

# **DOPING CONTROL @ SPL 2019**

## **What You Need to Know**

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# Content

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-  Anti-Doping Programme
-  Prohibited List & Therapeutic Use Exemption
-  Risk of Supplement Use
-  Doping Control
-  Results Management
-  Education and Prevention

# Anti-Doping Programme

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- **Testing Authority:**  
Football Association of Singapore (FAS)
- **Sample Collection Agency:**  
Anti-Doping Singapore (ADS)
- **Results Management Authority:**  
Asian Football Confederation (AFC)
- **Applicable Rules:** AFC Anti-Doping Regulations  
([www.the-afc.com](http://www.the-afc.com))

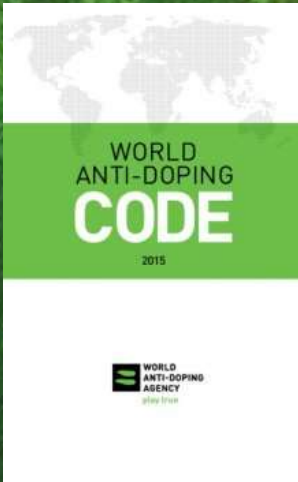
# Anti-Doping Programme

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- **In-Competition:**  
Period commencing **24 hours before the kick-off of a single Match** or the first Match of a Competition and terminates **24 hours after completion of the sample collection**
- **Out-of-Competition:**  
Any period which is not In-Competition

# WORLD ANTI-DOPING PROGRAM

Revised



The Code harmonizes and provides the framework for anti-doping policies, rules, and regulations within sport organizations and among public authorities.

The 5 International Standards harmonize different technical and operational aspects of anti-doping.



Testing & Investigations



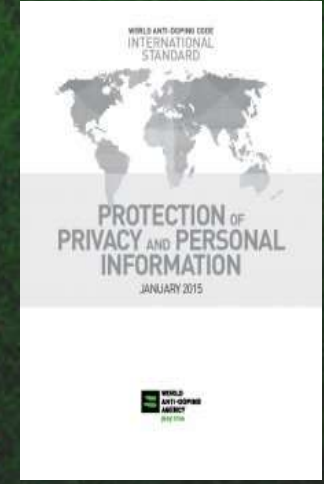
Prohibited List



Therapeutic Use Exemption



Laboratories

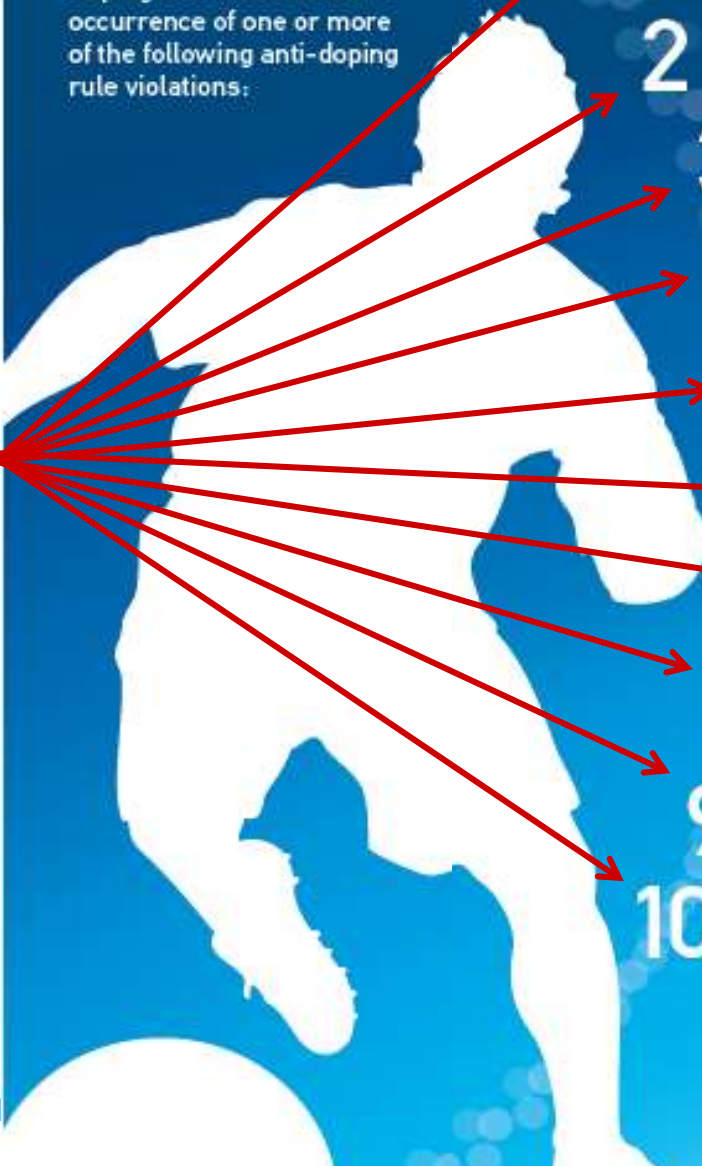


Protection of Privacy

# What is Doping?

## What is Doping?

Doping is defined as the occurrence of one or more of the following anti-doping rule violations:



