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Anti-Doping Agency of Serbia





ANTIDOPING
AGENCIJA
REPUBLIKE
SRBIJE

WORLD ANTI-DOPING
CODE
2021

SVETSKI
ANTIDOPING
KODEKS

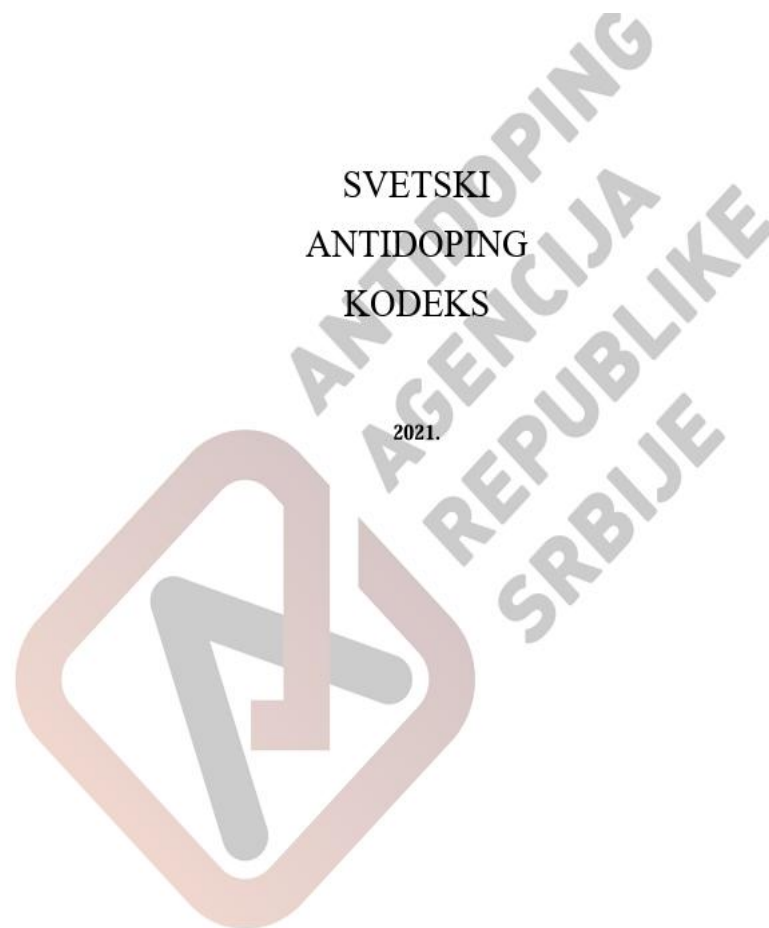
2021.

ZAKON
O SPORTU

("Sl. glasnik RS", br. 10/2016)

ZAKON
O SPREČAVANJU DOPINGA U SPORTU

("Sl. glasnik RS", br. 111/2014 i 47/2021)





The purpose of the World Anti-Doping Program :

- to protect the fundamental rights of athletes to participate in doping-free sport and thereby promote health, fairness and equality for athletes worldwide,
- to ensure harmonized, coordinated and effective anti-doping programs at the international and national level regarding the prevention of doping, which include:
 - Education - to raise awareness, inform, communicate, to encourage values, develop life skills and decision-making ability to prevent intentional and unintentional violations of anti-doping rules.
 - Deterrence - discouraging potential users of doping agents, by ensuring the existence of strict rules and sanctions, which are visible to all interested parties.
 - Detection - an effective system of testing and investigation not only enhances the deterrent effect but is also effective in protecting clean athletes and sportsmanship, by enabling detection of those who commit anti-doping rule violations and at the same time hindering all those engaged in doping.
 - Enforcement - to adjudicate and punish those found to have committed anti-doping rule violations.
 - Rule of law - to ensure that all relevant actors agree to the Code and international standards and that all measures taken in the implementation of their anti-doping programs are in accordance with the Code, international standards and principles of proportionality and protection of human rights



Recreational athlete in Serbia

ZAKON O SPORTU

("Sl. glasnik RS", br. 10/2016)

Član 3

Pojedini izrazi upotrebljeni u ovom zakonu imaju sledeće značenje:

1) *sportske aktivnosti* jesu svi oblici fizičke i umne aktivnosti koji, kroz neorganizovano ili organizovano učešće, imaju za cilj izražavanje ili poboljšanje fizičke spremnosti i duhovnog blagostanja, stvaranje društvenih odnosa ili postizanje rezultata na takmičenjima svih nivoa;

2) *sportske delatnosti* jesu delatnosti kojima se obezbeđuju uslovi za obavljanje sportskih aktivnosti, odnosno omogućava njihovo obavljanje, a naročito: organizovanje učešća i vođenje sportskih takmičenja, uključujući i međunarodna takmičenja, obučavanje za bavljenje sportskim aktivnostima i planiranje i vođenje sportskih aktivnosti; sportsko suđenje; organizovanje sportskih priprema i sportskih priredaba; obezbeđenje i upravljanje sportskom opremom i objektima; stručno obrazovanje, osposobljavanje, usavršavanje i informisanje u oblasti sporta; naučnoistraživački i istraživačko-razvojni rad u sportu; propaganda i marketing u sportu; savetodavne i stručne usluge u sportu; sportsko posredovanje, organizovanje poslovanja organizacija u oblasti sporta;

3) *sportska rekreacija* (rekreativni sport, sport za sve, masovni sport) jeste oblast sporta koja obuhvata dobrovoljno bavljenje fizičkim vežbanjem, odnosno sportskim aktivnostima radi odmora, osveženja, zabave, unapređivanja zdravlja ili unapređivanja sopstvenih rezultata i radi zadovoljenja potreba za kretanjem, igrom i druženjem, u svim segmentima stanovništva;

