all information is legible, accurate complete and signed.

Modifications for Minors

Players who are minors should be notified in the presence of an adult, and may choose to be accompanied by a representative throughout the entire Sample Collection process (however, the representative will not witness the passing of the sample unless requested to do so by the minor). Parental consent for testing is a condition of participation in elite golf competitions.

Results Management

Results management processes are intended to:

- be fair to players and others;
- be internationally credible;
- provide a full evidentiary hearing with the right of appeal

If there is an adverse analytical finding, then the IGF will conduct an initial review to verify whether you had a TUE for the substance found in your sample and to make sure that the sample collection and analysis was conducted according to procedures. If the initial review does not explain (or justify) the Adverse Analytical Finding, you will be notified in writing of the result and your rights regarding the analysis of your “B” sample.

At this point, you may be provisionally suspended according to the rules of the IGF. In this case, you will be notified accordingly. During competition, a mandatory provisional suspension is imposed when an “A” sample returns an Adverse Analytical Finding for a prohibited substance (other than a specified substance). The provisional suspension is imposed promptly after the initial review and notification of the player. If you decide to request a “B” sample analysis or if the “B” sample analysis is requested by the IGF you may attend or choose to send a representative on your behalf. Should the B sample analysis not be requested, or if the B sample analysis confirms the A sample analysis, the IGF will proceed with the results management process including the right to a fair hearing. The hearing will determine whether a breach of the IGF Anti-Doping Policy has occurred as well as determine what sanctions will be imposed. In the event that the B sample analysis does not confirm the A sample analysis, the test result will be invalidated and no further action will be taken.

The IGF is responsible for determining what sanctions will apply to a Doping Offence at the 2018 World Amateur Team Championships on a case-by-case basis. You will be given the opportunity to establish a basis for eliminating or reducing the sanction, or having the sanction partially suspended. The period of ineligibility may vary depending on the type of anti-doping rule violation, the circumstances of an individual case, the substance and the possible repetition of an anti-doping violation. For the 2018 World Amateur Team Championships in a team consisting of three players, if one member of a team is in breach of the IGF Anti-Doping Policy that player’s results will be disqualified automatically and the team result amended accordingly, along with the results of the Championship if necessary. If more than one member of a team commits a Doping Offence in breach of the Policy, the team will be disqualified and the results of the Championship amended accordingly. A team consisting of two players will be disqualified for any breach of the IGF Anti Doping Policy.

Consequences if you commit an Anti-Doping Rule violation may include, but are not limited to:

- ✓ Disqualification of results in a particular competition or event
- ✓ Forfeiture of any medals, points, and prizes
- ✓ Loss of benefits, grants, awards, employment, and training facilities provided by golf organisations
- ✓ An ineligibility period that may vary according to circumstances
- ✓ Public announcement

Appeals

You have the right to appeal any decision regarding a positive test attributed to you or sanctions (including a provisional suspension) imposed on you following a breach of the IGF Anti-Doping Policy. The appellate body is the Court of Arbitration for Sport (CAS). Unless the CAS rules otherwise, the initial decision remains in effect while under appeal.

Things to remember

Although the IGF, your team captain, coach and support personnel all have a role to play in ensuring that you are fully informed with regard to Doping Control, **the ultimate responsibility is yours**. You are responsible for ensuring that your medications are permitted, you are responsible for what enters your body and it is your responsibility to know the applicable anti-doping regulations.

You should take time to:

- Read this Player Handbook and the other Education resources below and learn more about how anti-doping regulations affect you.
- Inform your doctor and pharmacist that you are an elite golfer who may be subject to doping control.
- Prepare for the Championships by listing your medications (including those you may need when travelling).
- Check that any medications you are using are permitted.
- Apply as soon as possible for a TUE if you are medically required to take a Prohibited Substance.
- Take special care with unlicensed products such as nutritional supplements or herbal preparations.
- Avoid social and recreational drugs.
- Make a photocopy of the page of your passport or identity card that contains your name, date of birth, nationality and photograph and ensure that you have it with you at the Championship venue.

Education resources and useful links in this document

IGF Rules:

- [IGF Anti-Doping Policy](#)

Prohibited List and Medication Check:

- [2018 Prohibited List](#)
- [Prohibited Substances and Methods – explanation](#)
- [IGF Anti-Doping Medication Check](#)
- [Global Dro](#)

Therapeutic Use Exemptions (TUEs):

- [IGF Guide to TUEs](#)
- [IGF TUE Form](#)
- [IGF TUE Webpage](#)
- [ADAMS TUE – Athlete’s Declaration](#)

Doping Control Process:

- [Doping Control Process](#)

ADAMS (WADA’s Anti-Doping Administration and Management System)

- [Notice to Athletes about Processing of Personal Information in ADAMS](#)

General anti-doping:

- [Dangers of Doping](#)
- [WADA’s Play True Quiz](#) - Test your knowledge and learn more about anti-doping!

Who to contact with any further questions

International Golf Federation

Anti-Doping Office
Maison du Sport International
Avenue de Rhodanie 54, CH-1007,
Lausanne Switzerland
Tel: +41 21 623 12 12
www.igfgolf.org
[Email: antidoping@igfmail.org](mailto:antidoping@igfmail.org)



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