

भारतीय भारोत्तोलन संघ Indian Weightlifting Federation

Affiliated to: International Weightlifting Federation, Asian Weightlifting Federation,
Commonwealth Weightlifting Federation and Indian Olympic Association
Recognised by: Ministry of Youth Affairs & Sports, Govt. of India



President
B.P. Baishya
Mob.: +918130459789

Secretary General
Sahdev Yadav
Mob.: +918130621444

Date: 18 July 2019

File No.: IWLF-2019/YJ/Nls/BHR

*All affiliated States/UTs of
Indian Weightlifting Federation*

Sub.: Invitation for participation of your teams during 15th Youth (Sub-Junior Boys & Girls) / 56th Men & 32nd Women Junior National Weightlifting Championships-2019-20 at Bodh Gaya, Bihar from 13-23 October 2019.

Dear All,


15th Youth (Sub-Junior Boys & Girls) / 56th Men & 32nd Women Junior National Weightlifting Championships-2019-20 will be held at Bodh Gaya, Bihar from 13-23 October 2019 and will be organized by Bihar Weightlifters' Association under the aegis of Indian Weightlifting Federation. **TERMS AND CONDITIONS FOR PARTICIPATION, RAIL TRAVEL CONCESSION FORMS, UNDERTAKING (DOPE DECLARATION FORM), ENTRY FORMS, PAYMENT FORM, WADA PROHIBITED LIST 2019 AND AGE ESTIMATION FORM ARE APPENDED SEPARATELY.**

You are invited to participate in the Championships. Kindly go through the terms and conditions for participation carefully. Entries of those States whose lifters have not paid the administrative dope penalty charges / other dues to the Federation will not be allowed to participate in above Championships. **Only those athletes will be allowed to participate in the subject Championships who have sent their Whereabout Information forms to the office of Indian Weightlifting Federation on or before 14th August 2019. ALSO NOTE THAT WITHOUT POSSESSION OF VALID ID CARDS ISSUED BY THE FEDERATION, NO ATHLETE IS ALLOWED FOR BODY WEIGHT DURING THE COMPETITION.**

All participating States / Units are requested to intimate their arrival / departure details to the Federation with a copy to the Host Association / Organizers of the Championships namely **Shri Arun Kumar Kesri, President, Bihar Weightlifter's Association, Professors Colony, Shanti Sadan, Gobar Sahi Chowk, Muzaffarpur, Bihar, Email: kakumar1954@yahoo.co.in, Mobile no. +919939478785** for necessary reception / disposal arrangements. Those teams who will be arriving earlier than 13th October 2019 evening will have to make their own arrangements for Boarding & Lodging.

Kindly ensure that payment of all relevant fees by **Demand Draft** favouring **Indian Weightlifting Federation** payable at **New Delhi** separately along with entry forms within the stipulated deadline. No payments will be entertained on the spot during draw of lots. Those failing to adhere to this will not be allowed to participate in subject Championships.

Yours Sincerely,


[Sahdev Yadav]
Secretary General

Encl. as above

WZ-78, First Floor, Todapur Village, New Delhi 110012 (India)
Mobile No. +91 8130621444, Telefax : +91 11 25845460
Email: iwlf2008@gmail.com Website: www.iwlf.in

Nelco
Do....Dare....Win !!


SHIV-NARESH
Official Sportswear Partner

INDIAN WEIGHTLIFTING FEDERATION

NEW DELHI

Terms and Conditions for participation in **15th Youth (Sub-Junior Boys & Girls) / 56th Men & 32nd Women Junior National Weightlifting** **Championships-2019-20 at Bodh Gaya, Bihar from 13-23 October 2019**

1.	Dates	:	13-23 October 2019								
2.	Arrival at Bodh Gaya	:	13-10-2019 evening								
3.	Departure from Bodh Gaya	:	22-10-2019 evening / 23-10-2019 morning								
4.	Verification of final entries and meeting of Technical Officials	:	5:00 p.m. on 14-10-2019 6:00 p.m. on 14-10-2019								
5.	Last date of receipt of entries	:	13-9-2019 with normal entry fee 20-9-2019 with late entry fee								
6.	<u>Fee for the Championships</u> (i) Entry fee for Athletes For Officials (Coach, Manager, Support Staff) (ii) I.D. Card fee (iii) Inter-State Transfer (iv) Anti-Doping fee	:	Rs. 300/- per head upto 13-9-2019 Rs. 600/- per head upto 20-9-2019 Rs. 500/- per head upto 13-9-2019 Rs. 1000/- per head upto 20-9-2019 Rs. 800/- per card Rs. 200/- per athlete Rs. 300/- per athlete								
7.	Annual renewal fee	:	Rs. 10,000/- (Rupees Ten Thousand only) with surcharge of Rs. 200/- per month from 1 st July 2019 onwards for those States who have not paid the annual renewal fee for the year 2019-20 upto 30.06.2019.								
8.	Weight Categories	:	<table><tr><td>Youth (Boys)</td><td>49 kg, 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg and +102 kg</td></tr><tr><td>Youth (Girls)</td><td>40 kg, 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg and +81 kg</td></tr><tr><td>Jr. (Men)</td><td>55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, 109 kg and +109 kg</td></tr><tr><td>Jr. (Women)</td><td>45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg and +87 kg</td></tr></table>	Youth (Boys)	49 kg, 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg and +102 kg	Youth (Girls)	40 kg, 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg and +81 kg	Jr. (Men)	55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, 109 kg and +109 kg	Jr. (Women)	45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg and +87 kg
Youth (Boys)	49 kg, 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg and +102 kg										
Youth (Girls)	40 kg, 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg and +81 kg										
Jr. (Men)	55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, 109 kg and +109 kg										
Jr. (Women)	45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg and +87 kg										
9.	Athlete's age for participation <u>Youth (Boys & Girls)</u> <u>Junior (Men & Women)</u>	:	Athletes born between 1 st January 2002 and 31 st December 2006 along with Medical Age parameters between 13 to 17 years. Athletes born between 1 st January 1999 and 31 st December 2004 along with Medical Age parameters between 15 to 20 years.								

