



EIBA Anti-Doping Guidance Note



EIBA Anti-Doping Rules

The Association's Anti-Doping Rules are:

“The anti-doping rules of the English Indoor Bowling Association Limited are the UK Anti-Doping Rules published by UK Anti-Doping (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of the English Indoor Bowling Association Limited.”

The **UK Anti-Doping (UKAD)** website is aimed at all UK athletes. We encourage all Bowlers and Support Personnel (Club/County Officials, Umpires and Coaches) to use this website as their primary source of information when researching anti-doping:

www.ukad.org.uk/



The latest version of the **UKAD Anti-Doping Rules** can be found at:

www.ukad.org.uk/resources/document/uk-anti-doping-rules



See additional information below.

The **World Anti-Doping Agency (WADA)** website provides general anti-doping information including the World Anti-Doping Code and the Prohibited List: www.wada-ama.org



Raising the game for
clean sport

02 MAY 2022
Reminder –
Registration for
WADA's 2022

11 - 12 JUN 2022
WADA Annual
Symposium



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The **Global Drug Reference Online (Global DRO)** website provides Bowlers and Support Personnel with information about the prohibited status of specific substances based on the current WADA Prohibited List:

www.globaldro.com



Guidance for all Playing Members of Affiliated Clubs and County Associations and their Support Personnel

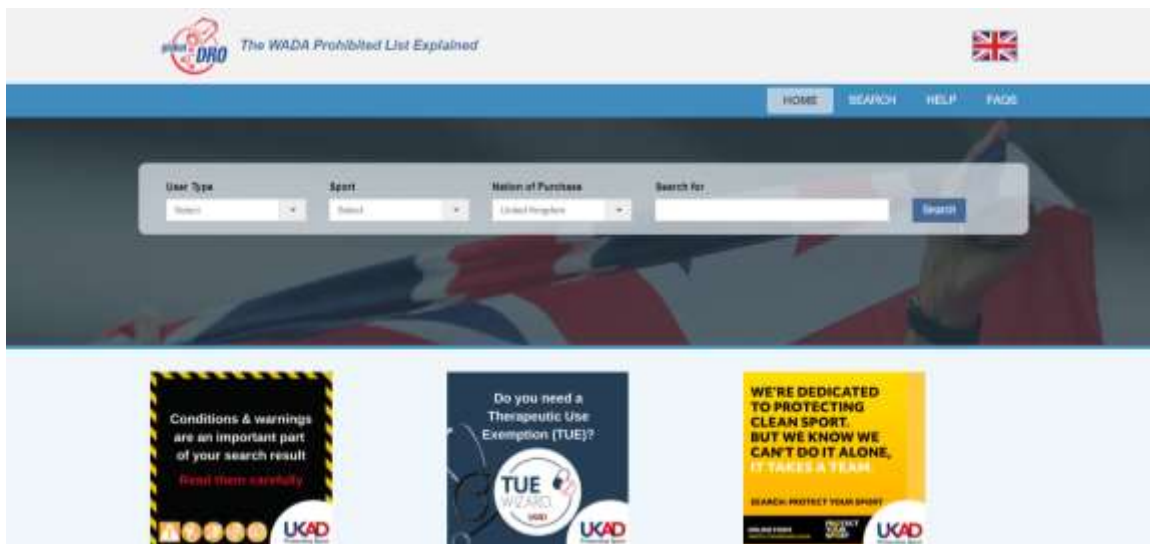
If a Bowler is taking medication, they are encouraged to follow the simple procedures outlined below:

Check on the Global DRO website to see whether medication is prohibited - www.globaldro.com/UK/search

ONLINE HELP

Follow these simple steps to find the status of a brand or ingredient:

Click onto www.globaldro.com/UK/search



Select your "User Type" (e.g., Athlete, Coach, Pharmacist, Medical Professional, Parent, Sports Administrator, Other).

Select our "Sport" – Bowls

Select appropriate "Nation of Purchase"

Enter a minimum of four characters of the brand name, or the active ingredient into the "Search for" box.

Click [Search].