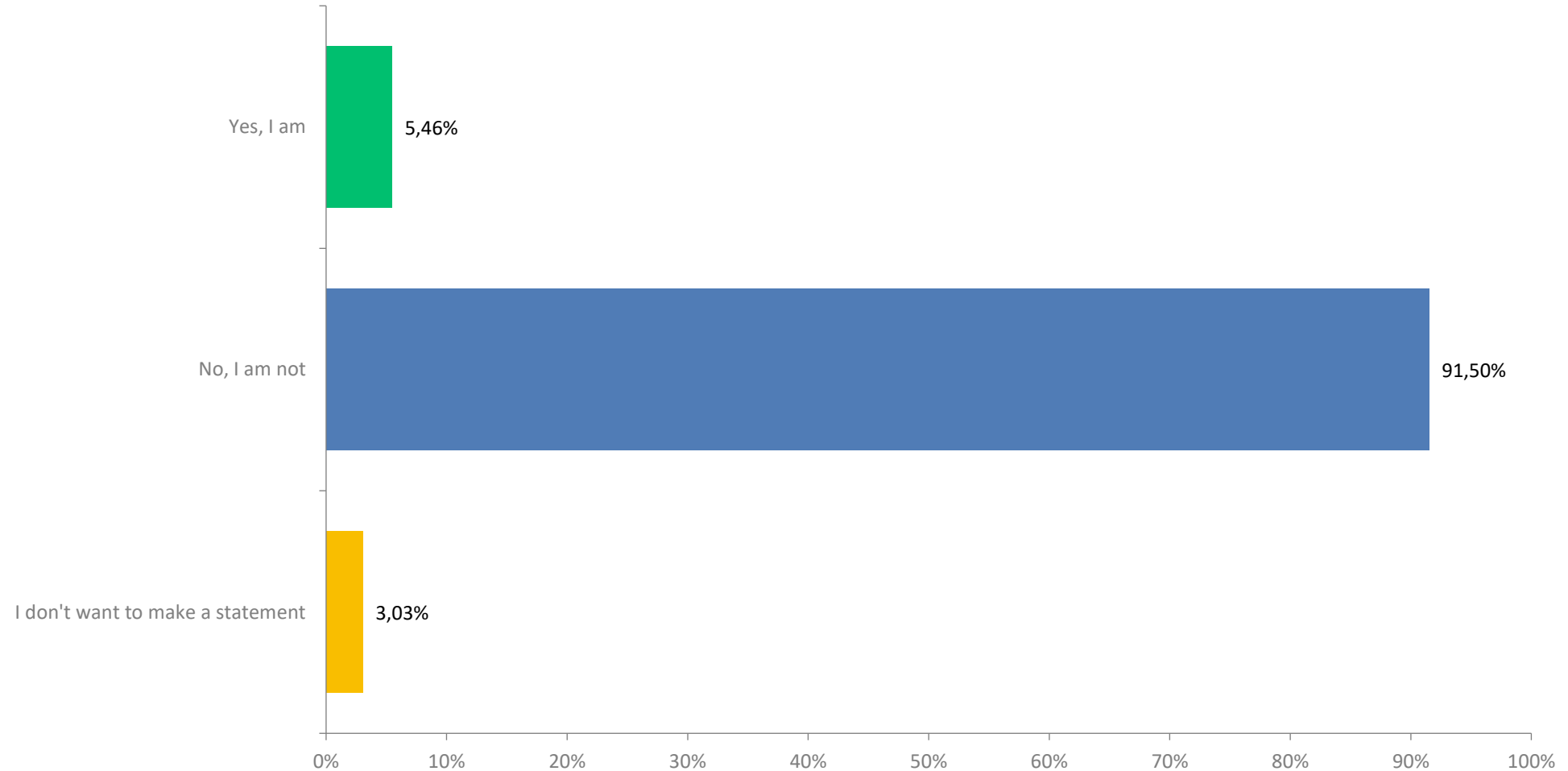
4) *vrhunski sport* jeste oblast sporta koja obuhvata sportske aktivnosti koje za rezultat imaju izuzetne (vrhunske) rezultate i sportske kvalitete;

5) *sport dece* jeste organizovan oblik fizičkog vežbanja, odnosno sportskih aktivnosti, usklađen sa antropološkim karakteristikama dečjeg uzrasta;

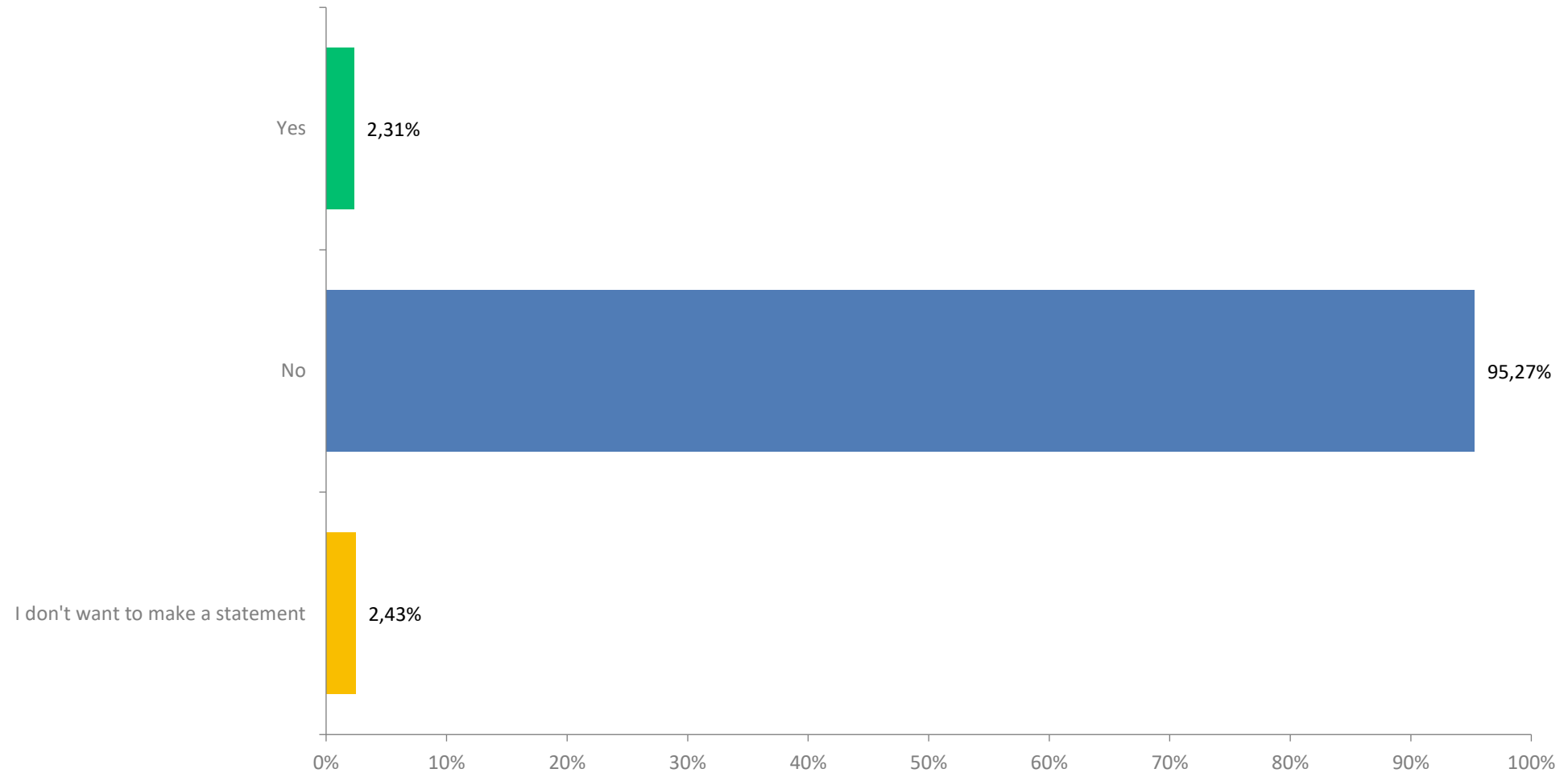
6) *sportska organizacija* jeste organizacija koja se osniva radi obavljanja sportskih aktivnosti i sportskih delatnosti, u skladu sa ovim zakonom;