- 1 Presence** of a prohibited substance in an athlete's sample
- 2 Use** or attempted use of a prohibited substance or method
- 3 Refusing** to submit to sample collection after being notified
- 4 Failure** to file athlete whereabouts information & missed tests
- 5 Tampering** with any part of the doping control process
- 6 Possession** of a prohibited substance or method
- 7 Trafficking** a prohibited substance or method
- 8 Administering** or attempting to administer a prohibited substance or method to an athlete
- 9 Complicity** in an ADRV
- 10 Prohibited** Association with sanctioned Athlete Support Personnel

# New ADRVs

- **Complicity**
  - Involvement in an ADRV committed by another person, such as helping to cover up that ADRV, will be sanctioned the same way as that violation



**Italian Olympic bronze medallist Carolina Kostner**

2015: Banned 16 months for helping her boyfriend cover up his use of performance enhancing drugs

# New ADRVs

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- **Prohibited Association**

- Associating with a person such as a coach, doctor or physiotherapist who has been found guilty of criminal or disciplinary offence equivalent to a doping violation, will be sanctioned up to 2 years





# Period of Sanctions

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- **Period of ban increased from 2 to 4 years**
  - Involving serious doping substances (eg, steroids, growth hormone, EPO) and calculated doping methods (eg, blood transfusions)
  - Refusal or evading sample collection



# Doping Cases in Singapore



Name (Country)	Sport	ADRV	Substance (Category)	Sanction
<b>Luqmannul Hakim Bin Amran (Singapore)</b>	Powerlifting	Presence	1,4-Dimethylpentylamine (1,4-DMPA) (S6)	One year 7 June 2018 – 6 June 2019
<b>Mohammad Khairi Bin Ishak (Singapore)</b>	Para Athletics	Presence	Methandienone (S1)	Four years 6 April 2018 – 5 April 2022
<b>Susitha Sudam Suraweera (Sri Lanka)</b>	Powerlifting	Presence	Methandienone (S1)	Four years 21 March 2017 – 18 January 2021
<b>Muhammad Firdaus Bin Nordin (Singapore)</b>	Para Athletics	Trafficking	Methamphetamine (S6)	Four years 20 May 2016 – 19 May 2020
<b>Suzanne Seah (Singapore)</b>	Canoe/Kayak	Refusal to Submit to Sample Collection		Two years 28 August 2016 – 27 August 2018
<b>Saiedah Binte Said (Singapore)</b>	Silat	Presence	Sibutramine (S6)	Two years 4 June 2013 – 3 June 2015

# Doping Cases in Singapore

## 7 BODYBUILDERS BANNED FOR DOPING

It's believed to be highest number of drug cheats sanctioned at one go here

By SANJAY NAIR

SEVEN bodybuilders, including four Mr Singapore winners, have each been slapped with two-year bans after testing positive for banned substances.

This is believed to be the highest number of drug cheats sanctioned at one go in Singapore sport.

The athletes were exposed following in-competition testing at the National Bodybuilding and Physique Sports Championships on July 1.

Seven of the eight athletes tested that day were banned by the National Anti-Doping Disciplinary Committee following a meeting on Monday. The suspensions were announced by the Singapore

SBBF president Rano Rahmat was exposed as an undischarged bankrupt and had also admitted to having taught a fellow athlete how to use steroids two years ago.

Said Sugendran: "I can't emphasise enough how much we don't condone doping in our sport. We're victims of our own strictness since we were the ones who invited Anti-Doping Singapore (ADS) to test at our championships for the first time in four years."

He also called for more financial aid to deal with the drug scourge. The SBBF did not receive any funding from the SSC this year as it has not attained charity status.