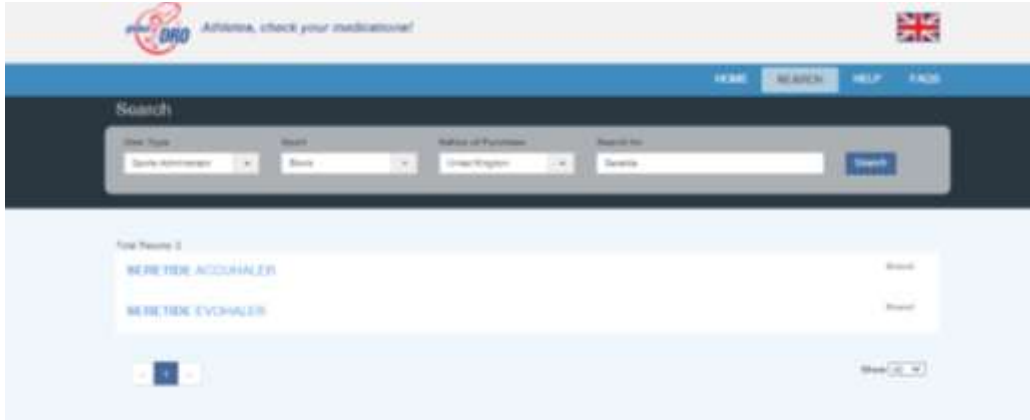
Read the "Terms and Conditions" carefully. Click "I accept these terms" to continue. If you choose to not accept the conditions, you will not be allowed to proceed to the search page.



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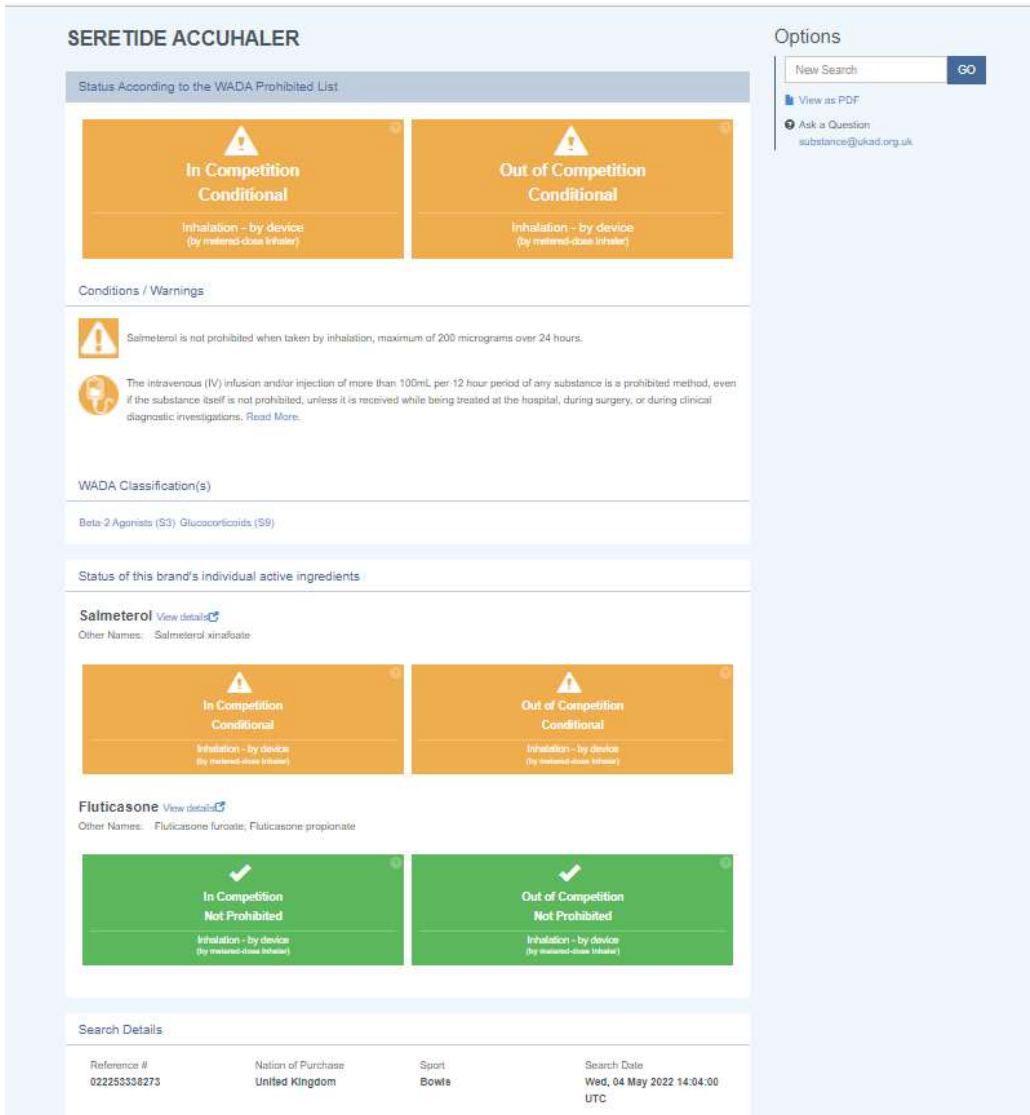