7) *sportista* jeste lice koje se bavi sportskim aktivnostima;

Have you ever used doping substances in the past?



Are you currently using doping substances?



Definition of doping and antidoping rule violations

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

There is a 11 offenses that are deemed to be antidoping rule violations, and thus satisfy the definition of “doping”





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Anti-Doping rule violations

1) Adverse Analytical Finding



2) Use



3) Refusal to Submit a Sample



4) Whereabouts Failure



5) Tampering



6) Possession



7) Trafficking



8) Administration



9) Complicity



10) Prohibited Association



11) Obstruction of Whistleblowing





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There is a one prohibited list in the world!

WORLD ANTI-DOPING CODE
INTERNATIONAL STANDARD
**PROHIBITED
LIST**

Prohibited Substances and Methods

The Prohibited List organizes
prohibited substances into
different classes:

Substances and Methods Prohibited at All Times (In and Out of Competition)

- S0 Non-approved substances
- S1 Anabolic agents
- S2 Peptide hormones, growth factors, related substances, and mimetics
- S3 Beta-2 agonists
- S4 Hormone and metabolic modulators
- S5 Diuretics and other masking agents
- M1 Manipulation of blood and blood components
- M2 Chemical and physical manipulation
- M3 Gene and cell doping

Substances and Methods Prohibited in-Competition

- S6 Stimulants
- S7 Narcotics
- S8 Cannabinoids
- S9 Glucocorticoids

Substances Prohibited in Particular Sports

- P1 Beta-blockers



How a substance or method ends up on the Prohibited List?

01 IT IS HARMFUL TO THE
HEALTH OF ATHLETES

02 POSITIVE INFLUENCES
SPORTS PERFORMANCE

03 IT IS NOT IN ACCORDANCE WITH
THE ETHICS OF SPORTS



Some of the substances that are on the Prohibited List can also be found in medicines which are used to treat various health conditions

- 1. Anabolic agents for the treatment of male hypogonadism**
- 2. Peptide hormones, growth factors, related substances and mimetics for the treatment of anemia, male hypogonadism, growth hormone deficiency**
- 3. Beta-2 agonists for the treatment of asthma and other respiratory disorders**
- 4. Hormonal and metabolic modulators for the treatment of breast cancer, diabetes, infertility, polycystic ovary syndrome**
- 5. Diuretics and masking agents for the treatment of heart failure, hypertension**
- 6. Stimulants for the treatment of anaphylaxis, attention deficit hyperactivity disorder, cold and flu symptoms**
- 7. Narcotics for the treatment of pain, including injuries of the musculoskeletal system**
- 8. Glucocorticoids for the treatment of allergies, anaphylaxis, asthma, inflammatory bowel disease, injuries**
- 9. Beta-blockers for the treatment of heart failure, hypertension are also prohibited**