10. **MINIMUM QUALIFYING WEIGHTS FOR YOUTH & JUNIOR:-**

Weight Category	Youth (Boys)			Junior (Men)		
	Snatch	C&J	Total	Snatch	C&J	Total
49 kg	62	85	147			
55 kg	66	96	162	84	112	196
61 kg	80	103	183	90	120	210
67 kg	85	118	203	95	130	225
73 kg	88	115	203	100	130	230
81 kg	85	110	195	105	135	240
89 kg	90	110	200	106	136	242
96 kg	85	110	195	106	137	243
102 kg	90	115	205	100	135	235
+102 kg	90	116	206			
109 kg				100	132	232
+109 kg				100	133	233



Weight Category	Youth (Girls)			Junior (Women)		
	Snatch	C&J	Total	Snatch	C&J	Total
40 kg	27	37	64			
45 kg	35	47	82	47	64	111
49 kg	50	62	112	51	69	120
55 kg	52	63	115	55	75	130
59 kg	50	60	110	58	76	134
64 kg	45	55	100	60	79	139
71 kg	43	55	98	58	79	137
76 kg	46	58	104	59	79	138
81 kg	48	57	105	61	78	139
+81 kg	48	58	106			
87 kg				55	78	133
+87 kg				57	78	135

N.B.:- If any State Association does not qualify with the minimum starting weight in any weight category whatsoever, such State Associations will be allowed with 1 WILD Card Entry, meaning they can enter with maximum of 1 athlete each in Men and Women section.

Maximum no. of entries from a participating State

Youth Boys	-	10 athletes + 2 reserves
Youth Girls	-	10 athletes + 2 reserves
Junior Men	-	10 athletes + 2 reserves
Junior Women	-	10 athletes + 2 reserves

Team Officials - Quota of 1 team official is allowed for 4 athletes or less in Boys and Girls & Men and Women section. If any team is participating with 20 athletes, maximum of 5 team officials are allowed. Common athletes participating in Youth and Junior section will be treated as 1 athlete.

N.B.:- Those athletes who are competing in both Youth & Junior section will be qualified to participate with minimum total of Junior section. The team officials who will not participate as per quota and reserve athletes coming for the Championships will have to arrange their own Boarding & Lodging at Bodh Gaya.

11. Entry forms and arrival / departure details duly filled in may please be sent to **Indian Weightlifting Federation, WZ-78, First Floor, Near PUSA Institute, New Delhi 110012, Telefax: +91-11-25845460, Email: iwlf2008@gmail.com** with a copy of office to **Shri Arun Kumar Kesri, President, Bihar Weightlifter's Association, Professors Colony, Shanti Sadan, Gobar Sahi Chowk, Muzaffarpur, Bihar, Email: kakumar1954@yahoo.co.in, Mobile no. +919939478785.**

12.	Venue of Championships	:	Kalchakra Maidan, Bodh Gaya, Bihar
13.	Accommodation	:	
	For Women	:	Various guest Houses at Bodh Gaya, Bihar
	For Men	:	Various guest Houses at Bodh Gaya, Bihar
	For Officials	:	Hotel Om International & Hotel Seven Steps
14.	Catering	:	Central catering at the venue of the Competition
15.	Rail Travel Concession	:	2 Rail Travel Concession forms are enclosed
16.	Submission of Age Estimation Certificate along with Aadhar Card	:	As per Ministry of Youth Affairs & Sports, Government of India guidelines on Age Genuineness in sports, particularly for Youth & Junior athletes, it is mandatory to submit the Age Estimation Certificate in the prescribed proforma along with the Entry form from registered medical centre / hospital earmarked by Sports Authority

		of India across INDIA. Original Date of Birth Certificates and Aadhar cards will be submitted to the Federation office.
		Those competitors already registered with the Federation and has been issued new I.D. Cards as per medical age will need not re-submit the Age Estimation Certificate. Copy of Aadhar card of athletes is mandatory to be submitted for issuance of fresh I.D. cards as per guidelines.
17.	DOPE TEST	: The National Anti-Doping Agency (NADA) team will collect the samples for Dope Test
18.	UNDERTAKING / DOPE DECLARATION FORM	: Undertaking / Dope Declaration form signed by the lifter mentioning I.D. Card no., complete address with pin code, telephone, email, fax, duly countersigned by the Coach & the State Secretary to be submitted at the time of weigh-in at the Competition.
19.	Weather / Climate	: Pleasant weather. Temperature ranging between 21 to 32 degrees.
20.	About the City	: The Land of Enlightenment and Salvation. The Mahabodhi Temple, a UNESCO World Heritage Site, is an ancient, but much rebuilt and restored, Buddhist temple in Bodh Gaya, marking the location where the Buddha is said to have attained enlightenment. Bodh Gaya is about 110 km from Patna, Bihar. More than 50 Temples and monestary run by foreign countries with their architectural beauty are close to the venue.

21. MISCELLANEOUS CONDITIONS:-

- (i) Only those athletes will be allowed to participate in this Event who submitted his / her Whereabout Information (W.I.) Forms to the Federation office on or before **14th August 2019**. No other athlete will be allowed to compete in the Event.
- (ii) The W.I. Submitted column mentioned in the Entry Forms need to be filled with **YES** or **NO**.
- (iii) It will be mandatory to mention in the Entry form the name of **COACH** of each lifter who has been training a lifter atleast for last 3 months. Remarks as "**Self training**" are untenable.
- (iv) The **20 kg rule** will apply for both Men & Women. It is mandatory to mention minimum entry total in the Entry Forms.
- (v) Those **athletes** who will be **participating in both the events, i.e. Youth & Junior** section will only qualify with the **minimum entry total of Junior section** in respective body weight category as mentioned above at S.No. 10.
- (vi) Incomplete entry forms in any regard will not be entertained.
- (vii) It is the **responsibility of the Secretary** of each affiliated unit **to educate their respective lifters** about consequences of use of **banned / prohibited drugs** and the **sanctions set forth in the Anti-Doping Policy of Indian Weightlifting Federation**. The NADA / WADA rules for BAN are applicable for both out-of-competition and in-competition. BAN on **first offence is 4 years** and for **second offence – 8 years / LIFE BAN**.
- (viii) For **re-admission to National Championships / activities** after the first offence, a lifter who has tested positive and has completed suspension period will have to submit his / her Whereabout Information to Indian Weightlifting Federation for 3 months immediately preceding and succeeding the expiry of suspension date, atleast 45 days in advance preceding the expiry period of suspension date. No such provision for the second offence as per (vii) above.
- (ix) The **MEDALS** will be distributed for TOTAL event only.
- (x) The **DIPLOMA** for first 3 places in total in each body weight category will only be distributed after the results and completion of dope test and Appeals by National Anti-Doping Agency, New Delhi is informed to the Federation.
- (xi) The **PARTICIPATION CERTIFICATE** will be awarded only to those athletes who will pass atleast 1 lift in maximum 6 lifts (within 3 attempts of Snatch and Clean & Jerk) during the

