



## World Bridge Federation

an International Sports Federation (IF) recognized by the International Olympic Committee

### Anti-Doping Information for the WBF NBO Seminar

Bangkok, May 2024

This is a synopsis of some of the information given on the WBF Website in the section detailing the Anti-Doping Regulations. Please ensure you read it carefully, as it affects your players taking part in WBF Championships.

This can be found at <http://www.worldbridge.org/rules-regulations/anti-doping-regulations/> where there are links to the WBF Anti-Doping Rules, the current Prohibited List, Player Guidelines, TUE forms and information and a great deal more.

Please take the time to check the information and ensure that your players are aware of it so that they do not risk being banned from competitions by testing positive for any prohibited substance.

Note that whether or not substances are expected to affect performance in bridge is irrelevant. If they are on the WADA prohibited list then they may not be used without a Therapeutic Exemption Use Certification (TUE).

#### 1. About WADA – the World Anti-Doping Agency

The World Anti-Doping Agency (WADA) was created in 1999, after major doping scandals hit the world of sports.

This independent international organization was created to promote, coordinate and monitor the fight against doping in sport around the world.

At the WBF Executive Council meeting held in October 2008 in Beijing, the WBF accepted and adopted the Anti-Doping Code from WADA and, with the approval of WADA created its own Anti-Doping Rules which were updated in 2021.

#### 2. Is your Federation aware of the Code and its rules ?

And possibly more important

#### 3. Are your players aware of the Anti-Doping Code and the importance of following the rules laid down?

The Anti-Doping rules are in force at all WBF Championships, which means that Players in the Open, Women's, Mixed, Transnational and Youth Teams and Pairs in World Bridge Championships will be liable for Anti-Doping Tests.

Note that players in the Senior events, while still liable for testing, are not required to have a TUE before the event as it can be given retrospectively. However, if they are playing in any of the Open, Women, Mixed or Transnational categories but are of Senior age, a TUE is required.

At each Championship, a number of players are randomly selected for testing and therefore it is extremely important that they are aware of the requirements and what they need to do.



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#### **4. The Consequences of Doping**

As a general rule, any Anti-Doping Violation will lead to disqualification from an event followed by a period of ineligibility during which the player may not participate in any further Championships.

#### **5. The WADA Prohibited List**

Each year, normally on 1<sup>st</sup> January, the WADA Prohibited List is updated and published. All players should be aware of this and should check that any medication they may be taking is not prohibited.

For example, although beta-blockers are no longer prohibited in bridge, these are often taken in conjunction with a diuretic and all diuretics are banned as they act as a masking agent for other substances.

#### **6. What should a player do if they take a necessary but prohibited medication ?**

Players taking such medications should apply for a Therapeutic Use Exemption (TUE).

#### **7. Applying for a TUE**

The TUE form needs to be completed, in English, by both the player and their physician, with full details being given of the diagnosis and the reason for such medication being subscribed.

This must be done no later than 30 days before the start of the Championship in which they intend to participate.

Special advice for physicians on how to complete these forms is available through links on the WBF site with additional information for applications involving ADHD medication.

#### **8. What about the use of supplements – vitamins and other over-the-counter medications?**

Players should be aware that many over-the counter medications and supplements may contain prohibited substances.

For example a simple antihistamine such as Cetirizine Hydrochloride may contain Pseudoefedrine which is on the WADA prohibited list and must not be used during competition.

Many other medications that can be purchased over the counter contain prohibited substances, and some supplements are similarly affected. Herbal medications may contain ephedrine or a derivative – again a banned substance. So careful checking of anything taken is really important – a player does not want to face a lengthy ban for inadvertently taking something thought to be safe.

#### **9. Other things to consider**

Many substances can stay in a person's system for a long time. If a positive result is returned for a substance taken before the Championship (i.e. out-of-competition) that was not prohibited at the time it was taken, and a subsequent test at an in-competition doping control is positive (where it is prohibited), the player will be charged with an Anti-Doping rule violation.

**Whether or not substances are expected to affect performance in bridge is irrelevant. If they are on the WADA prohibited list then they may not be used without a TUE.**

A reminder – the link to the WBF Anti-Doping pages:

<http://www.worldbridge.org/rules-regulations/anti-doping-regulations/>

If you need specific advice or information, please email [communications@worldbridgefed.com](mailto:communications@worldbridgefed.com) or you can email the Chair of the WBF TUE Committee, Dr Jaap Stomphorst ([j.stomphorst@isala.nl](mailto:j.stomphorst@isala.nl)) if a player has a query concerning a specific medication.