Consequences of doping

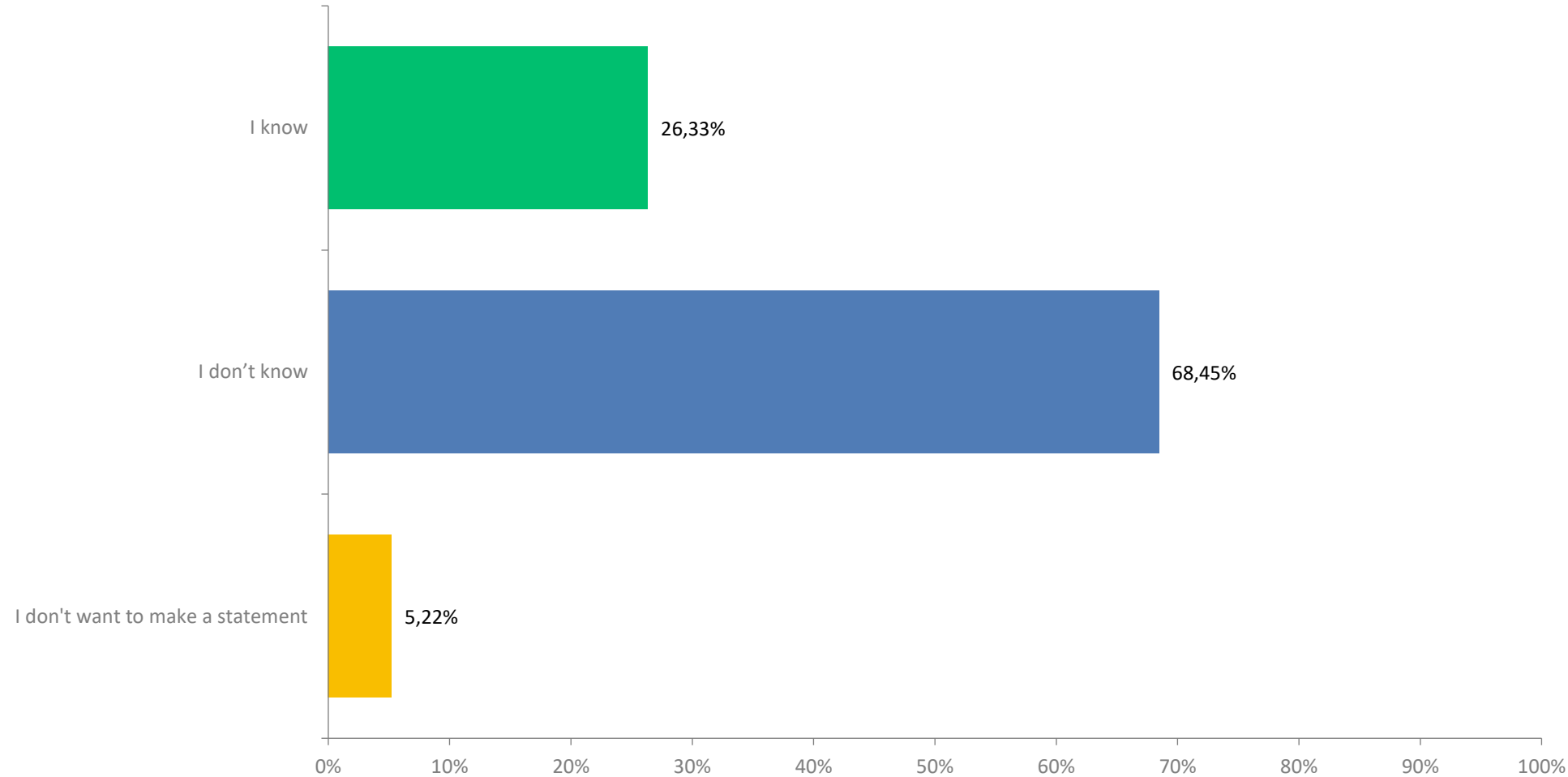




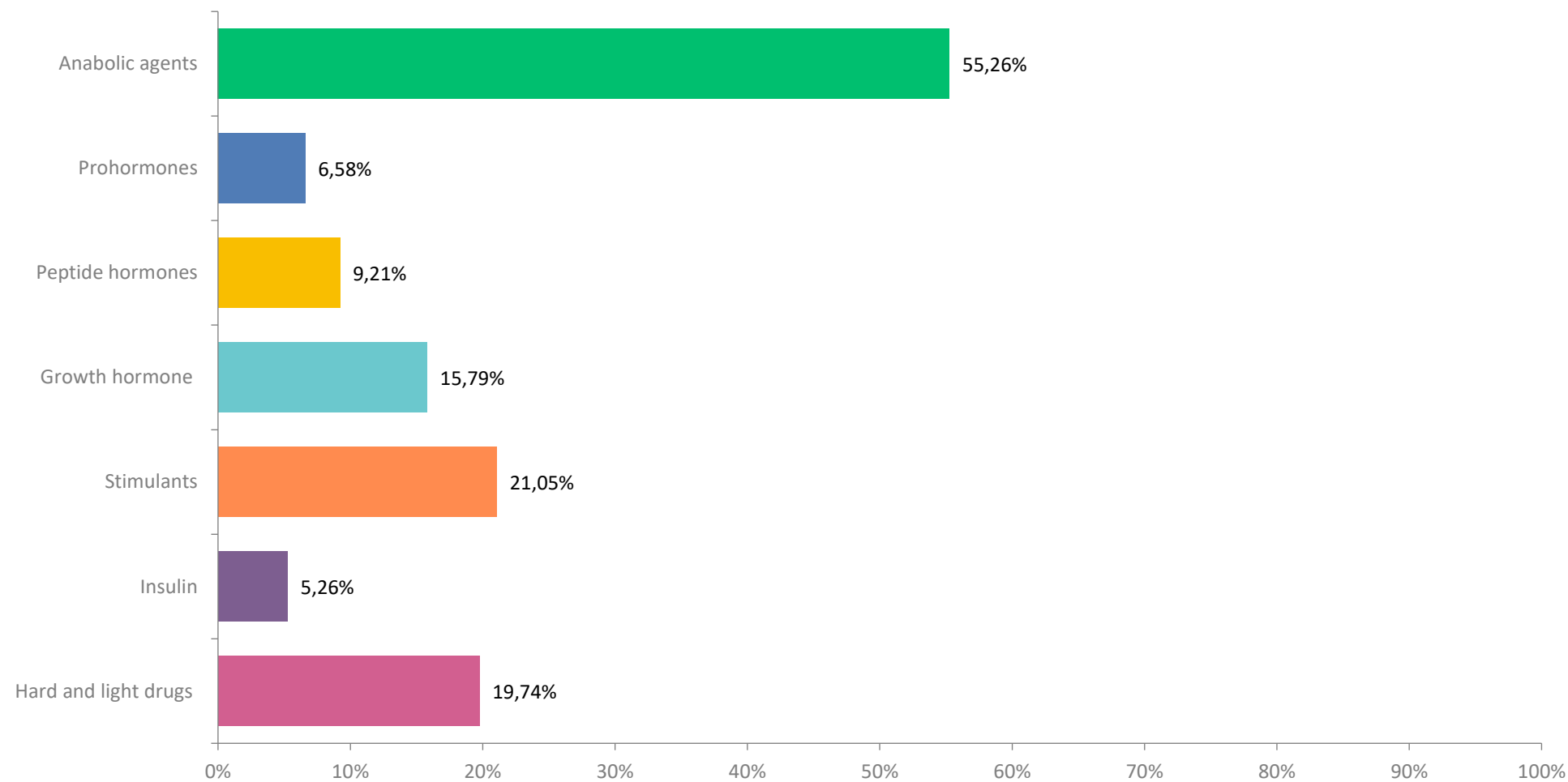
The consequences of doping can affect the career and private life of an athlete!

