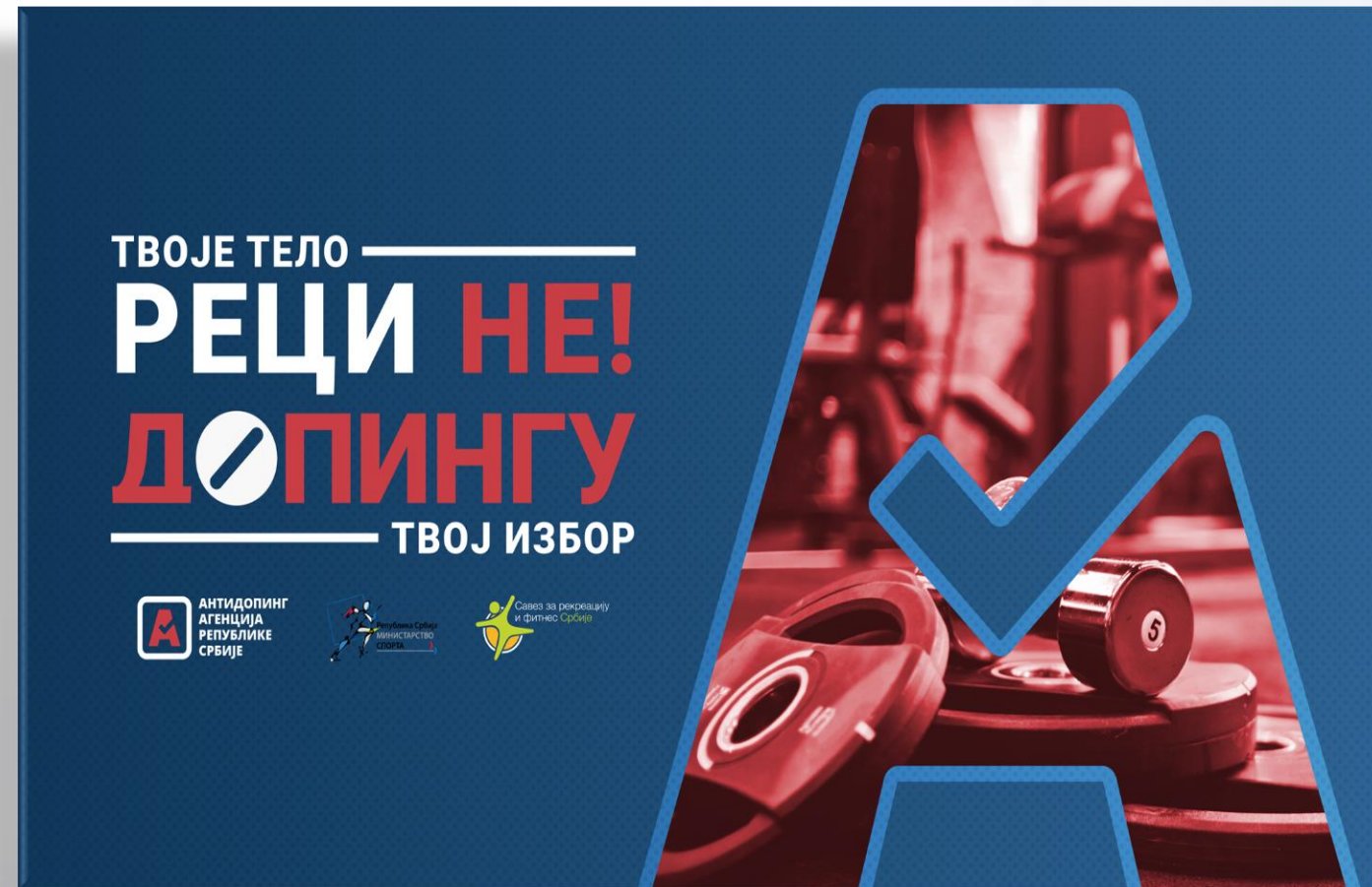


Legal regulations in the field of anti-doping in sports and recreation



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ADAS



What is Doping?

WADA Code

Doping is defined as the occurrence of one or more of the Anti-Doping Rule Violations (ADRVs)

- The presence of prohibited substance in a sample
- The use or attempted use of a prohibited substance or method
- Refusing to submit to sample collection
- Tampering with any part of the doping control process
- Possession or trafficking of prohibited substances
- Administration or attempted administration of a banned substance
- Complicity in an ADRV
- Prohibited association with sanctioned individuals



**These rules apply to professional, amateur and in some cases recreational athletes.*

What Substances and Methods Are Prohibited?