"A full drug test can cost almost \$3,000. We want to have

### The banned seven

■ **Low Xiang Hua Zen**  
70kg & below, Mr Singapore

■ **Tan Chin Boon**  
70kg & below

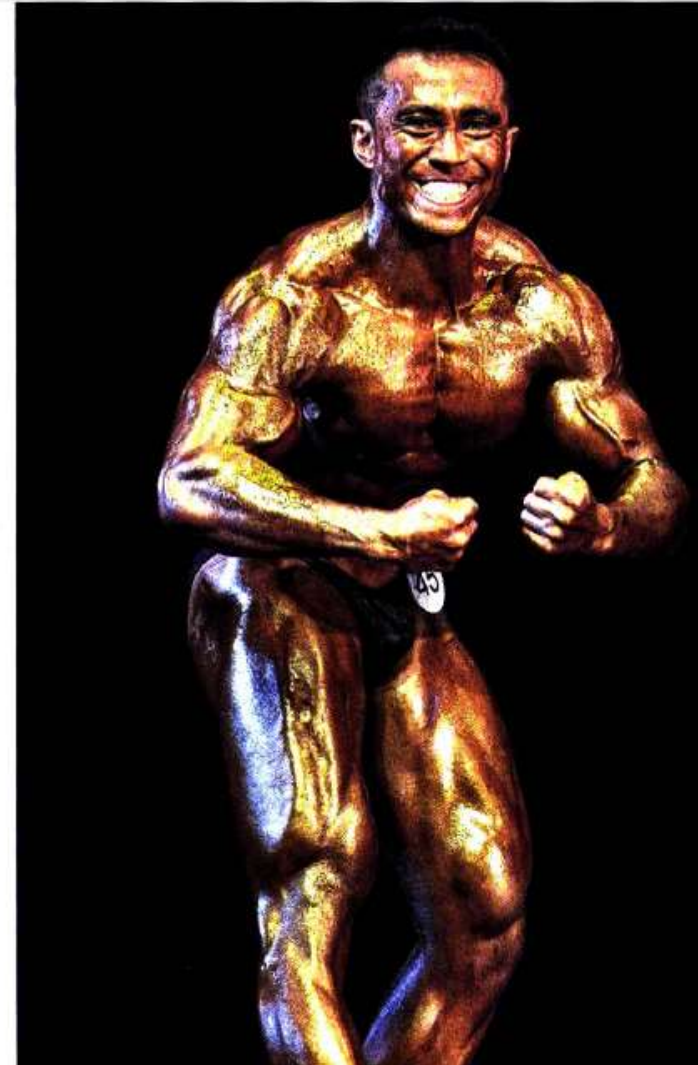
■ **Danie Dharmu Joseph Segaran**  
75kg & below, Mr Singapore

■ **Shahanizar Johar**  
80kg & below

■ **Shaifulhaq Ahmad Ishak**  
80kg & below, Mr Singapore

■ **Khusnady Mohamad Ismail**  
85kg & below

■ **Muhammad Firdaus Zainal**  
85kg & below, Mr Singapore



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# Doping Cases in Singapore



Name (Country)	Sport	ADRV	Substance (Category)	Sanction
<b>Danie Dharmu s/o Joseph Segaran (Singapore)</b>	Bodybuilding	Presence	Clenbuterol (S1) Oxandrolone (S1) Tamoxifen (S4) Furosemide (S5)	Two years 6 August 2012 – 5 August 2014
<b>Khusnady Bin Mohamad Ismail (Singapore)</b>	Bodybuilding	Presence	Stanozolol (S1) Epitrenbolone (S1)	Two years 6 August 2012 – 5 August 2014
<b>Low Xiang Hua (Singapore)</b>	Bodybuilding	Presence	Stanozolol (S1) Clenbuterol (S1) Letrozole (S4) Furosemide (S5) Hydrochlorthiazide (S5) Chlorthiazide (S5) Spironolactone / Canrenone (S5)	Two years 6 August 2012 – 5 August 2014
<b>Muhammad Firdaus Bin Zainal (Singapore)</b>	Bodybuilding	Presence	Epitrenbolone (S1) Drostanolone (S1) Mesterolone (S1) Letrozole (S4)	Two years 6 August 2012 – 5 August 2014
<b>Shahanizar Bin Johar (Singapore)</b>	Bodybuilding	Presence	Drostanolone (S1) Stanozolol (S1) Epitrenbolone (S1)	Two years 6 August 2012 – 5 August 2014
<b>Shaifulhaq Bin Ahmad Ishak (Singapore)</b>	Bodybuilding	Presence	Drostanolone (S1) Methylhexaenamine (S6)	
		Violation of Period of Ineligibility		Two years 29 June 2013 – 28 June 2015
<b>Tan Chin Boon (Singapore)</b>	Bodybuilding	Presence	Clenbuterol (S1) Fluoxymestron (S1) Furosemide (S5)	Two years 6 August 2012 – 5 August 2014

# PROHIBITED LIST & THERAPEUTIC USE EXEMPTION (TUE)

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# Prohibited List

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## What is the Prohibited List?

- A document that identifies the Substances and Methods that are prohibited for use in sport all the time or during competition only
- Reviewed annually and comes into effect every 1 January

# Prohibited At All Times

## Substances



Non-approved medication



Anabolic Agents eg, Steroids



Hormones & Growth Factors eg, EPO, insulin, hGH



Beta-2 Agonists eg, Asthma medication



Hormone Antagonists eg, Contraceptives, Meldonium



Diuretics eg, weight loss products

# Prohibited At All Times

## Methods



Manipulation of Blood eg, blood transfusion



Chemical & Physical Manipulation  
eg, Intravenous infusion



Gene & Cell Doping eg, Gene editing



# Prohibited In-Competition Only

## Substances



Stimulants eg, over-the-counter medicines, nasal sprays, weight loss products, pseudoephedrine