- Sanction ie. ban on participation in sports
- A sanction that is publicly announced
- Financial consequences
- Long-term health consequences
- Loss of identity and potentially the end of a sports career
- Loss of results, medals, prize money
- Feeling of guilt, shame

Do you know someone who had side effects from the use of doping substances?



If you have taken doping substances, what are the substances that you used or still using to increase athletic performance?





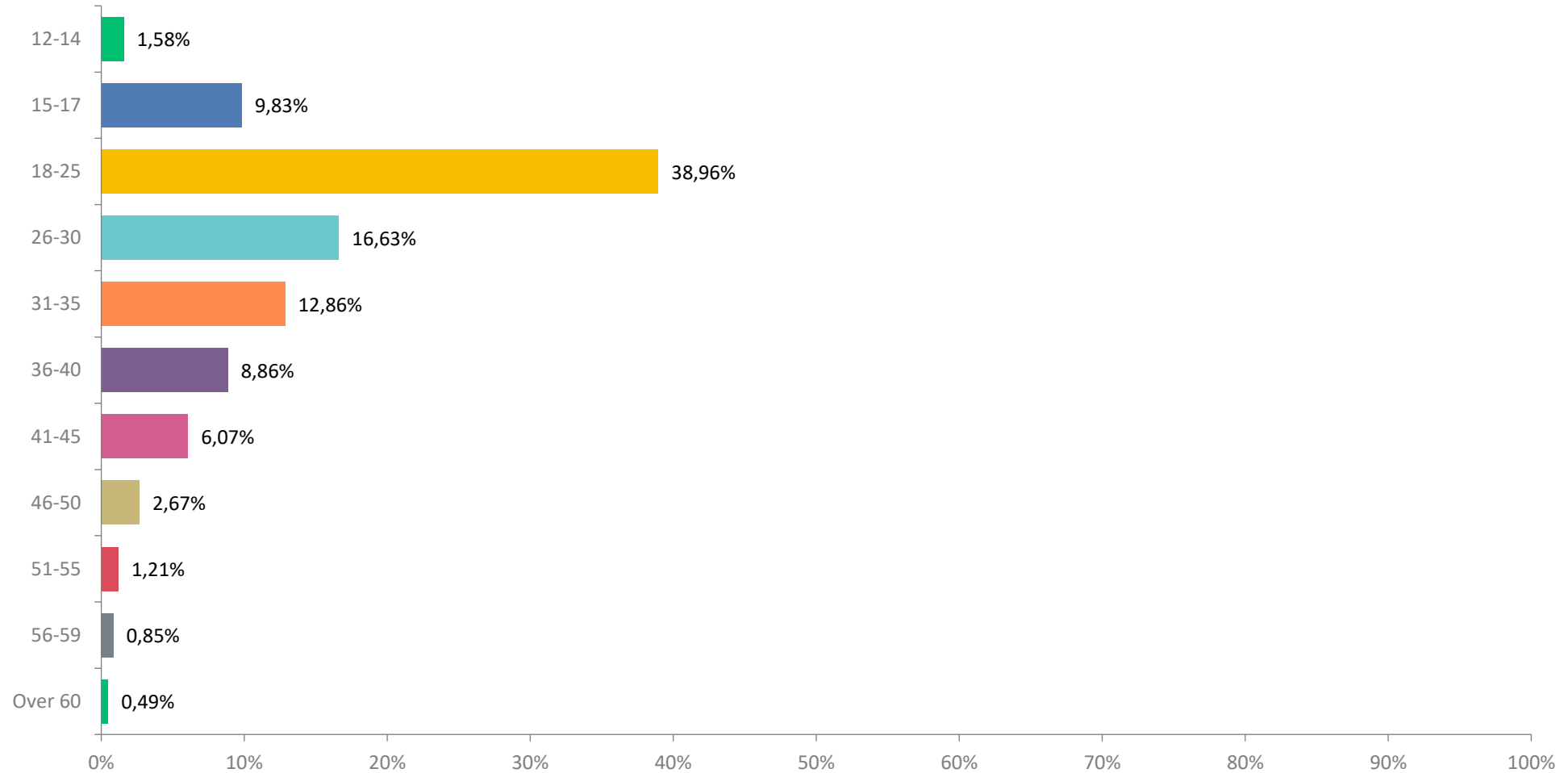
S1 Anabolics



Anabolics are steroid hormones, such as testosterone and other substances, with effects similar to the male sex hormone. They induce an anabolic metabolic state.

- Side effects: Anabolic agents have a range of side effects, some of them dangerous, such as damage to the cardiovascular system, liver disease or even liver cancer, changes to the lipid metabolism leading to hardening of the arteries (arteriosclerosis), water retention in body tissue, mental health problems (depression, aggression, libido, substance dependence), premature skeletal maturation in children or effects on the reproductive system.

How old are you?





Side effects after stopping use of steroids



Abstinence
Anxiety
Apathy
Abuse of other substances
Loss of energy
Impotence
Depression
Loss of will to live





S2 Human growth hormone (hGH)

Human growth hormone (hGH) is a peptide hormone produced by the body. hGH stimulates cell division and cell growth and therefore has an anabolic (muscle-building) effect.

- Side effects: hGH can promote the growth of inner organs (e.g. heart, liver) and cause considerable damage to them. An enlarged heart and increased blood pressure can cause heart attacks. hGH also leads to the growth of hands and feet, and also of the chin, nose and ears (acromegaly). These changes are irreversible. Further possible consequences of hGH abuse are intestinal cancer or diabetes.





Growth hormone



somatropin

Informacije o izdavanju lekova

Lista RFZO

A - Lekovi koji se propisuju i izdaju na obrascu lekarskog recepta

Režim izdavanja

SZR - Lek se može upotrebljavati u stacionarnoj zdravstvenoj ustanovi, izuzetno lek se može izdavati i uz Rp, u cilju nastavka terapije kod kuće, što mora biti naznačeno i overeno na poledjini Rp



Ulogujte se

Registrujte se



BodyBuilding

PREPARATI

Pretraži proizvode...