Sample Search: - Seretide



Click on the correct brand or ingredient from the list, checking that the name on the Global DRO matches that on the label. This must be an exact match.

Sample "View Status"



Save as a PDF, Print or email the summary page to keep for your records - record the unique reference number.



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Important information about search results:

- Always record your reference number!
- The “in-competition” and “out-of-competition” status will be shown for each ingredient contained in the brand.
- For brands containing multiple ingredients, always refer to the overall status listed at the top of the results page.
- Caution: Do not use the Global DRO to check supplement ingredients. See the FAQ for more information about the results of the Search - www.globaldro.com/UK/search/FAQ
- Ingredients and brands will be displayed as:



In Competition

The period commencing at 11:59 p.m. on the day before a competition in which the athlete is scheduled to participate through the end of such competition and the sample collection process related to such competition.

Not Prohibited

Subject to the conditions / warnings shown in the search result, there are no restrictions on the use of this ingredient or brand according to the current WADA Prohibited List.

Take note of the substance’s status both in-competition and out-of-competition, as they may differ depending on how the substance is classified on the Prohibited List. See the FAQ for more information.



Out of Competition

Any period which is not in-competition.

Not Prohibited

Subject to the conditions / warnings shown in the search result, there are no restrictions on the use of this ingredient or brand according to the current WADA Prohibited List.

Take note of the substance’s status both in-competition and out-of-competition, as they may differ depending on how the substance is classified on the Prohibited List. See the FAQ for more information.



In Competition

The period commencing at 11:59 p.m. on the day before a competition in which the athlete is scheduled to participate through the end of such competition and the sample collection process related to such competition.

Conditional

This ingredient or brand is prohibited in certain circumstances.

Please read the “Conditions / Warnings” carefully to understand the conditions under which this ingredient is prohibited and not prohibited.



Out of Competition

Any period which is not in-competition.

Conditional

This ingredient or brand is prohibited in certain circumstances.

Please read the “Conditions / Warnings” carefully to understand the conditions under which this ingredient is prohibited and not prohibited.



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In Competition

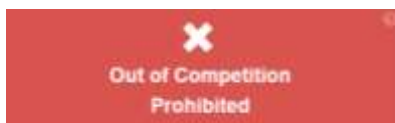
The period commencing at 11:59 p.m. on the day before a competition in which the athlete is scheduled to participate through the end of such competition and the sample collection process related to such competition.

Prohibited

This ingredient or brand is included on the WADA Prohibited List.

Athletes who have been diagnosed with a medical condition that requires the use of a prohibited substance may apply for a [Therapeutic Use Exemption \(TUE\)](#) to request permission for the use of the prohibited substance.

Take note of the substance's status both in-competition and out-of-competition, as they may differ depending on how the substance is classified on the Prohibited List. See the FAQ for more information.



Out of Competition

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TUE PROCEDURE

See FAQ's – www.globaldro.com/UK/search/FAQ

I have checked my medication and it is prohibited. What do I need to do now?

If the medication you are looking to take is prohibited, you may need to apply for a Therapeutic Use Exemption (TUE). Consult the TUE Wizard on the UK Anti-Doping website (<https://www.ukad.org.uk/tue-wizard>) for more information about the TUE process.

Do you need a Therapeutic Use Exemption (TUE)?

It is an athlete's responsibility to be aware of, and understand, the TUE process and requirements that apply to them.

These requirements will vary depending on the athlete's medication, their sport, and their competition level.

Use our TUE Wizard to determine whether, when and how to apply for a TUE.

Make sure to press submit once you have finished using the Wizard to generate a report of your search. We recommend you keep a copy of your Wizard search results should they be needed to demonstrate the checks you have made and when you last made them.

