

Anti-Doping Regulations

- Anti-doping rules

The BBBoFC has in place a set of Anti-Doping Regulations that all Boxers and other Participants must abide by. The Anti-Doping Regulations for The BBBoFC are consistent with the **World Anti-Doping Code** (the Code) <https://www.wada-ama.org/en/what-we-do/the-code> , the core document that harmonises anti-doping policies, rules and regulations within sport globally.

The Anti-Doping Regulations apply to all Professional BBBoFC Licensed Boxers.

2021 World Anti-Doping Code

From 1 January 2021, a new version of the Code is in effect and it's important that all Boxers and other Participants are aware of how this impacts them.

For more information on the changes within the 2021 Code, visit **UKAD's website** - <https://www.ukad.org.uk/2021Code>

Further information on who this applies to is available on the **UKAD website** - <https://www.ukad.org.uk/about/anti-doping-rules>

- <https://www.ukad.org.uk/> - **UK Anti-Doping** is the national organisation dedicated to helping athletes to understand and follow the rules.

- **Anti-Doping Rule Violations under the code**

Breaching Anti-Doping Regulations can result in a ban from **all** sport. The Code outlines the Anti-Doping Rule Violations (ADRVs). Boxers and other Participants need to make sure they are fully aware of these violations, and the consequences of breaking them.

There are 11 ADRVs. All 11 apply to BBBoFC and the seven (in bold) also apply to other Participants.

- Presence
- Use or Attempted Use
- Evading, refusing or Failing to Submit to Sample Collection
- Whereabouts failures
- **Tampering or attempted tampering**
- **Possession**
- **Trafficking or attempted trafficking**
- **Administration (i.e. without aiding or abetting)**
- **Complicity or Attempted Complicity**
- **Prohibited Association**
- **Acts by an Athlete or Other Person to Discourage or Retaliate Against Reporting to Authorities**

For more information and what this means for those individuals - <https://www.ukad.org.uk/about/anti-doping-rules>

- **Prohibited list**

All banned substances and methods in Code-compliant sports, including boxing, are outlined in the Prohibited List. The Prohibited List which is updated a minimum once a year, coming into effect on 1 January, can be added to at any time.

The latest Prohibited List can be found on the **WADA website** - <https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents> - As this list is updated frequently, Boxers and other Participants should make sure they check it regularly for any changes.

More information can be found on UKAD's website :

- <https://www.ukad.org.uk/athletes/whats-banned-sport-prohibited-list>

- **Strict Liability Principle**

You need to take anti-doping seriously and fully understand the principle of strict liability. Strict liability means that you are solely responsible for any banned substance you use, attempt to use, or is found in your system, regardless of how it got there or whether there was any intention to cheat.

More information can be found :

- <https://www.ukad.org.uk/athletes/athletes-rights-and-responsibilities>

- **Medication Advice**

Before taking any medication (whether from a doctor or over the counter), Boxers must check to make sure it doesn't contain any banned substances. Medications (ingredients or brand name) can be checked online at **Global DRO** <https://www.globaldro.com/Home>

It is important to note that medications bought in one country may contain different ingredients to the same branded medication in another country.

For more information on checking medications, visit **UKAD's website** - <https://www.ukad.org.uk/checking-medications>

- **Supplement Advice**

A Boxer is responsible for anything found in their system, regardless of how it got there or whether there is any intention to cheat. All Boxers and other participants should make themselves aware of the risks, so they don't receive an unintentional ban.

The BBBofC advises a healthy diet for all nutrition, as there are no guarantees that any supplement product is free from banned substances. Boxers can support their training and progress towards their targets by eating nutritious food. With planning, and possibly the help of a registered nutritionist it is possible to eat a healthy, nutritious diet.

Boxers should assess the need, the risks and the consequences before deciding to take a supplement, and if they need to use one, visit the Informed Sport website* to check whether supplements have been batch-tested. More advice on managing supplement risks can be found on UKAD's Supplement Hub.

*The BBBofC supports the Informed-Sport programme however The BBBofC accepts no liability for the contents of supplements tested by Informed-Sport or similar accreditation programmes.

- **Testing process**

Athletes can be tested any time, any place.

Testing is carried out to deter those vulnerable to a doping decision and to find those who chose to cheat by using banned substances.

Testing can take place in-competition at events, or out-of-competition, in training venues, or even at an athlete's home.

Testing is intelligence-led and risk-based, however it will always be conducted with 'no advanced notice'.

For more information :

https://www.youtube.com/watch?v=XzOnQBK_YZo&feature=emb_imp_woyt

- **TUE**

If a Boxer with a legitimate medical condition needs to use a prohibited substance or method, they will need to apply for a Therapeutic Use Exemption (TUE). This is only accepted if there are no other suitable permitted medications or treatments that can be used, and there is a strict, detailed process to determine this.

Boxers can find out more information about the TUE process on the [UKAD website here -](https://www.ukad.org.uk/medicine)

<https://www.ukad.org.uk/medicine> - and use the [TUE Wizard](https://www.ukad.org.uk/tue-wizard) -

<https://www.ukad.org.uk/tue-wizard> - to find out whether they need to apply for a TUE and who to submit their application to.

- **Reporting possible doping**

Protecting clean sport depends on everyone playing their part - boxers, trainers and all licence holders - whether on centre stage or behind the scenes. Speak out if you feel there's something wrong - no matter how small. UKAD guarantee that your identity will always be kept 100% confidential.

There are different ways to speak out:

- Email - When you feel something's wrong, send an email. UKAD guarantee that your name and email address will be kept confidential. Email at protectyoursport@reportdoping.com
- Online Form - Tell UKAD what you know via their online form on protectyoursport.co.uk. You will remain anonymous as standard, but if you choose to share your details confidentially it could help us catch those in sport who seek to cheat.
- 24/7 Hotline - Call on 08000 32 23 32. UKAD are there to listen. If you prefer to remain 100% anonymous you can. Or if you share your details, they will be kept confidential, and may help keep sport clean

Find out the more about speaking out and Protect Your Sport :

<https://www.ukad.org.uk/protect-your-sport>