Moji Favoriti



Moja Korpa

KATEGORIJE PROIZVODA



NAMENA PROIZVODA



O NAMA

NOVO

AKCIJA

RASPRODAJA

KONTAKT



VIBER: 064/501-64-15

Početna > Proizvodi > Peptidi > GHRP-6 – 10mg Hormon rasta



GHRP-6 – 10mg Hormon rasta

GHRP-6 – 10mg Hormon rasta - najpovoljnija cena u Srbiji.

Prodaja online **GHRP-6 – 10mg Hormon rasta**.

Šifra : 0037

Brend : ARENIS

Cena : 3.800,00 RSD

1

DODAJ U KORPU

ILI PORUČITE VIBEROM : 064/501-64-15

Dodaj U Favorite

Podeli :

facebook

Chat live with an agent now!

S2 Erythropoietin (EPO)

Erythropoietin (EPO) is a hormone produced by the body that stimulates the production of red blood cells. The ultimate effect is an increase in exercise endurance and a reduction of recovery time.

- Side effects: An increase the production of red blood cells caused by EPO results in an increase in the cell volume of the blood (haematocrit). The blood becomes more viscous and blood pressure rises. Other side effects are: thrombosis, heart attacks, stroke and even death, risk of developing cancer also rises when EPO is taken.





S4 Hormone and metabolic modulators

Substances classified as 'hormone and metabolic modulators' modify the effects of hormones and accelerate or slow down specific enzyme reactions.

- Side effects: hormones and metabolic modulators interfere with the body's endocrine system and thus enhance the risk of serious diseases.



S4 Insulin

Insulin is a peptide hormone produced by the body and is one of the prohibited doping substances. It lowers blood sugar level and also affects the metabolism of fats and amino acids.

- Side effects: Insulin-doping can be fatal! An overdose of artificial insulin leads to heart palpitations, agitation and tremors, serious damage can occur to the brain. In extreme cases this can result in death. In addition, the abuse of insulin carries the risk of developing diabetes.





S5 Diuretics and other masking agents

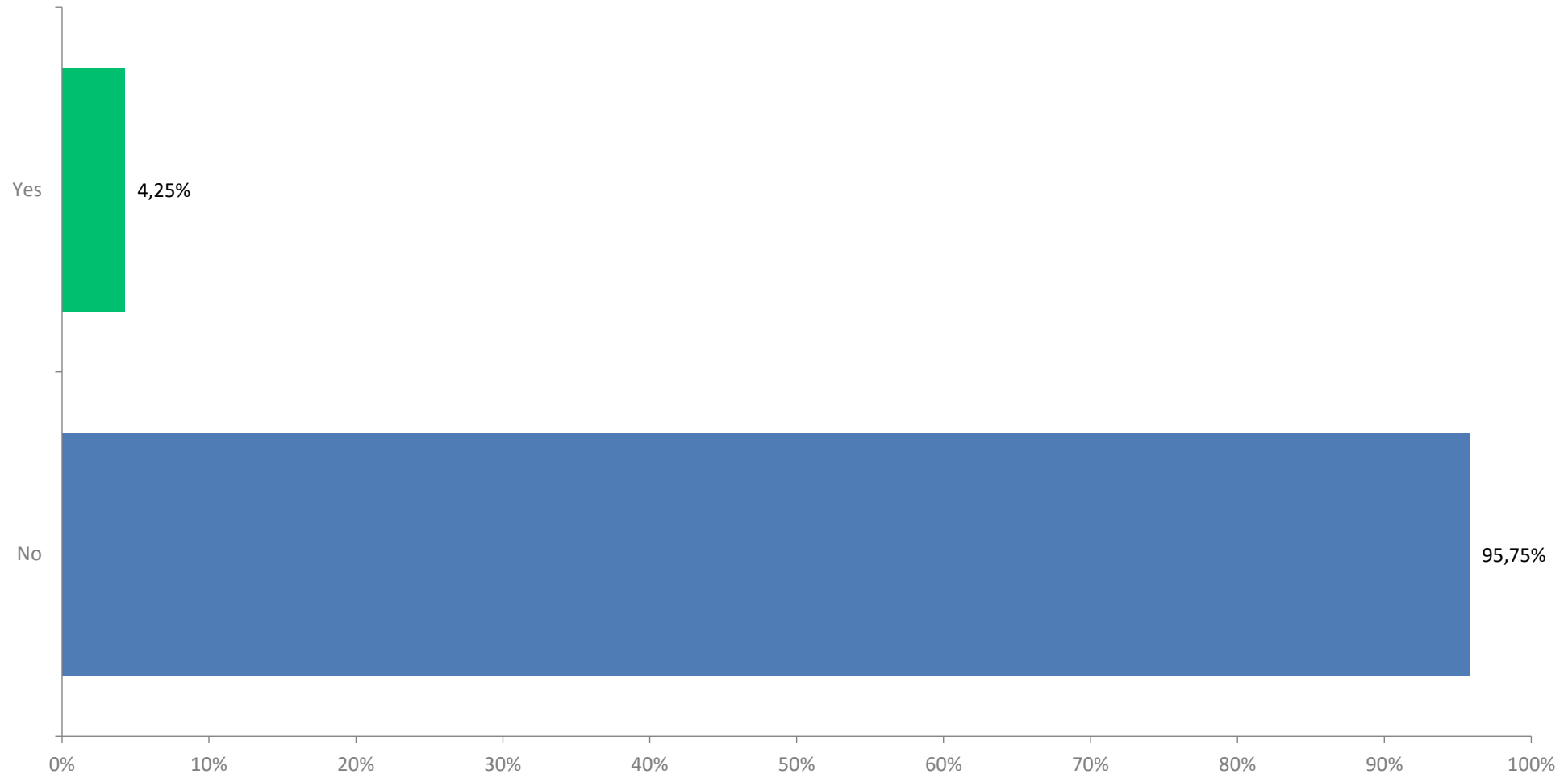
Masking agents are mainly used to hide the presence of other prohibited substances or to change the results of doping controls.

- Side effects: Diuretics deprive the body of large amounts of liquids and minerals, disrupting its water and salt balance. This can lead to serious muscle cramps, acute hypotension, cardiac arrhythmia and circulatory shock, risk of thrombosis increases. Other possible side effects of the abuse of diuretics are gastrointestinal problems and kidney damage.



