

11 ANTI-DOPING RULE VIOLATIONS

1.

PRESENCE

Banned substance in
your blood or urine
sample

2.

USE

Use, or attempted use,
of a banned substance
or method

3.

FAILURE OR REFUSAL

Evading, refusing or
failing to submit to
sample collection

4.

WHEREABOUTS

Providing inaccurate
information on your
location at a set time of
day

5. TAMPERING

Intentionally tampering,
or attempted tampering
with any part of
doping control. Engaging
in fraudulent conduct
(e.g. submitting falsified
documents) during
the Results Management
of an ADRV.

6.

POSSESSION

Possessing a banned
substance or method

7.

TRAFFICKING

Selling or buying (or
attempting to sell
or buy) a banned
substance

8.

ADMINISTER

Helping an athlete take,
by whatever means, a
banned substance

9.

ATTEMPTED COMPLICITY

Assisting, encouraging,
aiding, abetting,
conspiring, covering up
or any other type of
intentional complicity
involving a violation or
any attempted violation

10.

PROHIBITED ASSOCIATION

Working with a
person, such as coach,
doctor, physio or agent
who is currently serving
a ban or has been
convicted in criminal or
disciplinary proceedings

11.

PROTECTING WHISTLE BLOWERS

Providing protection
against threats,
intimidation and
retaliation

11 DOPING CONSEQUENCES

1.

PRESENCE

4 YEARS

2.

USE

4 YEARS

3.

**FAILURE OR
REFUSAL**

4 YEARS

4.

WHEREABOUTS

1-2 YEARS

(Depending on the
athletes degree of
fault)

5.

TAMPERING

4 YEARS

6.

POSSESSION

4 YEARS

7.

TRAFFICKING

**BETWEEN 4
YEARS &
LIFETIME BAN**

8.

ADMINISTER

**BETWEEN 4
YEARS &
LIFETIME BAN**

9.

COMPLICITY

**BETWEEN 2
YEARS &
LIFETIME BAN**

10.

**PROHIBITED
ASSOCIATION**

2 YEARS

11.

**PROTECTING
WHISTLE
BLOWERS**

LIFETIME BAN

BE BOLD, BE PROUD, BE CLEAN!

ANTI-DOPING ADMINISTRATION

& MANAGEMENT SERVICE (ADAMS)

WHEREABOUTS

ATHLETES SELECTED FOR THE NATIONAL TESTING POOL HAVE TO PROVIDE SPECIFIC INFORMATION ABOUT THEIR LOCATION

WHAT NEEDS TO BE INCLUDED?

- ✓ **Overnight Address**
Home address
- ✓ **Training Time**
Address is here:
British Judo Centre of Excellence,
University of Wolverhampton
(Walsall Campus),
Gorway Road, Walsall, WS1 3BD
- ✓ **Camps and Competitions**
Flight times, Hotel address and room number, Competition venue address
- ✓ **A 1 hour testing slot**
This slot **MUST** be between the hours of 5:00am and 11:00pm and in a specified location where the testing can actually take place. This information **MUST** be up-to-date at all times. If you fail to update it, you may receive a missed test and three missed tests or filing failures in a 12 months period could lead to a ban.

ANY CHANGES TO THIS SCHEDULE MUST BE DONE BY YOU.

How?

Online:
www.myadams.co.uk

SMS:
+44 77 8148 0710

Email:
athlete@ukad.org.uk

Phone app:
Download the ADAMS mobile application from your App store.

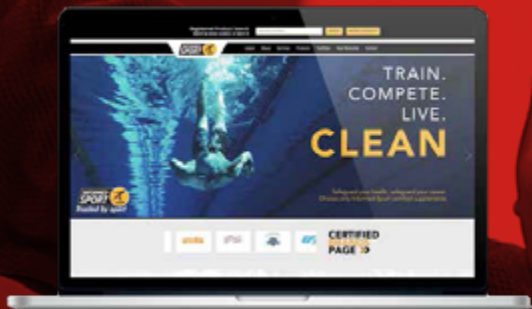
If you are struggling to log in but need to change your whereabouts text or email the above number/email address **ASAP!** If in doubt, ask someone at British Judo!

Your whereabouts information can be updated up until a minute ahead of your 60min time slot in emergency circumstances. This can mean you avoid a filing failure. However, regular usage of this form of updating whereabouts is monitored and is not to be used at any time other than an emergency.



HOW AND WHERE TO

CHECK SUBSTANCES



1. GLOBALDRO

Step 1: Go to www.globaldro.com/Home

Step 2: Select United Kingdom

Step 3: User type: "Athlete"

Sport: "Judo"

Nation of purchase: Select from list

Search for: Enter the product you want to search

REMEMBER: GlobalDRO can only be used for the countries listed.

2. INFORMED SPORT

Step 1: Go to ww.informed-sport.com

Step 2: Search for your product using the search tool

Step 3: Select Brand, enter the product name and the batch ID

REMEMBER: It's not a 100% guarantee and supplements must be used with caution

3. NUTRITIONIST

Louise Bloor
07946 466 799
lboor.nutrition@gmail.com

4. CLEAN SPORT COORDINATORS

Karen Roberts (NGB LEAD)
07583 989 510
karen.roberts@britishjudo.org.uk

NGB EDUCATORS:
Dermot Heslop
07976 216 447
dermot.heslop@britishjudo.org.uk

Tim Ellis
07581 562 528
tim.ellis@britishjudo.org.uk

Sami Smithson
sami.smithson@britishjudo.org.uk

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2021 UKAD CODE: SUMMARY

OF MAJOR CHANGES

ATHLETE RIGHTS

The new Athletes' Anti Doping Rights Act promotes athlete rights within anti-doping and ensures they are clearly outlined, accessible, and universally applicable e.g. an athlete has the right to receive anti doping education.

NEW ATHLETE RESPONSIBILITY

To disclose the identity of their Athlete Support Personnel upon request from an ADO.

REVISED DEFINITION OF "IN-COMPETITION"

"The period commencing at 11:59 pm on the day before a competition in which the Athlete is scheduled to compete through to the end of such competition and the Sample collection process related to such competition."

NEW DEFINITIONS

New definitions in the Code (below) will allow for more flexibility in ADRV sanctions, for example, the waiving of the requirement to publish a sanction.

Protected Person:

This definition will apply during the ADRV process to young athletes (under the age of 16 or 18, depending on circumstances), or an athlete who has been determined to lack legal capacity in their decision making e.g. intellectual impairment.

Recreational Athlete:

An athlete who is a member of a National Governing Body (NGB), but based on their competition level can be treated differently from either an International Level or National Level Athlete for sanctioning purposes.

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