- Anabolic agents (e.g., steroids, SARMs)
- Hormones and metabolic modulators (e.g., growth hormone, insulin)
- Stimulants (e.g., amphetamines, ephedrine)
- Diuretics and masking agents
- Manipulation of blood or urine (e.g., blood doping)
- Intravenous infusions (outside hospital use)
- Gene doping and unauthorized methods



How Doping is Regulated Internationally?

- World Anti-Doping Code (WADA)
- International Standards (ISTI, Prohibited List)
- Global harmonization – rules apply equally worldwide

WADA provides the global anti-doping framework.

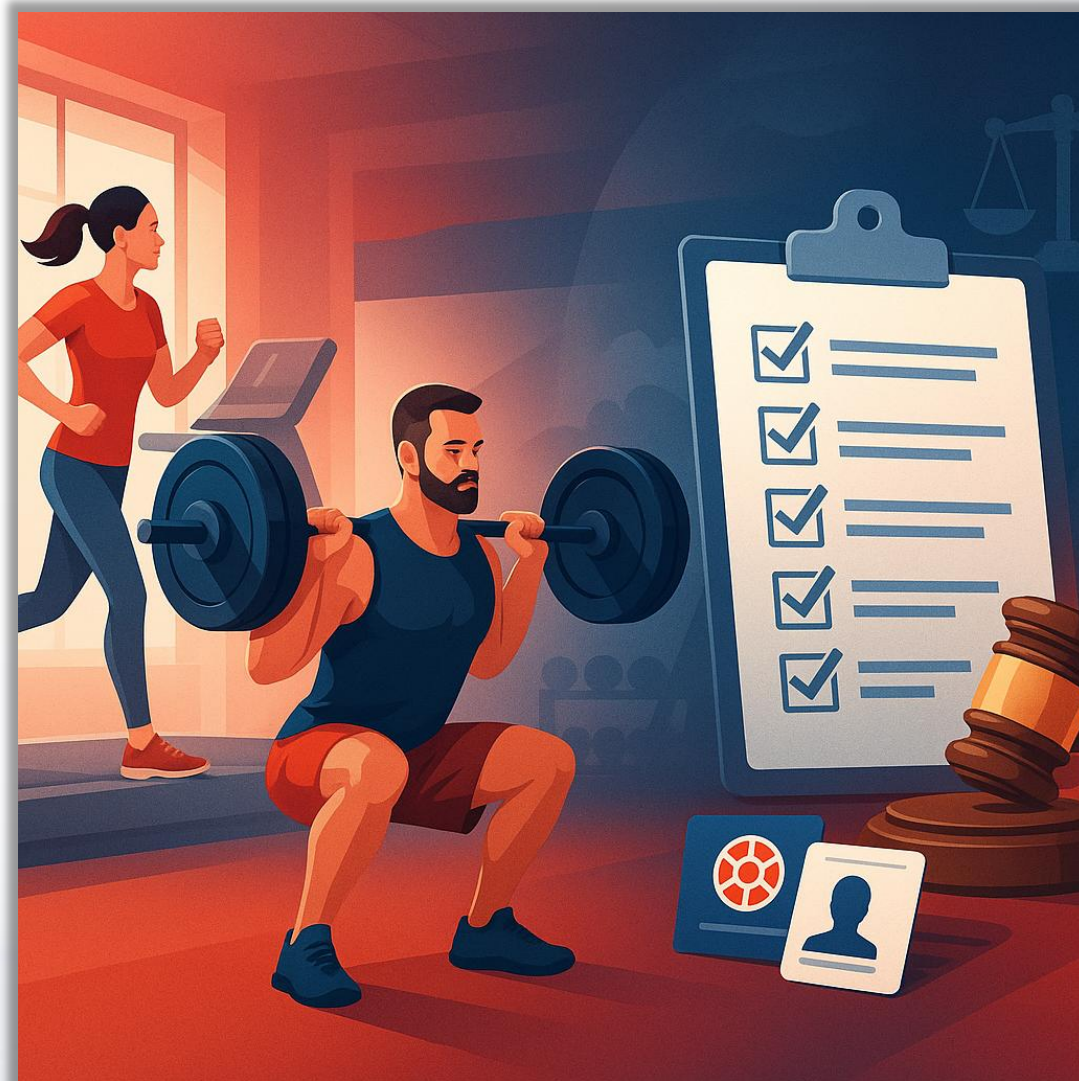
Each country has its own **NADO** - in Serbia, that is **ADAS**.

Recreational athletes are subject to anti-doping rules if they compete in events organized under a Code-compliant body, or are members of clubs or federations that have adopted the Code.



When Do Anti-Doping Rules Apply to Recreational Athletes?