- Championships and who are in possession of Athlete ID Cards of the Federation. Athletes failing all the lifts will not be given the Participation Certificates for the Championships.
- (xii) No **Inter-State transfers** are allowed except for competitors residing / employed in other States in above Championships, the name of the competitor must be registered with the Federation also from his / her native State or from the State where he / she has been residing / working for a period of at least six months prior to the start of the Championships, along with stipulated fee otherwise he / she will not be eligible to participate. Application for such cases may be applied to office of the Federation latest by 13-9-2019 with transfer fee of Rs. 100/- in each case accompanied by "**No Objection Certificate**" from affiliated departmental Sports Boards. There will be no exception on this.
- (xiii) Application for issue of fresh I.D. Cards may be sent through respective Unit General Secretaries with passport size colour photograph in efile JPEG format and 2 stamp size photographs on prescribed form with proof of date of birth (Birth Certificate mandatory and other documents) along with Original Certificate of Age Estimation Certification from Sports Authority of India registered hospitals / medical centres and fee of Rs. 800/- per I.D. Card latest by 13-9-2019. **The Age Certificate given by the designated Doctor will be treated as athlete's actual age parameter range. NO ATHLETE WILL BE ALLOWED TO PARTICIPATE WITHOUT POSSESSION OF ATHLETE ID CARDS ISSUED BY THE FEDERATION AT THE TIME OF BODY WEIGHT.** Those athletes who will not submit their Age Estimation Forms to the Federation office on or before 13.9.2019 are not allowed to participate in this Event.
- (xiv) **NO ON-THE-SPOT I.D. CARDS WILL BE ISSUED.** There will be no exception on this.
- (xv) For issue of **Duplicate I.D. Cards**, application may be sent to Indian Weightlifting Federation office latest by 13-9-2019 **accompanied by true copy of FIR lodged** with local Police Station mentioning old I.D. Card number and other details. Application for issue of duplicate I.D. Cards may be sent through respective Unit General Secretaries with passport size colour photograph in efile JPEG format and 2 stamp size photographs on prescribed form with Original FIR and fee of Rs. 800/- per I.D. Card latest by 13-9-2019.
- (xvi) Any participant who has not competed from his earlier registered State for 2 years or more is entitled to seek affiliation from a new State with due process of registration and application for the adopting State Association without the formality of NOC from the previous State. All such registration will be entertained only if the concerned lifter is bonafide / employees in the borrowing State for more than 6 months before start of the Championships or his adopting State have NO OUTSTANDINGS.
- (xvii) **AFFILIATE UNITS WITH ANY OUTSTANDING ON DOPE PENALTY OR OTHERWISE WILL NOT BE ELIGIBLE FOR PARTICIPATION.**
- (xviii) Technical Officials will be reimbursed only 3rd AC Concession fare (50%) or 2nd class sleeper fare (25%) as applicable to the rail travel concession forms. The TA/DA will be reimbursed only to those who are acting solely as Technical Officials and isolated from Coaching / Training assignments of any participants during the Championships and remain on duty for the complete Championships. Reimbursement of rail fare will be strictly on production of supporting travel document and amount will be reimbursed as per norms of the Federation.
- (xix) **ENTRY FEE, ANNUAL RENEWAL FEE, LATE ENTRY FEE, ANTI-DOPING FEE, INTER-STATE TRANSFER FEE, I.D. CARD FEE & DUPLICATE I.D. CARD FEE** will be paid by a Demand Draft favouring "Indian Weightlifting Federation" payable at New Delhi along with Entry forms. Those States who fail to pay the requisite fee along with Entry forms are not eligible to field their athletes during the Championships
- (xx) **RECEIPTS will be issued by the FEDERATION during the Championships and will be distributed to all concerned on 5th day of the Competition.**



[Sahdev Yadav]
Secretary General
Indian Weightlifting Federation

PAYMENT FORM

(To be filled in as per actual)

ANNUAL RENEWAL FEE (2019-20)
SURCHARGE

Rs. 10,000/-
Rs.

NAME OF STATE ASSOCIATION _____

S.No.	Details	No. of Entries		Entry fee @	Late Entry fee @	Anti-Dopjng fee @	I. Card fee @	Inter-State tranfer fee @
1	YOUTH BOYS		x	Rs. 300	Rs. 600	Rs. 300	Rs. 800	Rs. 200
2	YOUTH GIRLS		x	Rs. 300	Rs. 600	Rs. 300	Rs. 800	Rs. 200
3	JUNIOR MEN		x	Rs. 300	Rs. 600	Rs. 300	Rs. 800	Rs. 200
4	JUNIOR WOMEN		x	Rs. 300	Rs. 600	Rs. 300	Rs. 800	Rs. 200
5	OFFICIALS		x	Rs. 500	Rs. 1,000			

PAYMENT DETAILS

A	Total entry fee deposited	
B	Total Anti-Doping fee deposited	
C	Total I.Card / Duplicate I. Card fee deposited	
D	Annual renewal fee deposited	
E	Surcharge on Annual renewal fee deposited	
F	Inter-State Transfer fee deposited	

Total Amount (A+B+C+D+E+F)

=====

MODE OF PAYMENT

DEMAND DRAFT NO.	DRAWN ON	DATE

Name of General Secretary

Signature & Seal

INDIAN WEIGHTLIFTING FEDERATION

15TH NATIONAL YOUTH (SUB-JUNIOR BOYS) / 56TH MEN JUNIOR WEIGHTLIFTING CHAMPIONSHIPS-2019-20

AT BODH GAYA (BIHAR) FROM 13-23 OCTOBER 2019

YOUTH (SUB-JUNIOR BOYS) / JUNIOR (MEN)