Narcotics eg, painkillers, morphine, heroin



Cannabinoids eg, Marijuana, cannabis

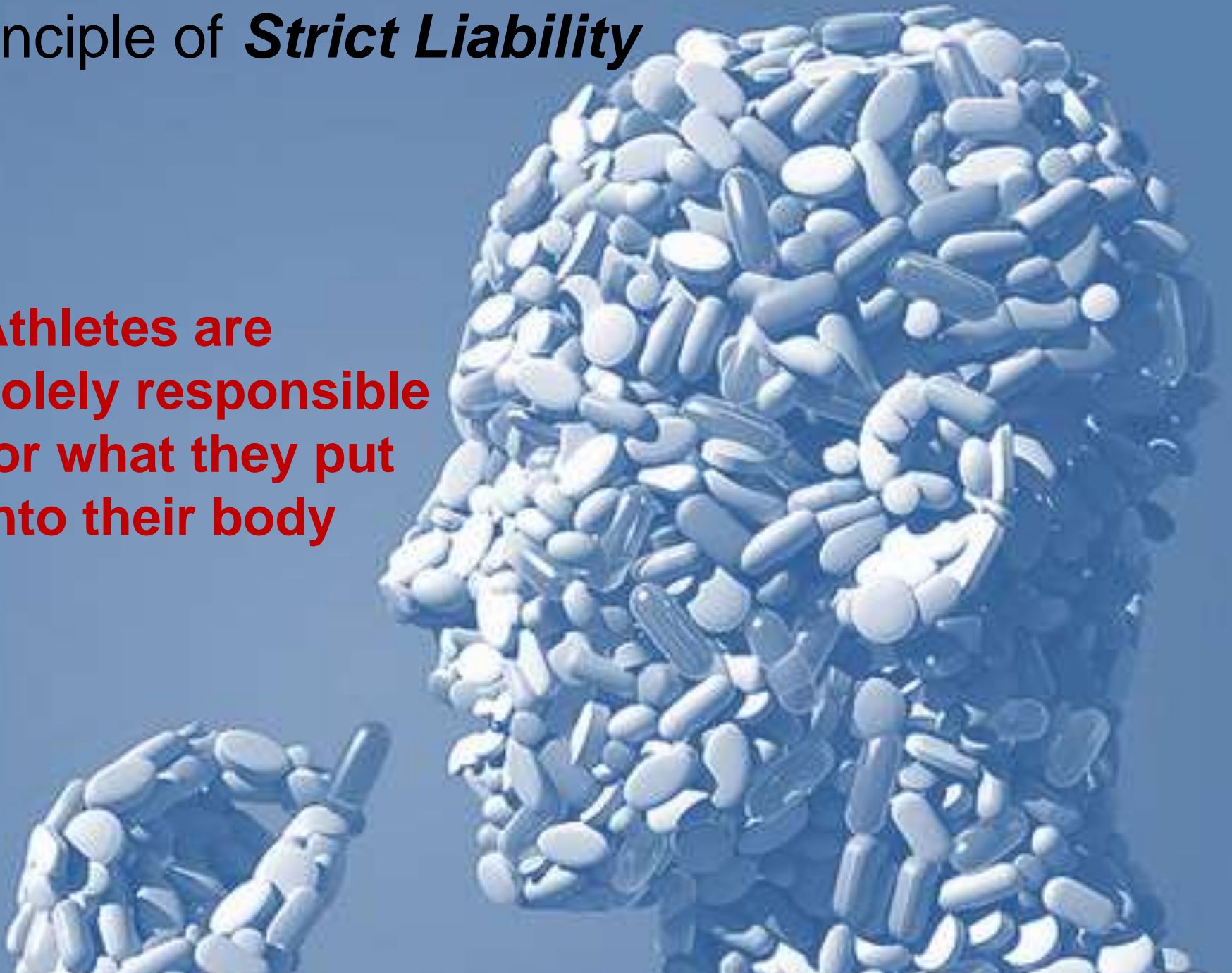


Glucocorticoids eg, asthma, allergy, anti-inflammatory

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# Principle of *Strict Liability*