- When participating in competitions organized under a national federation
- When training at a gym affiliated with a sport organization or club
- When receiving coaching from a licensed trainer
- When the athlete is a member of a sports society or council
- When national law explicitly includes recreational sport in anti-doping provisions



Legal Framework for Combating Doping in Serbia

- **Law on Sports** – defines who is considered an athlete and regulates obligations of sport professionals
- **Law on the Prevention of Doping in Sports** – sets administrative sanctions and defines doping-related violations
- **Criminal Code** – provides penalties for illegal production, distribution, and facilitation of doping substances



Who is Considered an Athlete under Serbian Law?

- Any person engaged in organized sport activity
- Includes professional, amateur and recreational participants under sport structures
- Applies to individuals registered with a sports organization, club, or federation
- Legal obligations apply once a person enters the organized sport system



Sanctions for Doping in Recreational Sport

- **Recreational athletes can be banned for 2 to 4 years from:**
 - amateur competitions
 - sports clubs and programs
- **May be removed from registries or lose access to organized training**
- **Trainers or gym owners can also be sanctioned if they help or allow doping**
- **Possessing or selling doping substances can lead to criminal charges**
- **Sanctions depend on the type of substance and the athlete's role**





Criminal Offenses Related to Doping

(Article 38 of the Law on the Prevention of Doping in Sport)

A person who: prescribes, issues, or *administers* a doping substance to an athlete;

or in any way assists, persuades, or *enables* an athlete to use doping;

→ may be sentenced to imprisonment from 6 months to 5 years.

Doping substances shall be confiscated.



Criminal Offenses Related to Doping

(Article 38 of the Law on the Prevention of Doping in Sport)

Unauthorized Production and Distribution of Doping Substances

(Article 39 of the Law on the Prevention of Doping in Sport)

manufacture, process, sell, offer, or mediate in the distribution of doping substances; or in any way *assists*, persuades, or *enables* athlete to use doping substances for further use in sport.

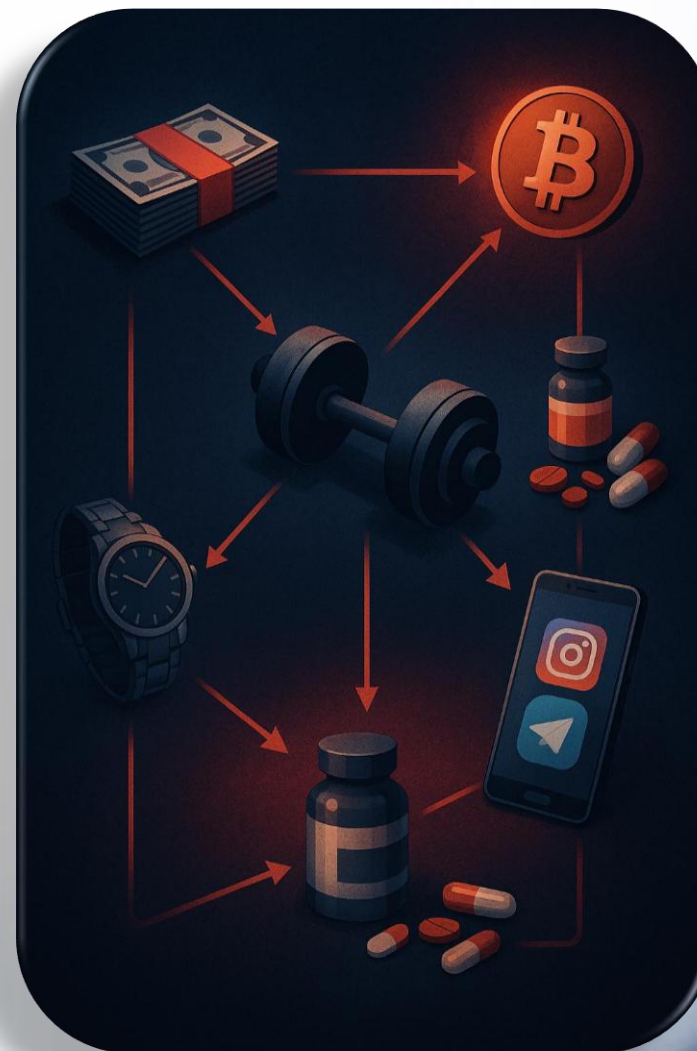
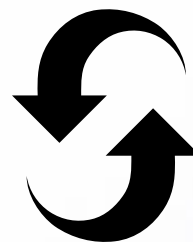
A prison sentence of 6 months to 5 years is also prescribed for:

producing, acquiring, possessing, or providing equipment, materials, or substances intended for the preparation of doping substances.

All means and equipment used for doping preparation.



Real-Life Case: Doping Network Dismantled (Serbia, 2024)



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KEY TAKEAWAYS

- Doping is not just a competitive sport issue – it affects recreational athletes too
- You don't have to be tested to be held responsible
- Possession, use, or distribution can bring legal consequences
- Coaches, gym owners, and organizers can be legally liable
- Prevention and education are the most effective tools





THANK YOU