

## **Introduction**

All athletes have the right to compete in sport knowing that they, and their competitors, are clean. We believe in clean sport and work in partnership with [UK Anti-Doping \(UKAD\)](#) to ensure that the integrity of our sport is protected.

## **Anti-Doping Rules**

Scottish Ju Jitsu Association has in place a set of anti-doping rules that all athletes and athlete support personnel must abide by. The anti-doping rules for Scottish Ju Jitsu Association are consistent with the [World Anti-Doping Code](#) (the Code), the core document that harmonises anti-doping policies, rules and regulations within sport globally.

The anti-doping rules of Scottish Ju Jitsu Association are the rules published by UK Anti-Doping (or its successor), as amended from time to time.

If you are a member of Scottish Ju Jitsu Association then the anti-doping rules apply to you, regardless of what level you participate at. You can find the UK Anti-Doping Rules [here](#).

## **2021 World Anti-Doping Code**

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

For more information on the changes within the 2021 Code, visit [UKAD's website here](#).

Under the 2021 Code, an athlete may be classified as being "International-Level", "National-Level" or a "Recreational Athlete" based on their competition level. Further information on these different categories is available on the [UKAD website](#).

## **Anti-Doping Rule Violations**

Breaking the anti-doping rules can result in a ban from **all** sport. The Code outlines the Anti-Doping Rule Violations (ADRVs). Athletes and athlete support personnel need to make sure they are fully aware of these violations, and the consequences of breaking them. For more information and what this means for those individuals, click [here](#).

For information on individuals serving a ban from sport, visit [UKAD's sanction page on their website](#).

## **The Big Picture - Top Tips for Clean Sport**

An athlete is responsible for anything found in their system, regardless of how it got there or whether there is any intention to cheat. All athletes and athlete support personnel should make themselves aware of the risks, so they don't receive an unintentional ban from sport. Useful information for athletes can be found on the [UKAD website](#).

## **The Prohibited List**

All prohibited substances and methods in Code-compliant sports are outlined in the Prohibited List. The Prohibited List is managed and coordinated by WADA, found on the [WADA website here](#). The List is updated each year, coming into effect on 1st January. It is possible for WADA to make changes to the List more than once a year, but they must communicate such changes three months before they come into effect. As this list is updated annually, athletes and athlete support personnel should make sure they check it ahead of it coming into effect. More information can be found on [UKAD's website here](#).

## **Checking Medications**

Before taking any medication (whether from a doctor or purchased over the counter), athletes must check to make sure it doesn't contain any prohibited substances. Medications (ingredients or brand name) can be checked online at [Global DRO](#). 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 here](#).

Check out the video below from UKAD's Athlete Commission member and British Paralympic Powerlifter, Ali Jawad, on using Global DRO. Click here: <https://www.youtube.com/watch?v=ABLbo20B-3Q>

### **Taking Nutritional Supplements**

UKAD always advises a food first approach to nutrition, as there are no guarantees that any supplement product is free from prohibited substances. Athletes can support their training and progress towards their targets by eating and enjoying nutritious food. With a bit of planning, it is possible to eat a delicious and healthy diet made up of a variety of food types at the right time, and in the right quantities.

Athletes 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](#) here.

### **Applying for a Therapeutic Use Exemption (TUE)**

If an athlete 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. Athletes can find out more information about the TUE process on the UKAD website [here](#) and use the [TUE Wizard](#) to find out whether they need to apply for a TUE and who to submit their application to.

### **What happens in a test?**

Athletes should feel prepared and know their rights and responsibilities when they are notified to be tested by a Chaperone or Doping Control Officer. Check out this video below on the testing process from start to finish.

Click Here: [https://www.youtube.com/watch?v=XzOnQBK\\_YZo](https://www.youtube.com/watch?v=XzOnQBK_YZo)

Athletes can find out more in the [Introduction to Testing](#) section of UKAD's website.

### **100% me – Supporting athletes to be clean**

100% Me is UKAD's values-based education and information programme, helping athletes meet their anti-doping responsibilities throughout their sporting journey. We want all athletes to be clean, stay clean and believe all others are clean.

For more information on what this means, visit UKAD's website [here](#). UKAD's 100% me Clean Sport App can also be downloaded from [iTunes](#), [Google Play](#) or [Windows Live Store](#), for essential anti-doping information.

### **Protect Your Sport**

Protecting clean sport depends on everyone playing their part - athletes, coaches, or parents - 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](mailto:protectyoursport@reportdoping.com)
- Online Form - Tell us what you know via our online form on [protectyoursport.co.uk](http://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. We are here 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 [here](#).

### **For further information**

Please do not hesitate to ask questions about the anti-doping rules. As well as asking Scottish Ju Jitsu Association and athlete support personnel, athletes may also contact UKAD directly, who will be able to

answer any questions and provide guidance. They can be contacted at [ukad@ukad.org.uk](mailto:ukad@ukad.org.uk) or +44 (0) 207 842 3450.

Regular updates from UKAD can also be found in the [news section of their website](#), or on their Twitter account: [@ukantidoping](#).

Contact the Scottish Ju Jitsu Association anti-doping lead: Mr. Robert G. Ross, Scottish Ju Jitsu Association 93 Douglas Street, Dundee DD1 5AZ (01382) 201601