

World Anti-Doping Code 2021: Summary Guide of Changes

2021 World Anti-Doping Code and International Standards



The purpose of the World Anti-Doping Code is to protect an athlete's right to participate in clean sport and ensure consistency in anti-doping programmes globally.

The Code impacts everyone involved in sport such as athletes, coaches, medical and administrative staff and parents and carers.

British Weight Lifting work with the International Weightlifting Federation (IWF), the International Paralympic Committee (IPC), World Anti-Doping Agency (WADA) and UK Anti-Doping (UKAD) in the fight against doping.

To help our members understand the new rules we are sharing the following guide based upon the latest guidance from UKAD and WADA which highlights the key changes from the previous code introduced in 2015.



Overview of The Code & International Standards

The Code is the overarching document for anti-doping practices worldwide.

There are eight International Standards alongside the new Code, each give technical details for specific areas of anti-doping. They cover the following areas:

1. Prohibited List
2. Testing and investigations
3. Laboratories
4. Therapeutic Use Exemptions (TUEs)
5. Protection of Privacy and Personal Information
6. Code Compliance by Signatories
7. Education
8. Results Management

These documents are reviewed periodically to ensure new challenges within anti-doping are addressed and best practice improves. More detail on each of the International Standard can be found on the WADA website [here](#).

The 2021 Code came into effect on **1 January 2021** and supersedes the previous version. A full copy is available to view [here](#).

Below we outline the key changes although we advise everyone to familiarise themselves with the code in full.

Highlighting Athletes' 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 Anti-Doping Rule Violation (ADRV): Protecting Whistle-blowers

Anti-Doping Organisations (ADOs) need people to come forward to report doping. This new rule gives these people more protection, and applies if:

- someone is threatened or intimidated in order to discourage them from reporting doping activity to authorities; or



- they are retaliated against for doing so.

This ADRV can carry a lifetime ban from sport.

Substance Abuse

The 2021 Prohibited List sets out a group of illegal drugs that are misused in society, and frequently used outside of a sports enhancement context e.g. cannabis and cocaine.

In cases where such substances are found in-competition, there will be:

- a substantial reduction in the length of sanction if use occurred out-of-competition and was unrelated to sports performance
- a focus on athlete welfare through a further reduction in the length of sanction if an approved treatment programme is completed

New Athlete Responsibility

Athletes are now required to disclose the identity of their Athlete Support Personnel upon request from an ADO.

Athlete Support Personnel are defined as “any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel, parent or any other Person working with, treating or assisting an Athlete participating in or preparing for sports Competition”.

New International Standards

There were two new two international standards inducted into the 2021 code. Below is summary of each.

International Standard for Education: Formalises the requirements of anti-doping education programmes across sports and countries.

International Standard for Results Management: Sets out the necessary procedures to ensure a fair process, including an athlete’s right to request a public hearing.

Changes To Existing ADRVs:



Attempted Complicity: The attempted involvement or cover up of an ADRV committed by another person has been added. The sanction length can vary between two years and a lifetime ban.

Tampering: Engaging in fraudulent conduct (e.g. submitting falsified documents) during the Results Management of an ADRV will be treated as a separate offence and a further consecutive sanction may be applied.

Other Changes To Sanctions:

Reintroduction of Aggravating Circumstances: A ban can be extended by an additional two years in certain circumstances e.g. use of multiple prohibited substances at one time.

Result Management Agreements: A ban of four or more years can be reduced by one year if the person admits to the ADRV and accepts the sanction within 20 days.

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.

Revised Definition of In-Competition

The term 'in-competition' is now defined as "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."

Additional Expectations Of UKAD

New responsibilities to emphasise increased accountability of ADOs include:



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- Requiring board members, directors and employees involved in Doping Control to be bound by the UK Anti-Doping Rules for purposes of misconduct
- Not to knowingly employ an individual involved in Doping Control who is provisionally suspended or serving a ban

Further Information

For more anti-doping information please visit the clean sport section of the British Weight Lifting Website which is available [here](#).