**Athletes are  
solely responsible  
for what they put  
into their body**



# “Accidental” Doping

Coach

Doctor



TCM



ATHLETE



Pharmacist



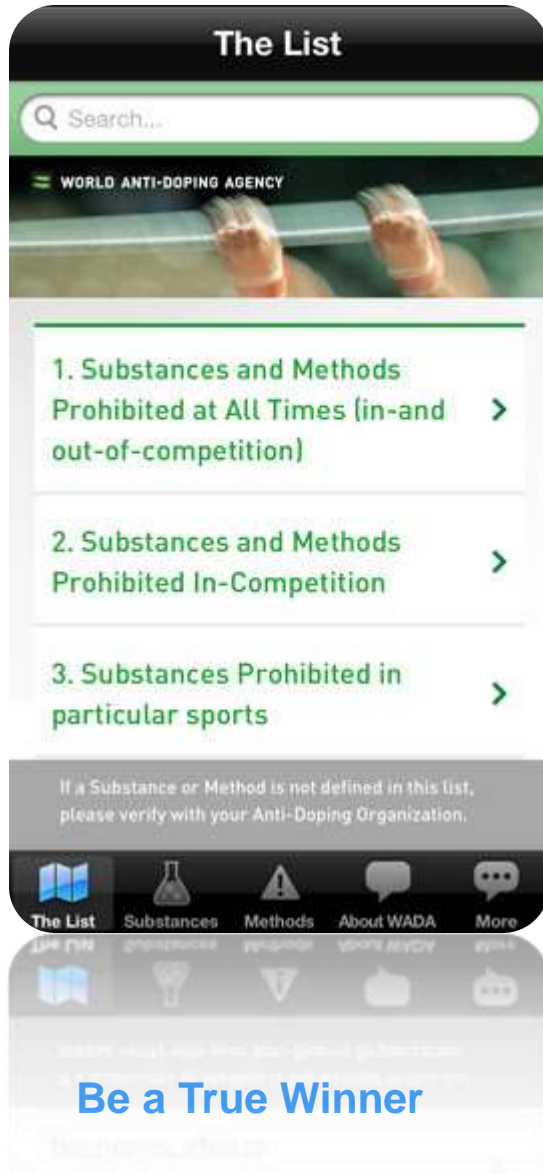
Trainer



Supplements

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# What This Means?



Always **CHECK**  
status of  
medication!!

Obtain a **TUE**  
before use!!

If unsure, do  
**NOT** take it!!

# Check Medication



Download Prohibited List  
from iTunes:

<http://www.apple.com/itunes/>

Mobile site: [list.wada-ama.org](http://list.wada-ama.org)



For drugs registered in  
Singapore:

[www.antidoping.org.sg](http://www.antidoping.org.sg)



For drugs registered in Australia, Canada,  
Japan, USA, UK and Switzerland:

[www.globaldro.com](http://www.globaldro.com)

# Therapeutic Use Exemptions

***Recognition of an athlete's right to  
best medical treatment***



# Therapeutic Use Exemptions (TUE)

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- Allows use of prohibited substance or method for a legitimate medical condition
- Approved by NADO
- Obtain TUE before use



# Application for TUE

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- **Prohibited at ALL times**
  - Apply for a TUE immediately
- **Prohibited In-Competition only**
  - Apply ***at least 30 days*** before match
- **Retroactive TUE allowed only for emergencies**
- **TUE Application Form submitted by Athlete**
  - Complete with Doctor
  - Provide supporting documents, eg diagnostic test results





# Submission of TUE



All Singapore Clubs	Albirex Niigata FC	Brunei DPMM FC
<p><b>Anti-Doping Singapore</b> Attn: Ms Irene Tan 3 Stadium Drive Singapore 397630 Email: <a href="mailto:ads@sport.gov.sg">ads@sport.gov.sg</a></p> <p>Link to TUE form: <a href="https://www.antidoping.org.sg/Resources/Policies-and-Forms">https://www.antidoping.org.sg/Resources/Policies-and-Forms</a></p>	<p><b>Japan Anti-Doping Agency</b></p> <p>Link to website: <a href="https://www.realchampion.jp/process/tue">https://www.realchampion.jp/process/tue</a></p> <p>Link to TUE form: <a href="https://www.realchampion.jp/assets/uploads/2018/06/4a7cc5aa905433eccf646948b85d818f.pdf">https://www.realchampion.jp/assets/uploads/2018/06/4a7cc5aa905433eccf646948b85d818f.pdf</a></p>	<p><b>Southeast Asia Regional Anti-Doping Organisation</b> Attn: Mr Gobinathan Nair 3 Stadium Drive Singapore 397630 Email: <a href="mailto:gobinathan_nair@sport.gov.sg">gobinathan_nair@sport.gov.sg</a></p> <p>SEARADO TUE form sent to Brunei NADO</p>

A glass of water with several blue and red capsules scattered around it, some inside the glass and some on the surface.

# **Risk of Supplement Use in Sport**

# Supplements



No strict regulations

May contain Prohibited Substances

Does not list ALL ingredients

Health Consequences



Use at your own risk!

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# Risk of Supplement Use

- Malaysia's "first" Asian Games Gold medal at 2014 Incheon Asian Games
- Claimed to have used a supplement
- Tested positive for Sibutramine
- 4 months ban
- Medal and results disqualified



# Risk of Supplement Use

## GRAPEFRUIT DIET

### Main Ingredients:

by **nutriDROPS**



#### **Raspberry Ketones** (Rasketone)

Raspberry Ketone is good for breaking up the fat cell chain allowing it to be even easier to be metabolised. With its special effect, it enhances our body energy to burn fats by converting energy from body fats into energy. With more energy in our body, we will have even more energy to burn fats without feeling fatigue.