TUE Wizard

Disclaimer

The Therapeutic Use Exemption Wizard (the Wizard) is a tool designed to guide individuals through the requirements for Therapeutic Use Exemptions (TUE) and is subject to the UKAD General Privacy Notice and the UKAD Cookie Policy. However, please note the Wizard is merely a guide to assist athletes and it remains each athlete's individual responsibility to actively check and verify their TUE requirements regularly. UKAD cannot be held liable for errors in results including, but not limited to, those occurring due to the input of incorrect information into the Wizard or for the misinterpretation of the results provided by the Wizard.

The results provided by the Wizard will reflect changes to the relevant rules and guidance, including the World Anti-Doping

Agree to Terms and Conditions

Next



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Answer the following questions:

1. Have you checked the status of your medication on Global DRO?
2. Does your medication contain a prohibited substance or is your treatment considered to be a prohibited method?
3. Do alternative permitted medications exist that are suitable to treat your medical condition?

It is an athlete's responsibility to check with their doctor if they could use an alternative medication or treatment that is permitted within sport.

If you have already started the treatment in a medical emergency, then please click 'No' to proceed with the Wizard and find out if you need to apply for a TUE.

Answer of "YES"

If in consultation with your doctor suitable permitted alternatives do exist, please use this permitted treatment instead. A TUE will not be required for use of the permitted substance. Enter your email address if you would like your TUE Wizard Search Results sent to you

Answer of "NO"

*After consultation with your doctor, you can confirm that no permitted alternatives exist, or that a trial of permitted alternatives was unsuccessful **takes you to Q4.***

4. Are you included within the UKAD National TUE Pool?

Please check [here](#) to find out whether you are included within the National TUE Pool for your sport.

www.ukad.org.uk/national-tue-pool#national_tool_search

If you are unable to find your sport from the list, please email tue@ukad.org.uk and provide us with details of your sport, level of competition, medication and diagnosis.

Extract as at 4.5.22

https://www.ukad.org.uk/national-tue-pool#national_tool_search

National TUE Pool

Athletes defined by UKAD as being within the National TUE Pool of their sport are required to apply for and obtain a TUE before using a prohibited medication or method.

International level athletes, as defined by their International Federation, are required to apply directly to their International Federation for any TUE required.

Exceptions to obtaining a TUE in advance of starting treatment

TUE requests for athletes in the National TUE Pool should be submitted to UKAD for review before starting treatment.

Only in the following circumstances should treatment begin without TUE approval:

1. *Emergency or urgent situations (e.g. allergic reaction, exacerbation of asthma, onset of bell's palsy, surgery, admission to A&E)*
2. *In instances whereby an athlete has started treatment prior to reaching a competition level that warrants inclusion in the National TUE Pool*
3. *Athletes who require the use of a glucocorticoid by local injection. In this instance, athletes are only required to apply for a retroactive TUE if they are subject to doping control in-competition and they subsequently return an Adverse Analytical Finding (AAF) for the presence of that glucocorticoid. Please refer to our [Glucocorticoid TUE Policy](#) for more information.*

In circumstances 1 and 2, a TUE application should be submitted to UKAD as soon as possible.



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Retroactive TUE Procedure

Athletes who are not defined to be within the National TUE Pool for their sport do not need to be in possession of a valid TUE prior to commencing treatment with a prohibited substance or method. However, such athletes should check with their prescribing doctor prior to starting treatment that:

- the need to use the prohibited substance or method is necessary to treat the diagnosed medical condition
- the diagnosis is supported by relevant clinical evidence such as investigations, clinical examinations, and/or test results
- no permitted alternatives exist (the status of other possible treatment options can be assessed using [Global DRO](#)).

Athletes have five working days to make a retroactive TUE application to UKAD following the receipt of an AAF. (Adverse analytical finding)

National TUE Pool Search

Athletes can check below to find out if they are included within the National TUE Pool for their sport.

BOWLS Information:

Sport

1. Players competing in International Events as listed by World Bowls*
2. Players competing at the 2022 Commonwealth Games**

*Athletes who are included in the World Bowls Registered International Testing Pool and/or are due to compete in a World Bowls International Event should apply directly to World Bowls [here](#).

**Athletes who are selected to represent England, Northern Ireland, Scotland or Wales at the 2022 Commonwealth Games (and are not already in the National TUE Pool) are required to apply for TUEs for acute and chronic medical conditions as soon as their selection is confirmed.

PLEASE NOTE that the onus is now on all Bowlers to check their medication. It is no longer necessary to complete a "Medical Declaration Form" or carry a copy of their latest Prescription, as have been the practices in the past.

