

AHF Anti-Doping Policy – Athletes.

The new AHF Anti-Doping Policy was adopted by the AHF board on August 3rd and will come in to effect as of August 12th 2004.

The new AHF Anti-doping policy is WADA compliant and will follow the *code* which all sports now follow.

This documentation has been prepared for you in order to understand the new AHF Anti-doping policy, and explains what is required from you as an athlete / member of AHF.

Please read and understand all documents. Remember it is your responsibility to abide by the rules of the AHF Anti-Doping Policy. Your AHF Anti-Doping Officer will assist where possible and answer your quires and questions, but will not do the work for you.

Contents:

With this document you should have received the following attachments:

- 1x AHF Anti-Doping Policy
- 1x IHF Anti-Doping Regulations
- 1x TUE Application Form
- 1x Abbreviated TUE Application Form
- 1x Guidelines for Application and Granting Of TUE
- 1x IHF Athlete Whereabouts Information Guidelines
- 1x Athlete Contact Detail Form.
- 1x Prohibited List – March 2004
- 1x Example Of Completed Athlete Contact Detail Form
- 1x IHF Guidelines Results Management And Sanctions

AHF Anti-Doping officer

Your AHF Anti-doping officer is:

Jacob Krog
17/26 Burdett Cres, Theodore ACT 2905
(02) 6291 5072
0419 208 304
asda@kooe.com.au

Please contact Jacob if you have questions and queries regarding the AHF Anti-Doping Policy.

Helpful Internet Sites:

- IHF Ani-Doping documents http://www.ihf.info/CDA/medical_matters,7337,0,,en.html
- WADA <http://www.wada-ama.org>
- [Prohibited list](#)
<http://www.wada-ama.org/en/t3.asp?p=41627&pp=41626>
- Therapeutic use
<http://www.asda.org.au/athletes/therapeutic.htm>
- ASDA
<http://www.asda.org.au>
- AHF Anti-Doping Policy
<http://www.handballaustralia.org.au> / <http://www.acthandball.com.au>

We will now cover the some of the most important articles in the AHF Anti-Doping Policy. They are:

- Athlete Contact Detail Forms
- TUE's
- Retirement and Return to competition.

Athlete Contact Detail Forms

Who need to complete the Athlete Contact Detail Forms? People considered being members of the "registered testing pool as determined by IHF

The athletes nominated by the national federation for the national teams (senior, junior, youth) shall be considered as members of the "registered testing pool ".

The Athlete Contact Detail forms needs to be completed every 3 months. And it has to be completed as accurately as possible.

When the form is due, you will be informed by your AHF Anti-Doping Officer, who will forward an athlete contact detail form – this will be done via email where possible.

This form *must* be returned by the stipulated due date. Failure to complete the form (includes failure to give correct details) can lead to a ban from the sport; this is as according to article 5.4, 8.3.2.5, 8.3.2.6 and 13.5.3 of the AHF Anti-Doping policy.

First Violation – 3 (three) mths to 1yr ineligibility

Second Violation and Subsequent Violations – 2 (two) years ineligibility.

If any of your details change i.e. new address, prior to submitting the next Athlete Contact Detail form you must notify your AHF Anti-Doping Officer immediately.

Returning the Athlete Contact Detail form can be done via email or mail to your AHF Anti-Doping Officer.

TUE's

What is a TUE? A Therapeutic Use Exemption

A TUE may be granted to an *Athlete* permitting the use of a *Prohibited Substance* or *Prohibited Method* contained in the *Prohibited List*.

Please note there are 2 (two) types of TUE's

- Abbreviated Tue (ATUE)
- Standard TUE (TUE)

Abbreviated TUE's should be completed by athletes who need respiratory use of asthma puffers and use of non-systemic Glucocorticosteroids during events.

This form is attached with this document. ATUE forms are in effect once completed and received by your AHF Anti-Doping Officer. Your Anti-Doping Officer will then inform ASDA and IHF. ATUE forms are valid for 1 (one) year, which will commence on day AHF Anti-Doping Officer receives form.

TUE's must be completed if an *Athlete* needs permission to use a *Prohibited Substance* or *Prohibited Method* contained in the *Prohibited List*. You must complete the form according to the regulations set by IHF. You will find these regulations attached with this document. Once you have completed the form and have all required documents you must forward this to IHF. You must do so at

least 21 (twenty-one) days prior to an international event. It will take 14 (fourteen) days for IHF to approve your TUE application. If granted you will receive a letter from IHF. That letter will state when the TUE is effect for how long a period it is effective.

Please note if you have previously completed an ATUE or TUE form, they are now void as of August 12th 2004. You will need to complete a new form. Forms for both ATUE and TUE are attached with this letter.

Also note that is **your** responsibility to complete the forms if need be. If you are in doubt always check with the prohibited list.

If you are tested positive for any substance on the prohibited list and fail to produce a ATUE/TUE form you will be sanctioned according to article 5.2, 5.6, 7.4, 13.2, and 13.3 of the AHF Anti-Doping Policy.

First Violation – 1yr to 2yr ineligibility

Second Violation and Subsequent Violations – Life time ineligibility

If you need to complete a TUE you will need to forward the form and all relevant documents to:

Frank Birkefeld at IHF.Office@ihf.info

Peter Merian-Strasse 23

P.O. Box

4002 Basle

Switzerland

We recommend you keep a copy of your ATUE/TUE forms and keep it with you while attending any National Training Camps, International Events, and the National Championships.

Retirement and Return to competition

If you wish to retire from competition or the National Teams you must do so in writing to AHF. You will need to inform the National Coaching Squad and the AHF Anti-Doping Officer.

The date of your retirement will be in effect on the day AHF receives the notice.

Once retired from the National Team you may not compete in *Competitions* and *Events* conducted by or under the auspices of *AHF*, *IHF* until the following periods expire:

For international *Competitions* and *Events*

6 months from the date of the *AHF* receives the reinstatement request.

For domestic *Competitions* and *Events*

6 months from the date of the *AHF* receives the reinstatement request

Once retired you are not eligible to compete at the AHF National Championships unless you request to be reinstated. Note you can only ask for reinstatement 6 (six) months after your retirement date. Reinstatement will be at the discretion of the AHF.

Please consider you retirement as you will be ineligible to compete at any IHF, AHF 12 (twelve) months after your retirement date.

Please read all of article 8.4 of the AHF Anti-Doping Policy for all regulations regarding retirement and return to competition.

Other

Your State Officials and National Coaching staff will receive similar packages to help them understand the new AHF Anti-Doping Policy.

We are aware that many of you are unsure what to do as you have not been informed of future camps, don't know who is your coach, or if you are on the National team.

Unless you hear otherwise consider yourself part of the National Team, and therefore subject to the rules of the AHF Anti-Doping Policy. We are using our records as supplied by the National Coaching Staff and will only forward relevant documentation to players considered to be on the National Team. If you receive this documentation please read / complete the documentation and return it by the set due date.

Yours in sport
Jacob Krog
AHF Anti-Doping Officer