ENTRY FORM

Maximum Entries: Youth Boys - 10 & Jr. Men - 10

Entry Closes on: 13.9.2019

Reserve: Youth Boys & Jr. Men - 2

With Late fee on 20.9.2019

Not more than 2 in a category

STATE _____

Wt. Cat. Kgs	Name in BLOCK LETTERS	Date of Birth	Certified Medical Age	IWF ID Card No.	Entry Total	W.I. * Submit ed	(Tick wherever applicable) Competing in		Name of Coach under whom training for last 3 months
							Youth	Junior	
49	1								
	2								
55	1								
	2								
	3								
	4								
61	1								
	2								
	3								
	4								
67	1								
	2								
	3								
	4								
73	1								
	2								
	3								
	4								
81	1								
	2								
	3								
	4								

REMARKS - * W.I. MEANS WHEREABOUT INFORMATION

Wt. Cat. Kgs	Name in BLOCK LETTERS	Date of Birth	Certified Medical Age	IWF ID Card No.	Entry Total	W.I. * Submit ed	(Tick wherever applicable) Competing in		Name of Coach under whom training for last 3 months
							Youth	Junior	
89	1								
	2								
	3								
	4								
96	1								
	2								
	3								
	4								
102	1								
	2								
	3								
	4								
+102	1								
	2								
109	1								
	2								
+109	1								
	2								

OFFICIALS ACCOMPANYING THE TEAM FOR THE CHAMPIONSHIPS:-

NAME OF MANAGER 1: _____ 2: _____

NAME OF COACH 1: _____ 2: _____

ARRIVAL DATE & TRAIN NO. _____

DEPARTURE _____

[SEAL]

Hony. General Secretary

i. Please ensure all columns are filled properly in CAPTIAL letters or COMPUTERISED TYPING.

ii. Minimum qualifying in Entry total will be as per Junior Category for those athlete who are competing in both the Youth & Junior Groups

iii. Final Entry form to be sent to Indian Weightlifting Federation at WZ-78, Todapur Village, New Delhi 110012, Telefax: 0091-11-25845460,

Email: iwlf2008@gmail.com with a copy to Shri Arun Kumar Kesri, President, Bihar Weightlifter's Association, Professors Colony, Shanti Sadan, Gobar Sahi Chowk,

Muzaffarpur, Bihar, Email: kakumar1954@yahoo.co.in, Mobile no. +919939478785

INCOMPLETE ENTRIES WILL NOT BE ENTERTAINED

REMARKS - * W.I. MEANS WHEREABOUT INFORMATION

INDIAN WEIGHTLIFTING FEDERATION

15TH NATIONAL YOUTH (SUB-JUNIOR GIRLS) / 32ND WOMEN JUNIOR WEIGHTLIFTING CHAMPIONSHIPS-2019-20

AT BODH GAYA (BIHAR) FROM 13-23 OCTOBER 2019

YOUTH (SUB-JUNIOR GIRLS) / JUNIOR (WOMEN)

ENTRY FORM

Maximum Entries: Youth Girls - 10 & Jr. Women - 10

Entry Closes on: 13.9.2019

Reserve: Youth Girls & Jr. Women - 2

With Late fee on 20.9.2019

Not more than 2 in a category

STATE _____

Wt. Cat. Kgs	Name in BLOCK LETTERS	Date of Birth	Certified Medical Age	IWF ID Card No.	Entry Total	W.I. * Submit ed	(Tick wherever applicable) Competing in		Name of Coach under whom training for last 3 months
							Youth	Junior	
40	1								
	2								
45	1								
	2								
	3								
	4								
49	1								
	2								
	3								
	4								
55	1								
	2								
	3								
	4								
59	1								
	2								
	3								
	4								
64	1								
	2								
	3								
	4								

REMARKS - * W.I. MEANS WHEREABOUT INFORMATION

Wt. Cat. Kgs	Name in BLOCK LETTERS	Date of Birth	Certified Medical Age	IWF ID Card No.	Entry Total	W.I. * Submit ed	(Tick wherever applicable) Competing in		Name of Coach under whom training for last 3 months
							Youth	Junior	
71	1								
	2								
	3								
	4								
76	1								
	2								
	3								
	4								
81	1								
	2								
	3								
	4								
+81	1								
	2								
87	1								
	2								
+87	1								
	2								

OFFICIALS ACCOMPANYING THE TEAM FOR THE CHAMPIONSHIPS:-

NAME OF MANAGER 1: _____ 2: _____

NAME OF COACH 1: _____ 2: _____

ARRIVAL DATE & TRAIN NO. _____

DEPARTURE _____

[SEAL]

Hony. General Secretary

i. Please ensure all columns are filled properly in CAPTIAL letters or COMPUTERISED TYPING.

ii. Minimum qualifying in Entry total will be as per Junior Category for those athlete who are competing in both the Youth & Junior Groups

iii. Final Entry form to be sent to Indian Weightlifting Federation at WZ-78, Todapur Village, New Delhi 110012, Telefax: 0091-11-25845460,

Email: iwlf2008@gmail.com with a copy to Shri Arun Kumar Kesri, President, Bihar Weightlifter's Association, Professors Colony, Shanti Sadan, Gobar Sahi Chowk,

Muzaffarpur, Bihar, Email: kakumar1954@yahoo.co.in, Mobile no. +919939478785

INCOMPLETE ENTRIES WILL NOT BE ENTERTAINED

REMARKS - * W.I. MEANS WHEREABOUT INFORMATION

UNDERTAKING

DOPE DECLARATION FORM

I, _____ representing _____ participating in _____ kg weight category in **15th National Youth (Sub-Junior Boys & Girls) and 56th Men & 32nd Women Junior National Weightlifting Championships held at Bodh Gaya, Bihar from 13-23 October 2019** hereby declare and certify on oath that **I am aware of names of banned drugs under LATEST WADA / NADA code and state with full responsibility that I have not consumed any banned substance and that I am absolutely free from banned drugs.** In case of my positive dope test at the above Championships I shall solely be responsible for the same and shall be liable for all consequences arising out of my positive dope test as provided in the Anti-Doping Rules / Policy of Indian Weightlifting Federation and National Anti-Doping Agency.

It is my personal duty to ensure that no Prohibited Substance enters my body. I am responsible for any Prohibited Substance or its Metabolites or Markers found to be present in my sample. Accordingly, it is not necessary that intent, fault, negligence or knowing Use on my part be demonstrated in order to establish an anti-doping violation.

I certify that I understand the contents of this undertaking which has been explained to me by my Coach / Manager / Secretary of my State Association in the language known to me.