#### **Hawthorn Berry** (Crataegus Laevigata)

With the strong antioxidant, it helps the blood to get even more oxygenated hence bringing more oxygen to help burn fats. With its far known effect of appetite suppressant, you will not need to be worried about eating as you will not feel like eating as much as before.



#### **Pomegranate Extract** (Punica Granatum)

Pomegranate enhances the ability of our body to absorb other ingredients more effectively and is an antioxidant-filled ingredient which contains superior amount of Vitamin A, C and E. Anti-oxidant has been far known to help oxidising fats, allowing it to breakdown to smaller molecules for better dissolving ability.



#### **Green Tea Extract** (Camelia Sinensis)

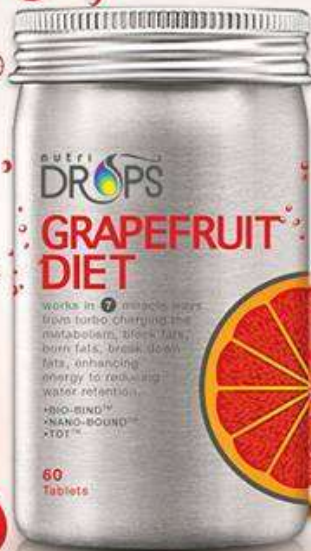
Green Tea Extract acts as a fat metabolism and oxidation. It helps convert our fats into energy and dissolve the excess fats which turns from sugar also known as triglyceride. The oxidation effect helps burning fats even easier by giving the cell even more oxygen, forcing it to break down fat cells.



#### **Grapefruit Extract** (Citrus Paradisi)

Grapefruit extract has been proven for its effectiveness to turbocharge our metabolism while stimulating our brain to increase our metabolism to allow our body to burn fats naturally. It also has the ability to create a thermogenic capability by fusing oxygen in our body to allow fats to burn by itself without the needs of aerobic exercise.

The essence in Grapefruit also helps to stop our body from absorbing further sugar and carbohydrates, allowing us to stop the main source of having more fats in the body. Every 1 pill is equivalent to 8 Grapefruits which is able to stop around 200 calories of fat cells from formation. The extract is also known to reduce fats in our waist, legs as well as reduction of cellulites.



# Risk of Supplement Use

CNA: 13 December 2017

**SEA Games Federation names 3 athletes who failed doping tests at KL2017**



- All 3 athletes tested positive for Sibutramine
- Result of using supplements and TCM

# Risk of Supplement Use



Malaysian National Hockey goalkeeper tested positive for Sibutramine using this supplement



# Useful Tips

- Adopt a “Food-first” approach for nutritional needs
  - Sporting performance
  - Recovery
- Consult a nutritionist

eat  
smart  
for SPORT







# DOPING CONTROL

# Doping Control Procedures

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# Rights & Responsibilities

## RIGHTS

- Have a representative and if available, an interpreter
- Ask for additional information about the Sample collection process
- Request a delay in reporting to the Doping Control Station for valid reasons
- Request modifications for Athletes with disabilities.