All Bowlers/Support Personnel should also note the following websites and additional information:

- **World Anti-Doping Agency Prohibited List**
- **100% me**
- **UKAD Website - MEDICINE**
- **UKAD Website: ANTI-DOPING RULES**



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[UKAD Website - MEDICINE](#)

www.ukad.org.uk/athletes/medicine

Checking Your Medication

www.ukad.org.uk/checking-medications

Do you need a TUE?

www.ukad.org.uk/tue-wizard

National TUE Pool

www.ukad.org.uk/national-tue-pool

How to apply for a Therapeutic Use Exemption (TUE)

www.ukad.org.uk/tue-application

What happens after your TUE has been submitted?

www.ukad.org.uk/tue-submission

Special Topics

www.ukad.org.uk/special-topics

- *Adrenaline Auto-Injectors*
- *Asthma*
- *ADHD (attention deficit hyperactivity disorder)*
- *Diabetes*
- *Athletes requiring a TUE for the use of insulins to treat diabetes should refer to the following documentation:*
- *Diabetes checklist*
- *Standard TUE application form*
- *Emergency Medications*
- *Glucocorticoids*
- *Hay Fever*



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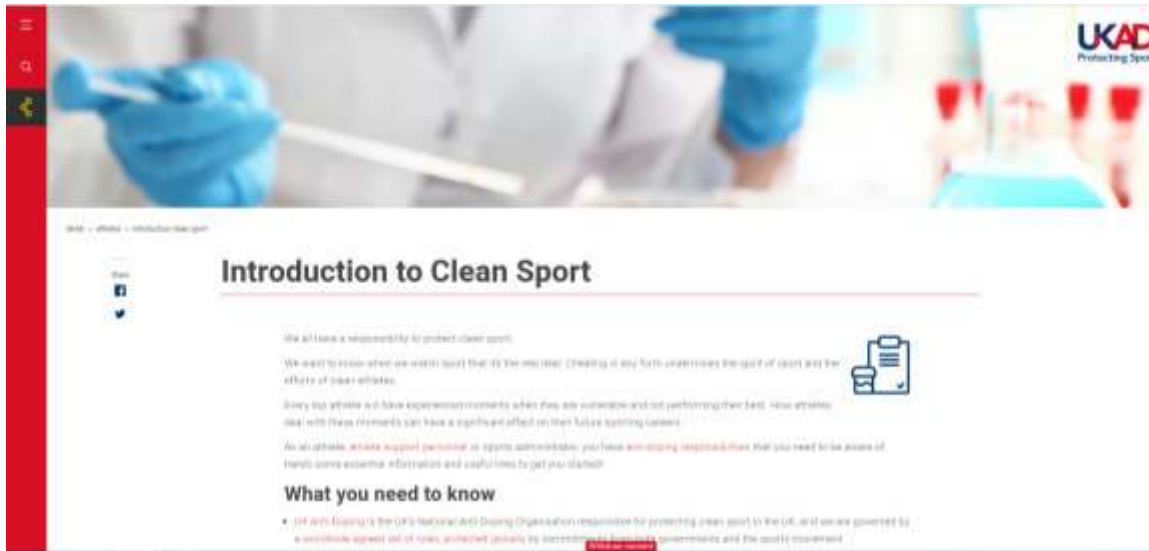
[UKAD Website: ANTI-DOPING RULES](#)

www.ukad.org.uk/about/anti-doping-rules

The Anti-Doping Rules

Just as each sport has rules to determine how it is played or performed, there are Anti-Doping Rules in place to protect [clean sport](#).

Hyperlink - <https://www.ukad.org.uk/athletes/introduction-clean-sport>



Doping is defined in the [World Anti-Doping Code](#) as the occurrence of one or more of the Anti-Doping Rule Violations.

Hyperlink - <https://www.wada-ama.org/en/resources/world-anti-doping-program/world-anti-doping-code>



It's much more than a positive test.

You will find the current UK Anti-Doping Rules below.



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The facts - what you need to know about the 11 Anti-Doping Rule Violations

There are 11 Anti-Doping Rule Violations (ADRVs). All **11** apply to athletes, **two** (in bold) also apply to [athlete support personnel](#)

Hyperlink - <https://www.ukad.org.uk/support/athlete-support-personnel>



and **five** (in bold) also apply to athlete support personnel and other persons.