Name (in Block Letters)	
Address	
IWLF ID Card No.	
Mobile / Telephone	
Email	
Aadhar Card No. (Attach copy)	

State / Unit:

Signature of Athlete:

Certified by:-

I, _____, coach of above athlete agree to abide by rules and regulations of Anti-Doping Policy of Indian Weightlifting Federation / National Anti-Doping Agency and is aware of the consequences of use of banned drug(s) by my above trainee. I support and abide by the sanctions imposed on me by Indian Weightlifting Federation / National Anti-Doping Agency in case of above athlete being testing positive.

Countersigned:

Name of Coach:

Mobile no.

Verified & Certified by:-

I hereby certify that information provided in this Undertaking / Dope Declaration form is true and correct. I will be responsible for any discrepancy found in this form and actions thereof. I undertake to pay the administrative dope penalty charges of Rs. 50,000/- per positive dope test case as the State liability within 30 days and accept the suspension of the State Association / forfeiture of participation in any future Championship(s) as an affiliate Unit / as individual lifter till such time this financial outstanding is cleared.

.....
[Secretary]

Dated:

State / Unit
With seal



INDIAN WEIGHTLIFTING FEDERATION

WZ-78, FIRST FLOOR, TODAPUR VILLAGE, NEW DELHI 110012

WEIGHTLIFTER'S REGISTRATION / IDENTITY CARD FORM

(To be filled in CAPITAL letters only)

Name of the weightlifter:-

Paste Coloured
Stamp Size

Latest Photograph

Please sign below

Father's Name:-

Efile Name _____

Gender: ☐ MALE ☐ FEMALE Telephone no.

Date of Birth: DD MM YYYY

Aadhar Card No.

Address:

PIN

Sponsoring State / Unit:

Name of the Championship:

Age Group: ☐ Sub-Junior ☐ Junior ☐ Senior

For Office Use only

I.Card No.

Issued on:

Verified by:

Authorized Sign

Indian Weightlifting
Federation

Age Estimation format for the athletes aged between 13 to 20 years is required with ORIGINAL date of birth certificate.

Proof of Age should be submitted along with Registration Form by producing BIRTH CERTIFICATE, attested copy of Aadhar Card, Certificate of Matriculation, Certificate issued by Municipal Corporation or Gram Panchayat CERTIFICATE SHOULD BE EITHER IN ENGLISH OR HINDI. In case of other Regional language, attested supporting documents is required to be attached.

☐ I acknowledge that providing false information is a criminal offence
and will results in withdrawal of my participation certificate / diploma

Sign & Seal of General Secretary
Sponsoring State / Unit

PASTE 2 STAMP SIZE COLOUR PHOTOGRAPHS WITH THE FORM. PLEASE DO NOT STAPLE THE PHOTOGRAPH

FORMAT OF IDENTITY CARD

1.Name:

Photograph

2. Name of the father:

3. Name of the mother:

4. Place & State of birth:

5. Address for communication:

6. Telephone (with STD Code)

7. Identification marks:

a).

b).

8. Date of birth as per documents:

9. Medical age Range :

(As on)

10. Signature of the candidate:

.....
Date of issue:

(Signature of the Issuing Authority & Stamp)

Place of issue:

NOTE : **This Identity Card is exclusively to serve as proof of age for participation & training in age restricted events. The Identity Card will not be serve as a proof of age for any other purpose.**

ANNEXURE-II

(para 7.1.1 refers)

Age Estimation Format

Space for colour
photograph

attested by
Gazetted officer

A. Informed consent

B.

I S/D/O or Guardian ofvoluntarily give my consent for complete medical examination for the purpose of age estimation. I understand that this examination may involve physical examination including genital examination, dental examination and radiography. The purpose, procedure and use of such examination have been explained to me in the language which I understand.

Signature of the candidate/ guardian:

Signature of the accompanying person/witness:

(Note:Consent by guardian is essential in respect of athletes below 12 years)

C. Preamble

1. Age category.....
2. Sports Discipline.....
3. Events to be participated
4. Case Serial No.....
5. Name.....
6. Age as stated (Any documentary evidence like birth certificate)
.....
7. Sex.....
8. Permanent Address.....
.....
.....
9. Corresponding address.....
.....
.....
10. Name of school/college/Institute.....

11. Tel. No. & e-mail.....
12. Father's name.....
13. Mother's name.....
14. Name of the person accompanying.....
15. Date and Time of examination.....
16. Place of examination.....
17. Marks of identification (Scar/mole/deformity,etc.) :
 - 1.....
 - 2.....
16. Thumb impression (right in female and left in male)
17. Signature

D. General Physical Examination

1. Height (cm):
2. Weight (kg):
3. Chest girth at the level of nipples:
4. Abdominal girth at the level of naval:
5. For calculating Body development index (BDI) :
 - I. Biacromial breath(cm):
 - II. Biliospinale breath (cm):
 - III. Forearm circumference(cm) in males:
 - IV. Mid thigh circumference(cm) in females:
6. Voice (Hoarseness of voice):

E. Dental Examination

- i. Dental Data: (S) 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 (S)
 (Rt.)..... (L t.)
 (S) 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 (S)
- a. Temporary
- b. Permanent
- c. Space for third molar(S)
- d. Partially erupted/completely erupted
- ii. Dental X- ray : Oral pantogram (OPG)
- iii. Dental X- ray findings :

F. Radiological Examination/MRI/CT Scan (as applicable)

Note : A single film of hand and wrist is sufficient for age below 13 years. Wherever radiological examination is not indicated MRI/CT Scan may be done.

1. X-ray advised (as per requirements):
 - i. Shoulder joint : A.P view
 - ii. Elbow joint : A.P and lateral view
 - iii. Hand with wrist : A.P view
 - iv. Pelvis with hip joint : A.P view
2. Date of radiological examination:
3. Name of the radiographer :

Radiological findings:

S.no.	X-ray advised	Findings	Age inference
-------	---------------	----------	---------------

G. Age Certificate

After performing general physical, dental and radiological examination, we are of the considered opinion that the biological age of the person is about..... years which is consistent /not consistent with birth certificate/ age document.

Dated :

Signature:

Name:

Designation:

(All the parameters should be considered for the age estimation)

THE WORLD ANTI-DOPING CODE
**INTERNATIONAL
STANDARD**



PROHIBITED LIST

JANUARY 2019



**WORLD
ANTI-DOPING
AGENCY**
play true

The official text of the *Prohibited List* shall be maintained by WADA and shall be published in English and French.
In the event of any conflict between the English and French versions, the English version shall prevail.