## RESPONSIBILITIES

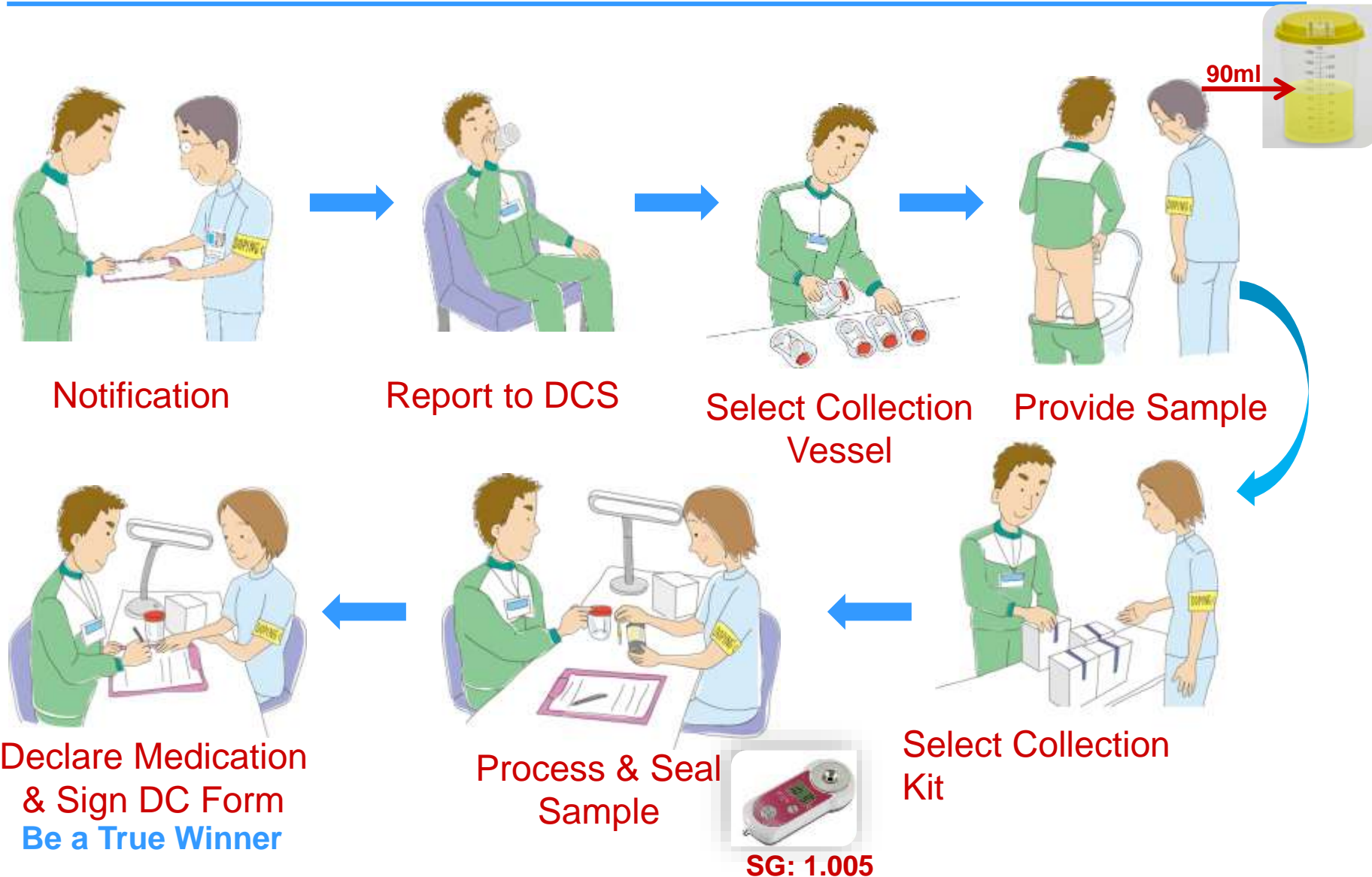
- Remain within direct observation of the DCO/Chaperone at all times
- Comply with Sample collection procedures (and be advised of the possible consequences of Failure to Comply)
- Report immediately for a test, unless there are valid reasons for a delay, such as obtain medical treatment

# Rights & Responsibilities

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- **Valid Reasons for delays in reporting to the Doping Control Station**
  - Locate a representative and/or an interpreter
  - Victory ceremony
  - Receive medical attention
  - Fulfil media commitments
  - Complete warm down session
  - Obtain Photo Identification eg, Student Identity Card, National Identity Card, Driver's license
  - Complete training session

# Urine Collection



# Witnessing Sample Collection



**Direct view of urine leaving body into collection vessel**

# Blood Collection

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- Athletes to remain rested for at least 10 minutes prior to sample collection
- Procedures for sealing blood sample similar to urine sample, i.e, A and B sample bottles





# Sample Collection Tips

- **Always check equipment**
  - Tampering eg, broken security seal, torn plastic wrapper
  - Contamination eg, dirt, moisture, mould
- **Only Athlete handles equipment until sample is sealed**
  - Unless Athlete gives permission to Representative or DCO to assist
  - Modifications will be documented on the Doping Control Form
- **Do not over hydrate**
  - Further hydration is not allowed if 1<sup>st</sup> urine sample fails Specific Gravity (<1.005)
- **Minimize delays and provide sample only when Athlete is very sure the required amount of urine can be provided**





# RESULTS MANAGEMENT

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# Results Management

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- **Initial Review**
  - Irregularities during Sample Collection, Documentation, Laboratory Analysis?
  - Is finding consistent with an applicable TUE?
- **Athlete will be notified of a possible Adverse Analytical Finding (AAF)**
  - B Sample analysis
  - Witness opening and analysis of B Sample
  - Attend disciplinary hearing
- **Provisional suspension may be imposed**



# Hearing Panels

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- **Disciplinary Hearing**
  - AFC Disciplinary and Ethics Committee
- **Appeals Hearing**
  - International-Level Athletes:  
Court of Arbitration for Sport
  - Other Athletes:  
Respective national anti-doping organisation  
(according to the NADO anti-doping rules)

# Consequences

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- **Disqualification of results in the Competition**
  - medal, ranking, points, prize money, etc
- **Financial Sanctions on Athlete**
  - According to AFC Disciplinary and Ethics Code
- **Period of Ban for Athlete (warning to life ban)**
  - Type of violation
  - Circumstances of the individual case
  - Nature or quantity of detected substances
  - Previous offences

# Consequences

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Where >2 members of a team commits an Anti-Doping Rule Violation over a Competition period:

- Sanction on FAS and/or Club
  - According to AFC Disciplinary and Ethics Code

# Status during Ineligibility

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- Not allowed to participate in any sport in any capacity eg, training with team, coach, staff, volunteer etc
- A violation could result in a new period of Ineligibility equal in length up to the original period of Ineligibility being added to the end of the original period of Ineligibility
- Athlete can still be subject to testing

# Returning to Training/Competition

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- **If banned more than 4 years:**
  - Can only compete in local sport competitions not approved or not under the jurisdiction of AFC/FAS after completing 4 years of the ban
- **If banned less than 4 years, Athlete may return to train with a team or use the club/FAS training facilities during the shorter of:**
  - The last 2 months of the ban; or
  - The last quarter of the ban

# EDUCATION & PREVENTION





# Resources

- **WADA**
  - [www.wada-ama.org](http://www.wada-ama.org)



# USADA Resources

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- **US Anti-Doping Agency**

- Supplement 411

- (<http://www.usada.org/substances/supplement-411/>)

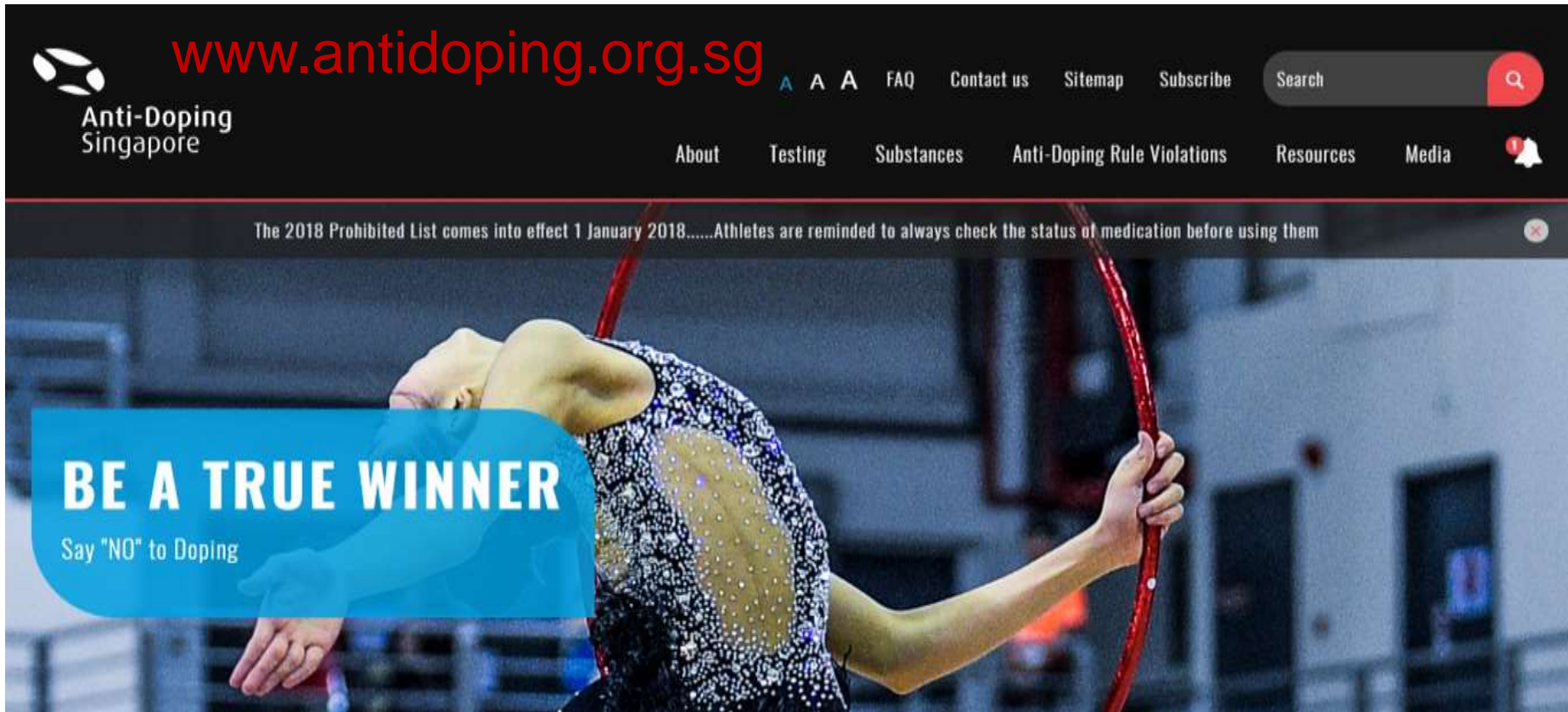
- Know more about the risks of supplement use in sport

- Nutrition Guide

- (<http://www.usada.org/resources/nutrition/>)



# Website and Social Media



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Page Name: Anti-Doping Singapore

# Report Doping

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[www.antidoping.org.sg](http://www.antidoping.org.sg)

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[www.wada-ama.org](http://www.wada-ama.org)



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