Apply to athletes only

- Presence
- Use or Attempted Use
- Evading, Refusing or Failing to Submit to Sample Collection
- Whereabouts failures

Apply to athletes and athlete support personnel

- **Possession**
- **Administration or Attempted Administration**

Apply to athletes, athlete support personnel and other persons

- **Tampering or Attempted Tampering**
- **Trafficking or Attempted Trafficking**
- **Complicity or Attempted Complicity**
- **Prohibited Association**
- **Acts by an Athlete or Other Person to Discourage or Retaliate Against Reporting to Authorities**

What that means for you

Athletes need to make sure they are fully aware of ALL the Anti-Doping Rule Violations and what the consequences are for [breaking them](#).

Hyperlink - <https://www.ukad.org.uk/violations/consequences-doping>

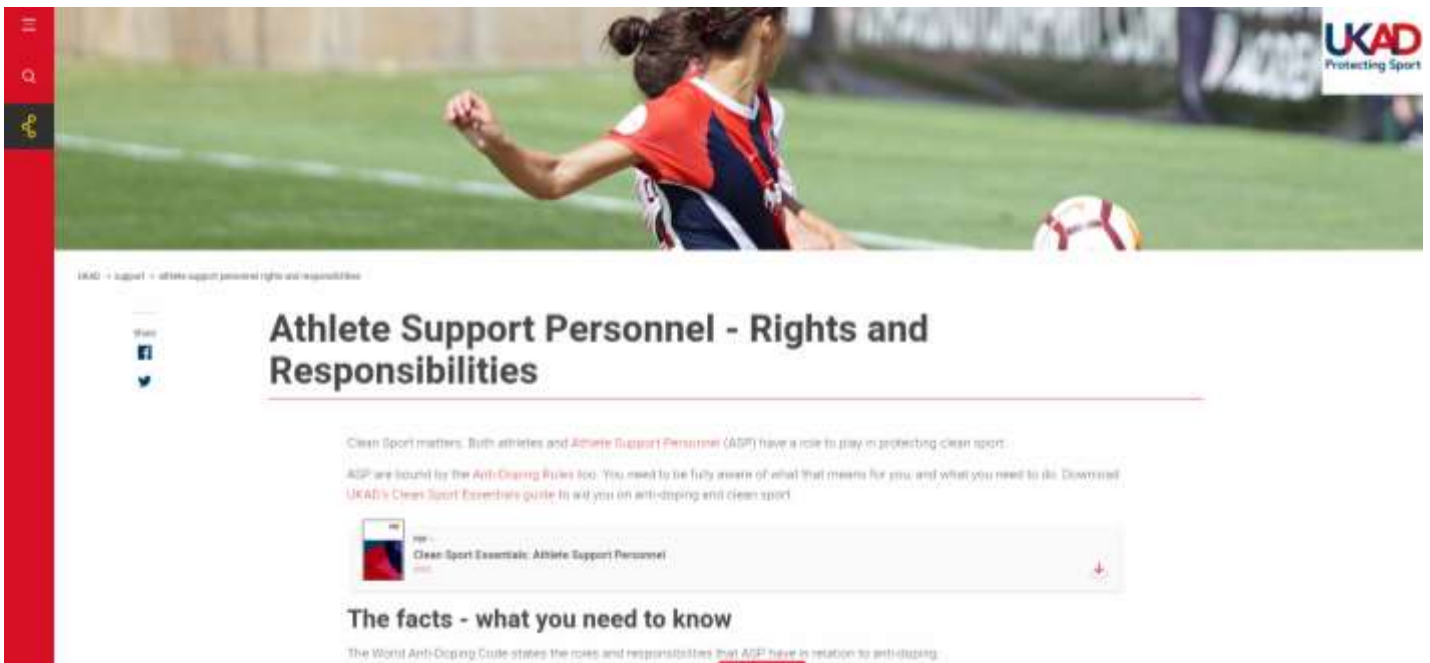


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Visit our [athlete support personnel hub](#) for further information on checking medications, supplement risks, the testing process and much more.

Hyperlink - <https://www.ukad.org.uk/support/athlete-support-personnel-rights-and-responsibilities>



Refusing a test, as an example, could lead to four-year ban.

And remember, ADRVs are just like the rules in sport - it's out or it's in, it's an official time or it's not - but that is not everything.

Clean sport is more than rules - it is also how you train and compete in sport, and how you conduct yourself both on and off the field of play.