This List shall come into effect on 1 January 2019

SUBSTANCES & METHODS PROHIBITED AT ALL TIMES

(IN- AND OUT-OF-COMPETITION)

IN ACCORDANCE WITH ARTICLE 4.2.2 OF THE WORLD ANTI-DOPING CODE, ALL *PROHIBITED SUBSTANCES* SHALL BE CONSIDERED AS "*SPECIFIED SUBSTANCES*" EXCEPT SUBSTANCES IN CLASSES S1, S2, S4.4, S4.5, S6.A, AND *PROHIBITED METHODS* M1, M2 AND M3.

PROHIBITED SUBSTANCES

S0 NON-APPROVED SUBSTANCES

Any pharmacological substance which is not addressed by any of the subsequent sections of the *List* and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.

S1 ANABOLIC AGENTS

Anabolic agents are prohibited.

1. ANABOLIC ANDROGENIC STEROIDS (AAS)

a. Exogenous* AAS, including:

1-Androstenediol (5 α -androst-1-ene-3 β ,17 β -diol);
1-Androstenedione (5 α -androst-1-ene-3,17-dione);
1-Androsterone (3 α -hydroxy-5 α -androst-1-ene-17-one);
1-Testosterone (17 β -hydroxy-5 α -androst-1-en-3-one);
Bolasterone;
Calusterone;
Clostebol;
Danazol ([1,2]oxazolo[4',5':2,3]pregna-4-en-20-yn-17 α -ol);
Dehydrochlormethyltestosterone (4-chloro-17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one);
Desoxymethyltestosterone (17 α -methyl-5 α -androst-2-en-17 β -ol and 17 α -methyl-5 α -androst-3-en-17 β -ol);
Drostanolone;
Ethylestrenol (19-norpregna-4-en-17 α -ol);
Fluoxymesterone;
Formebolone;
Furazabol (17 α -methyl [1,2,5]oxadiazolo[3',4':2,3]-5 α -androst-17 β -ol);
Gestrinone;

Mestanolone;
Mesterolone;
Metandienone (17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one);
Metenolone;
Methandriol;
Methasterone (17 β -hydroxy-2 α ,17 α -dimethyl-5 α -androst-3-one);
Methyldienolone (17 β -hydroxy-17 α -methylestra-4,9-dien-3-one);
Methyl-1-testosterone (17 β -hydroxy-17 α -methyl-5 α -androst-1-en-3-one);
Methylnortestosterone (17 β -hydroxy-17 α -methylestr-4-en-3-one);
Methyltestosterone;
Metribolone (methyltrienolone, 17 β -hydroxy-17 α -methylestra-4,9,11-trien-3-one);
Mibolerone;
Norboletone;
Norclostebol;
Norethandrolone;
Oxabolone;
Oxandrolone;
Oxymesterone;
Oxymetholone;
Prostanozolol (17 β -[(tetrahydropyran-2-yl)oxy]-1'H-pyrazolo[3,4:2,3]-5 α -androstane);
Quinbolone;
Stanozolol;
Stenbolone;
Tetrahydrogestrinone (17-hydroxy-18 α -homo-19-nor-17 α -pregna-4,9,11-trien-3-one);
Trenbolone (17 β -hydroxyestr-4,9,11-trien-3-one);

and other substances with a similar chemical structure or similar biological effect(s).

b. Endogenous AAS and their *Metabolites* and isomers, when administered exogenously, including but not limited to:**

4-Androstenediol (androst-4-ene-3 β ,17 β -diol);
4-Hydroxytestosterone (4,17 β -dihydroxyandrost-4-en-3-one);
5-Androstenedione (androst-5-ene-3,17-dione);
7 α -hydroxy-DHEA;
7 β -hydroxy-DHEA;
7-keto-DHEA;
19-Norandrostenediol (estr-4-ene-3,17-diol);
19-Norandrostenedione (estr-4-ene-3,17-dione);
Androstanolone (5 α -dihydrotestosterone, 17 β -hydroxy-5 α -androstan-3-one);
Androstenediol (androst-5-ene-3 β ,17 β -diol);
Androstenedione (androst-4-ene-3,17-dione);
Boldenone;
Boldione (androsta-1,4-diene-3,17-dione);
Epiandrosterone (3 β -hydroxy-5 α -androstan-17-one);
Epi-dihydrotestosterone (17 β -hydroxy-5 β -androstan-3-one);
Epitestosterone;
Nandrolone (19-nortestosterone);
Prasterone (dehydroepiandrosterone, DHEA, 3 β -hydroxyandrost-5-en-17-one);
Testosterone.

.....
2. OTHER ANABOLIC AGENTS

Including, but not limited to:

Clenbuterol, selective androgen receptor modulators (SARMs, e.g. andarine, LGD-4033, enobosarm (ostarine) and RAD140), tibolone, zeranol and zilpaterol.

For purposes of this section:

* "exogenous" refers to a substance which is not ordinarily produced by the body naturally.

** "endogenous" refers to a substance which is ordinarily produced by the body naturally.

S2 PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS

The following substances, and other substances with similar chemical structure or similar biological effect(s), are prohibited:

1. Erythropoietins (EPO) and agents affecting erythropoiesis, including, but not limited to:

1.1 Erythropoietin-Receptor Agonists, e.g.

Darbepoetins (dEPO);
Erythropoietins (EPO);
EPO-based constructs [e.g. EPO-Fc, methoxy polyethylene glycol-epoetin beta (CERA)];
EPO-mimetic agents and their constructs [e.g. CNTO-530, peginesatide].

1.2 Hypoxia-inducible factor (HIF) activating agents, e.g.

Argon;
Cobalt;
Daprodustat (GSK1278863);
Molidustat (BAY 85-3934);
Roxadustat (FG-4592);
Vadadustat (AKB-6548);
Xenon.

1.3 GATA inhibitors, e.g.

K-11706.

1.4 TGF-beta (TGF- β) inhibitors, e.g.

Luspatercept;
Sotatercept.

1.5 Innate repair receptor agonists, e.g.

Asialo EPO;
Carbamylated EPO (CEPO).