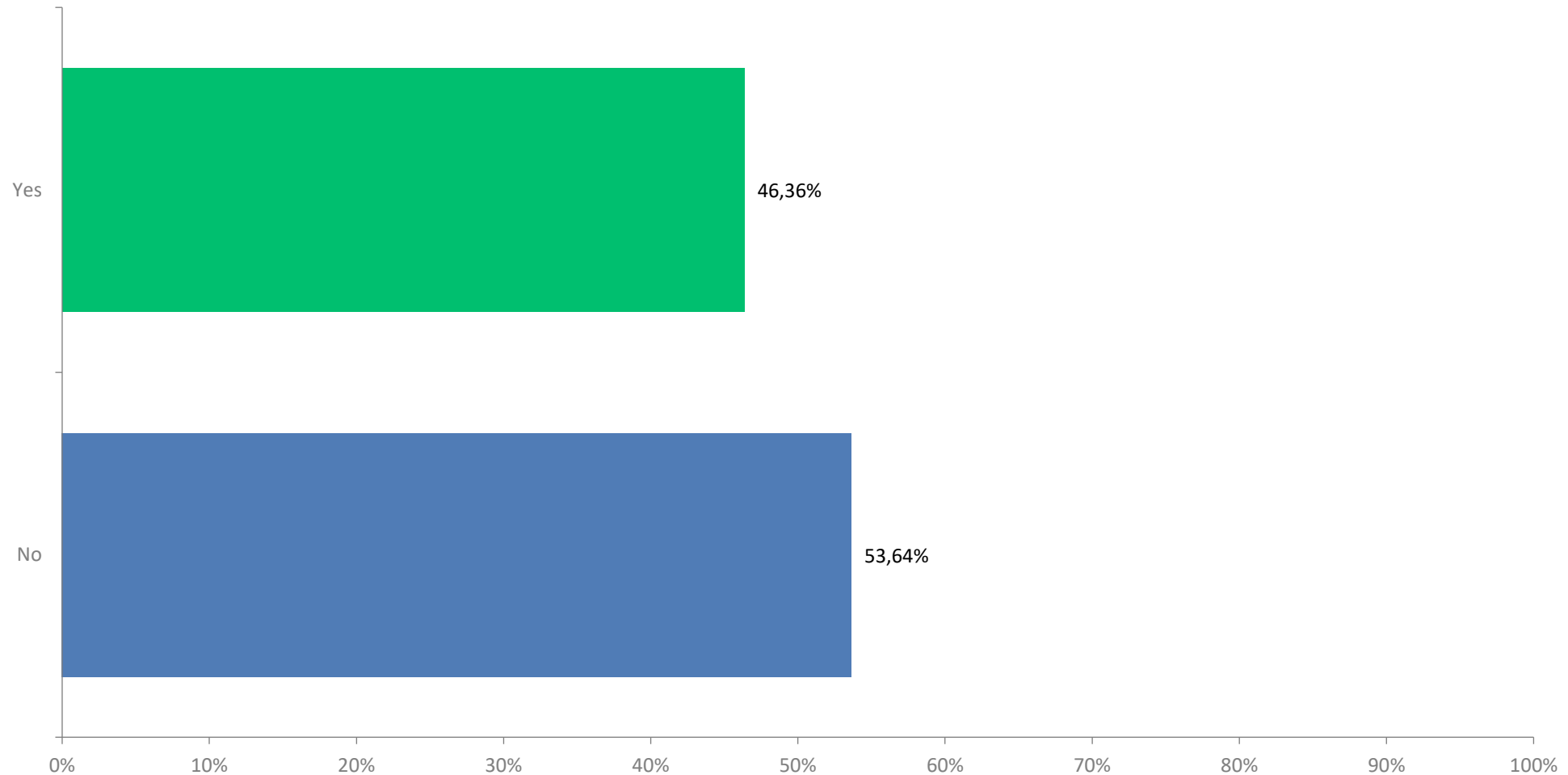


Have you ever used a diuretic to lose weight?





Are you informed about the side effects of using diuretics?





M1 Manipulation of blood

In addition to prohibited substances, the Prohibited List also lists prohibited methods. These include the manipulation of blood or blood components. It is prohibited because it improves the oxygen supply to the body.

- Side effects: This can result in a life-threatening case of blood poisoning. In cases of allogeneic doping, more serious complications can occur, for example the transmission of foreign pathogens such as hepatitis viruses or HIV or blood incompatibility resulting in anaphylactic shock, which can lead to death.



M3 Gene and cell doping

The essential difference between gene doping and conventional doping is the fact that instead of doping substances, genetic material is introduced into the body.

- Side effects: Changes in genetic material due to gene doping cannot be completely reversed with current medical knowledge.



S6 Stimulants

Stimulants cause increased physical and mental activity. They suppress the sensation of fatigue and thus increase performance. The group of stimulants also includes illegal drugs such as cocaine and ecstasy.

- Side effects: Stimulants put pressure on the cardiovascular system in particular. Blood pressure and body temperature rise, this is life-threatening and can cause cardiac arrest. Other possible side effects include cardiac arrhythmia, convulsions and circulatory collapse.



Side effects of stimulants

- **Insomnia**
- **Dehydration**
- **Balance problem**
- **Visual impairment**
- **Irritability**
- **Depression**
- **Hallucinations**
- **Anxiety**
- **Tachycardia**
- **High blood pressure**
- **Increased risk of arrhythmias, myocardial infarction and stroke!**

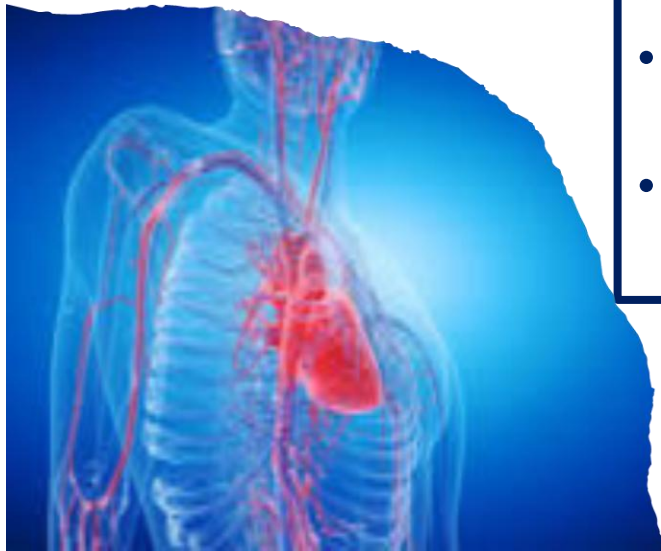
Non-specific: amphetamine, cocaine, sibutramine

Specific: ephedrine, pseudoephedrine

Heat stroke

Redistribution of blood from the skin, preventing adequate cooling of the body

several deaths in professional sports





S7 Narcotics

Narcotics are opioids and potent pain relievers, are prohibited in sport. They are used to suppress severe pain.