If in doubt, check your National Governing Body's website for more information on your sport's anti-doping rules.

PDF

2021 UK Anti-Doping Rules

<https://www.ukad.org.uk/sites/default/files/2020-11/2021%20UK%20Anti-Doping%20Rules%20v1.0%20FINAL.pdf>



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2021 World Anti-Doping Code Changes

Under the 2021 World Anti-Doping Code, an athlete may be determined as being either a “International-Level”, “National-Level” or a “Recreational Athlete”.

International-Level

It is the responsibility of each International Federation to define what constitutes an athlete as being “International-Level” within their sport. Athletes are advised to check with their International Federation if they are unclear on whether they are defined as being an “International-Level Athlete”.

National-Level

It is the responsibility of UKAD to determine what constitutes an athlete as being “National-Level” within the UK.

Within the 2021 UK Anti-Doping Rules, an athlete that falls into any of the following categories is defined as a “National-Level Athlete”:

1. An Athlete in UKAD’s National Registered Testing Pool (NRTP) or Domestic Testing Pool (DTP). For more information on the Whereabouts requirements for the NRTP and DTP, [click here](#).

Hyperlink - <https://www.ukad.org.uk/athletes/whereabouts-and-adams>



2. An Athlete in UKAD’s [National TUE Pool](#)

Hyperlink – <https://www.ukad.org.uk/national-tue-pool>

3. An Athlete supported through UK Sport’s World Class Programme funding, or in direct receipt of a UK Sport or Home Country Sports Council Athlete Performance Award
4. An Athlete who is in or who in the last six months has been in a squad representing Great Britain, England, Scotland, Wales or Northern Ireland (a) at senior level; or (b) at junior levels that are published in the dropdown list below



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5. An Athlete competing at an International Event in an open senior category but who is not defined as an International Level Athlete by the relevant International Federation
6. An Athlete who is a member of the squads and has competed in the events listed in the section below

Additional categories of a National-Level Athlete (Criteria 4b and 6)

Additional categories of a National-Level Athlete (Criteria 4b and 6)

Criteria 4b

International Junior competitions

Criteria 6

Athletes competing in:

- British Isles Bowls Championships (Men and Women)
- British Isles Bowls International Series (Men and Women)

Recreational Athlete

It is also the responsibility of UKAD to determine what constitutes a “Recreational Athlete”. Under the 2021 UK Anti-Doping Rules, this is defined as:

An Athlete who is under the jurisdiction of the NGB and who, within the five years prior to committing any Anti-Doping Rule Violation,


1. has not been an International-Level Athlete (as defined by each International Federation) or a National-Level Athlete (as defined by UKAD);
2. has not represented Great Britain or any other country in an International Event in an open category; and
3. has not been included within any Registered Testing Pool or other whereabouts information pool maintained by any International Federation or National Anti-Doping Organisation





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World Anti-Doping Agency Prohibited List

	<p>Prohibited List The Prohibited List is published every year by the World Anti-Doping Agency (WADA).</p>	<p>www.wada-ama.org/en/content/what-is-prohibited</p>
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100% me

	<p>100% me 100% me is just for athletes. It's our education and information programme to help you throughout your sporting journey. We want all athletes to be able to say, it's '100% me'. It's what's inside that counts!</p>	<p>www.ukad.org.uk/athletes/100-me</p>
	<p>Download the 100% me Clean Sport App for everything you need to know about clean sport in one place.</p>	<p>Apple - App Store Google Play</p>

Protect Your Sport

	<p>www.ukad.org.uk/protect-your-sport</p> <p>Protect Your Sport Protecting clean sport depends on everyone in sport playing their part to maintain a level playing field. We know we can't do it alone. It takes a team. Clean competition rests on athletes, parents and support staff having the know-how to speak out when something's wrong within sport - no matter how small the information may seem. Protect Your Sport from those who seek to cheat.</p>
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EIBA Contact Details if you require any further information

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Updated 10th May 2022

Disclaimer - Every effort has been made to ensure the accuracy of the information contained in this guidance note. The English Indoor Bowling Association Ltd (EIBA), its servants or agents shall not at any time, in any circumstances, be held responsible or liable to any party in respect of any loss, damage or costs of any nature arising directly or indirectly from reliance placed on the material in this guidance note, or any other guidance notes issued by the EIBA. This information has been prepared as a basic guide only and should not be viewed as a substitute for obtaining comprehensive expert or professional advice.