2. Peptide Hormones and their Releasing Factors,

2.1 Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH) and their releasing factors in males, e.g. Buserelin, deslorelin, gonadorelin, goserelin, leuprorelin, nafarelin and triptorelin;

2.2 Corticotrophins and their releasing factors, e.g. Corticorelin;

2.3 Growth Hormone (GH), its fragments and releasing factors, including, but not limited to:
Growth Hormone fragments, e.g. AOD-9604 and hGH 176-191;
Growth Hormone Releasing Hormone (GHRH) and its analogues, e.g. CJC-1293, CJC-1295, sermorelin and tesamorelin;
Growth Hormone Secretagogues (GHS), e.g. lenomorelin (ghrelin) and its mimetics, e.g. anamorelin, ipamorelin, macimorelin and tabimorelin; GH-Releasing Peptides (GHRPs), e.g. alexamorelin, GHRP-1, GHRP-2 (pralmorelin), GHRP-3, GHRP-4, GHRP-5, GHRP-6, and examorelin (hexarelin).

3. Growth Factors and Growth Factor Modulators, including, but not limited to:

Fibroblast Growth Factors (FGFs);
Hepatocyte Growth Factor (HGF);
Insulin-like Growth Factor-1 (IGF-1) and its analogues;
Mechano Growth Factors (MGFs);
Platelet-Derived Growth Factor (PDGF);
Thymosin- β 4 and its derivatives e.g. TB-500;
Vascular-Endothelial Growth Factor (VEGF);

and other growth factors or growth factor modulators affecting muscle, tendon or ligament protein synthesis/ degradation, vascularisation, energy utilization, regenerative capacity or fibre type switching.

S3 BETA-2 AGONISTS

All selective and non-selective beta-2 agonists, including all optical isomers, are prohibited. Including, but not limited to:

Fenoterol;
Formoterol;
Higenamine;
Indacaterol;
Olodaterol;
Procaterol;
Reproterol;
Salbutamol;
Salmeterol;
Terbutaline;
Tretoquinol (trimetoquinol);
Tulobuterol;
Vilanterol.

Except:

- Inhaled salbutamol: maximum 1600 micrograms over 24 hours in divided doses not to exceed 800 micrograms over 12 hours starting from any dose;
- Inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours;
- Inhaled salmeterol: maximum 200 micrograms over 24 hours.

The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is not consistent with therapeutic use of the substance and will be considered as an *Adverse Analytical Finding (AAF)* unless the *Athlete* proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of a therapeutic dose (by inhalation) up to the maximum dose indicated above.

S4 HORMONE AND METABOLIC MODULATORS

The following hormone and metabolic modulators are prohibited:

1. Aromatase inhibitors including, but not limited to:
 - 2-Androst-enol** (5 α -androst-2-en-17-ol);
 - 2-Androst-enone (5 α -androst-2-en-17-ol);
 - 3-Androst-enol** (5 α -androst-3-en-17-ol);
 - 3-Androst-enone (5 α -androst-3-en-17-one);
 - 4-Androst-3,6,17-trione** (6-oxo);
 - Aminoglutethimide;
 - Anastrozole;
 - Androsta-1,4,6-triene-3,17-dione (androstatrienedione);
 - Androsta-3,5-diene-7,17-dione (arimistane);
 - Exemestane**;
 - Formestane**;
 - Letrozole**;
 - Testolactone**.
2. Selective estrogen receptor modulators (SERMs) including, but not limited to:
 - Raloxifene**;
 - Tamoxifen**;
 - Toremifene.
3. Other anti-estrogenic substances including, but not limited to:
 - Clomifene**;
 - Cyclofenil;
 - Fulvestrant**.
4. Agents preventing activin receptor IIB activation including, but not limited, to:
 - Activin A-neutralizing antibodies**;
 - Activin receptor IIB competitors such as:
 - Decoy activin receptors (e.g. ACE-031);
 - Anti-activin receptor IIB antibodies (e.g. bimagrumab);
 - Myostatin inhibitors** such as:
 - Agents reducing or ablating myostatin expression;
 - Myostatin-binding proteins (e.g. follistatin, myostatin propeptide);
 - Myostatin-neutralizing antibodies (e.g. domagrozumab, landogrozumab, stamulumab).

5. Metabolic modulators:

- 5.1 Activators of the AMP-activated protein kinase (AMPK), e.g. AICAR, SR9009; and Peroxisome Proliferator Activated Receptor δ (PPAR δ) agonists, e.g. 2-[2-methyl-4-[(4-methyl-2-[4-(trifluoromethyl)phenyl]thiazol-5-yl)methylthio]phenoxy]acetic acid (GW1516, GW501516);
- 5.2 Insulins and insulin-mimetics;
- 5.3 Meldonium;
- 5.4 Trimetazidine.

S5 DIURETICS AND MASKING AGENTS

The following diuretics and masking agents are prohibited, as are other substances with a similar chemical structure or similar biological effect(s).

Including, but not limited to:

- Desmopressin; probenecid; plasma expanders, e.g. intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol.
- Acetazolamide; amiloride; bumetanide; canrenone; chlortalidone; etacrynic acid; furosemide; indapamide; metolazone; spironolactone; thiazides, e.g. bendroflumethiazide, chlorothiazide and hydrochlorothiazide; triamterene and vaptans, e.g. tolvaptan.

Except:

- Drospirenone; pamabrom; and ophthalmic use of carbonic anhydrase inhibitors (e.g. dorzolamide, brinzolamide);
- Local administration of felypressin in dental anaesthesia.

The detection in an *Athlete's Sample* at all times or *In-Competition*, as applicable, of any quantity of the following substances subject to threshold limits: formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine, in conjunction with a diuretic or masking agent, will be considered as an *Adverse Analytical Finding (AAF)* unless the *Athlete* has an approved *Therapeutic Use Exemption (TUE)* for that substance in addition to the one granted for the diuretic or masking agent.

PROHIBITED METHODS

M1 MANIPULATION OF BLOOD AND BLOOD COMPONENTS

The following are prohibited:

1. The *Administration* or reintroduction of any quantity of autologous, allogenic (homologous) or heterologous blood, or red blood cell products of any origin into the circulatory system.
2. Artificially enhancing the uptake, transport or delivery of oxygen.
Including, but not limited to:
Perfluorochemicals; efaproxiral (RSR13) and modified haemoglobin products, e.g. haemoglobin-based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen by inhalation.
3. Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

M2 CHEMICAL AND PHYSICAL MANIPULATION

The following are prohibited:

1. *Tampering*, or *Attempting to Tamper*, to alter the integrity and validity of *Samples* collected during *Doping Control*.
Including, but not limited to:
Urine substitution and/or adulteration, e.g. proteases.
2. Intravenous infusions and/or injections of more than a total of 100 mL per 12-hour period except for those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations.