- Side effects: The use of narcotics is associated with a high risk of addiction and leads to severe physical and psychological dependence. Narcotics act primarily on the central nervous system, thereby impairing concentration and coordination skills. Overdose may lead to fatal respiratory paralysis.



C7. НАРКОТИЦИ

СУПСТАНЦЕ ЗАБРАЊЕНЕ НА ТАКМИЧЕЊУ

Све забрањене супстанце у овој групи су специфичне супстанце.
Супстанце злоупотребе у овој групи: diamorphine (heroin)

Следећи наркотици, укључујући све оптичке изомере нпр. d- и l- ако постоје, су забрањени:

- Buprenorphine
- Dextromoramide
- Diamorphine (heroin)

- Fentanyl и његови деривати
- Hydromorphone
- Methadone

- Morphine
- Nicomorphine
- Oxycodone
- Oxymorphone

- Pentazocine
- Pethidine



S8 Cannabinoids

Cannabinoids include natural substances as well as synthetic analogues of these substances. The principal active substance is tetrahydrocannabinol (THC).

- Side effects: Cannabinoids act primarily on the brain and can trigger a variety of side effects. In the short term, they lead to a drop in physical performance and also affect perception and short-term memory. In high doses they can cause psychotic seizures, restlessness, anxiety, panic and confusion.



SIDE EFFECTS OF CANABINOIDES



ACUTE EFFECTS

They slow down reaction time

Weak motor coordination

Disorder of perception and concentration

Impaired cognitive behavior: memory, learning, attention, decision making

Impairment of peripheral vision



CHRONIC EFFECTS

Chronic bronchitis, pulmonary dysfunction, vegetable risk of cancer

Malignant tachycardia, coronary artery vasospasm, myocardial infarction in healthy athletes

stroke

Acute psychosis, confusion, amnesia, hallucinations, anxiety



S9 Glucocorticoids

Glucocorticoids are steroid hormones produced by the body or manufactured synthetically that influence the body's metabolism and have pain-relieving and anti-inflammatory effects.

- Side effects: Glucocorticoids affect different areas of the body, so they also have numerous potential side effects such as inhibiting the production of endogenous glucocorticoids, the suppression of the immune system; or the catabolic effect which leads to a decrease in bone density (osteoporosis) and muscle wasting.



P1 Beta-blockers

Beta-blockers inhibit the effect of the body's stress hormones adrenaline and noradrenaline. As a result, they have a relaxing effect on the heart and blood circulation and prevent anxiety and muscle trembling.

- Side effects: Beta blockers can lead to reduction in heart rate cardiac insufficiency, asthma attacks, erectile dysfunction, fatigue and a depressed mood.



Supplements

Dietary Supplements as Source of Unintentional Doping

- About 80% of all anti-doping injuries in global sport are related on the violation of the first anti-doping rule - the presence of a prohibited substance in the athlete's sample
- Data show that 6-9% of reported cases of doping are the result of undeclared substances in nutritional supplements
- Studies show that 14-50% of supplements analyzed contain anabolic agents or other banned substances.
- Despite this, supplement use among athletes remains high, with 60–80% reporting current or past use.

adulterants exist on the WADA prohibited list [8]. It has been reported that some athletes have tested positive for doping due to use of dietary supplements that had poor labeling or contamination of the product [95]. Approximate 6.4% to 8.8% of reported doping cases are the result of undeclared substances in dietary supplements [96]. Therefore, one of WADA's (World Anti-Doping Agency) main antidoping strategies, in addition to doping control, is to enhance athletes' antidoping awareness [97].



Supplement production

- The production of supplements is not precisely controlled as is the case with the production of drugs!
- Unlike drug production, supplement production is not subject to strict manufacturing, labeling and distribution standards
- It may happen that some supplements are contaminated with substances that are not on the declared composition of the supplement!



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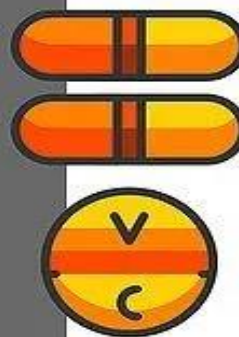
ATHLEATS
NUTRITION

Are your Supplements
**Safe for
Sport?**



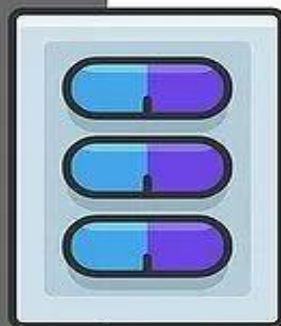
**made in a
basement**

Is the lab tested for
cleanliness, purity and
safe manufacturing
practices to prevent
cross contamination ?



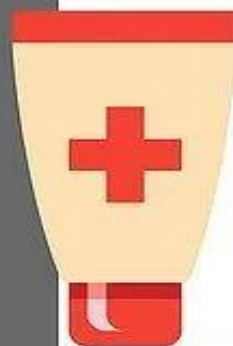
**added
hormones**

Manufacturers can
add illegal hormones
to get for better
results & increased
sales at your expense.



**will make you
test positive**

Although legal, some
supplements have
limitations based on
each organization .



**illegal in
some sports**

Organizations have
different rules. Be sure to
check with your specific
organization's rule book
updated yearly.



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attention!



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