M3 GENE AND CELL DOPING

The following, with the potential to enhance sport performance, are prohibited:

1. The use of polymers of nucleic acids or nucleic acid analogues.
2. The use of gene editing agents designed to alter genome sequences and/or the transcriptional, post-transcriptional or epigenetic regulation of gene expression.
3. The use of normal or genetically modified cells.

SUBSTANCES & METHODS PROHIBITED *IN-COMPETITION*

IN ADDITION TO THE CLASSES S0 TO S5 AND M1 TO M3 DEFINED ABOVE, THE FOLLOWING CLASSES ARE PROHIBITED *IN-COMPETITION*:

PROHIBITED SUBSTANCES

S6

STIMULANTS

All stimulants, including all optical isomers, e.g. *d*- and *l*- where relevant, are prohibited.

Stimulants include:

a: Non-Specified Stimulants:

Adrafinil;
Amfepramone;
Amphetamine;
Amfetaminil;
Amiphenazole;
Benfluorex;
Benzylpiperazine;
Bromantan;
Clobenzorex;
Cocaine;
Cropropamide;
Crotetamide;
Fencamine;
Fenetylline;
Fenfluramine;
Fenproporex;
Fonturacetam [4-phenylpiracetam (carphedon)];
Furfenorex;
Lisdexamfetamine;
Mefenorex;
Mephentermine;
Mesocarb;
Metamphetamine(*d*-);
p-methylamphetamine;
Modafinil;
Norfenfluramine;
Phendimetrazine;
Phentermine;
Prenylamine;
Prolintane.

A stimulant not expressly listed in this section is a *Specified Substance*.

b: Specified Stimulants.

Including, but not limited to:

3-Methylhexan-2-amine (1,2-dimethylpentylamine);
4-Methylhexan-2-amine (methylhexanamine);
4-Methylpentan-2-amine (1,3-dimethylbutylamine);
5-Methylhexan-2-amine (1,4-dimethylpentylamine);
Benzfetamine;
Cathine**;
Cathinone and its analogues, e.g. mephedrone, methedrone, and α - pyrrolidinovalerophenone;
Dimetamphetamine (dimethylamphetamine);
Ephedrine***;
Epinephrine**** (adrenaline);
Etamivan;
Etilamphetamine;
Etilefrine;
Famprofazone;
Fenbutrazate;
Fencamfamin;
Heptaminol;
Hydroxyamphetamine (parahydroxyamphetamine);
Isometheptene;
Levmetamphetamine;
Meclofenoxate;
Methylenedioxymethamphetamine;
Methylephedrine***;
Methylphenidate;
Nikethamide;
Norfenefrine;
Octopamine;
Oxilofrine (methylsynephrine);
Pemoline;
Pentetrazol;
Phenethylamine and its derivatives;
Phenmetrazine;
Phenpromethamine;
Propylhexedrine;
Pseudoephedrine*****;

Selegiline;
Sibutramine;
Strychnine;
Tenamfetamine (methylenedioxyamphetamine);
Tuaminoheptane;

and other substances with a similar chemical structure or similar biological effect(s).

Except:

- Clonidine;
- Imidazole derivatives for topical/ophthalmic use and those stimulants included in the 2019 Monitoring Program*.

* Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2019 Monitoring Program, and are not considered *Prohibited Substances*.

** Cathine: Prohibited when its concentration in urine is greater than 5 micrograms per milliliter.

*** Ephedrine and methylephedrine: Prohibited when the concentration of either in urine is greater than 10 micrograms per milliliter.

**** Epinephrine (adrenaline): Not prohibited in local administration, e.g. nasal, ophthalmologic, or co-administration with local anaesthetic agents.

***** Pseudoephedrine: Prohibited when its concentration in urine is greater than 150 micrograms per milliliter.

S7 NARCOTICS

The following narcotics are prohibited:

Buprenorphine;
Dextromoramide;
Diamorphine (heroin);
Fentanyl and its derivatives;
Hydromorphone;
Methadone;
Morphine;
Nicomorphine;
Oxycodone;
Oxymorphone;
Pentazocine;
Pethidine.

S8 CANNABINOIDS

The following cannabinoids are prohibited:

- Natural cannabinoids, e.g. cannabis, hashish and marijuana,
- Synthetic cannabinoids e.g. Δ^9 -tetrahydrocannabinol (THC) and other cannabimimetics.

Except:

- Cannabidiol.

S9 GLUCOCORTICOIDS

All glucocorticoids are prohibited when administered by oral, intravenous, intramuscular or rectal routes.

Including but not limited to:

Betamethasone;
Budesonide;
Cortisone;
Deflazacort;
Dexamethasone;
Fluticasone;
Hydrocortisone;
Methylprednisolone;
Prednisolone;
Prednisone;
Triamcinolone.

SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

P1 BETA-BLOCKERS

Beta-blockers are prohibited *In-Competition* only, in the following sports, and also prohibited *Out-of-Competition* where indicated.

- Archery (WA)*
- Automobile (FIA)
- Billiards (all disciplines) (WCBS)
- Darts (WDF)
- Golf (IGF)
- Shooting (ISSF, IPC)*
- Skiing/Snowboarding (FIS) in ski jumping, freestyle aeriels/halfpipe and snowboard halfpipe/big air
- Underwater sports (CMAS) in constant-weight apnoea with or without fins, dynamic apnoea with and without fins, free immersion apnoea, Jump Blue apnoea, spearfishing, static apnoea, target shooting, and variable weight apnoea.

*Also prohibited *Out-of-Competition*

Including, but not limited to:

A cebutolol;	L abetalol;
Alprenolol;	M etipranolol;
Atenolol;	Metoprolol;
B etaxolol;	N adolol;
Bisoprolol;	O xprenolol;
Bunolol;	P indolol;
C arteolol;	Propranolol;
Carvedilol;	S otalol;
Celiprolol;	T imolol.
E smolol;	

www.wada-ama.org

