

WKSF CLEAN SPORT REGULATIONS

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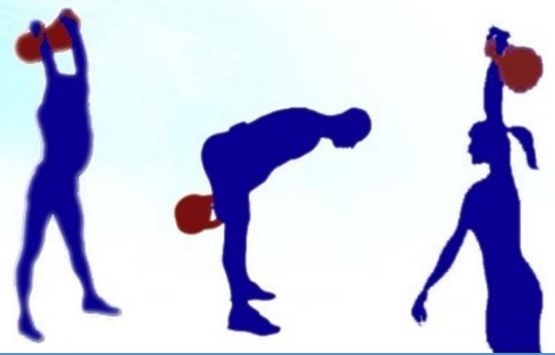
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(this document is only recognized by WKSF as a guideline and not responsibility of WADA or any other official entity. The WKSF has the responsibility to follow the WSDC, guarantee the health of all athletes and the fairness of our sport)



Principles of WKSF Clean Sport

WKSF Anti-doping programs are founded on the the values of a sport “From All & To All” with a Fair-Play between all. The spirit of the human being to persuit the excellence must be through the dedicated perfection of each athlete’s natural talents.

WKSF Anti-doping programs and all guidelines promoted, developed and directed to protect the health of Athletes and to provide the opportunity for athletes to pursue human excellence without the use of prohibited substances and methods.

WKSF Anti-doping programs are founded in the ideology to maintain the integrity of sport in terms of respect for rules, other competitors, fair competition, a level playing field, and the value of clean sport to the world.

We believe that the sport is the celebration of the human spirit, body and mind. It is the essence of Olympism and is reflected in the values we find in and through sport.

The WKSF Anti-doping program is sustained in:

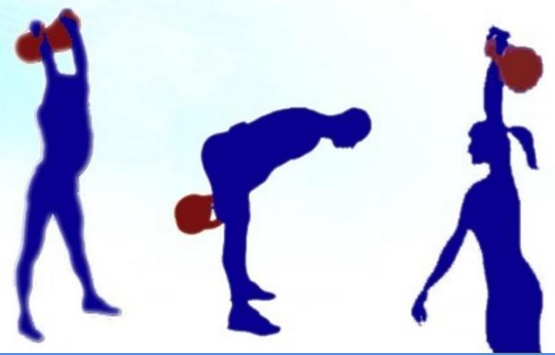
- Health
- Ethics, fair play and honesty
- Rights and Responsibilities
- Education
- Proud and joy
- Dedication with commitment
- Respect for rules and laws

RIGHTS & RESPONSABILITIES OF ATHLETES

Mission

To be informed of and comply with all applicable anti-doping policies and rules.

– Know the anti-doping rules is fundamental!



Responsibilities

To be informed of and comply with all applicable anti-doping policies and rules.

– The athletes must be available for testing.

Athlete must be informed and inform personal or club medical staff and be aware to not use prohibited substances and prohibited methods and taking responsibility to ensure that any medical treatment does not violate anti-doping policies and rules.

– Tell doctors and medics that you are an athlete and cannot use banned substances and/or methods. Check all medication does not contain a banned substance before you take it. Ask for help if you are unsure (you can contact directly the WKSF and WKSF Anti-Doping Commission).

– Inform the national team board of any doubt to be clarified before athlete preparation training program or competing event.

To disclose to the National Anti-Doping Organization (NADO) and WKSF any decision made by an Anti-Doping Organization (ADO) that is not a Code Signatory relating to committing an anti-doping rule violation (ADRV) within the previous ten years.

– Tell your NADO or WKSF if you have committed an ADRV in the last 10 years

To take responsibility for what you ingest and use

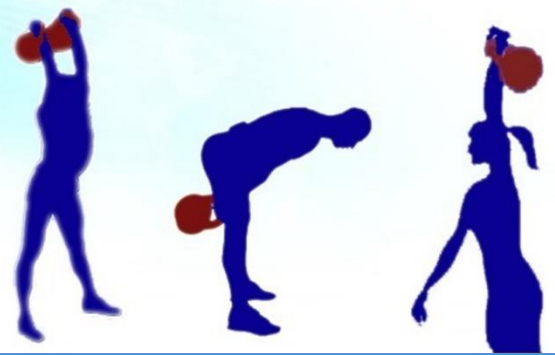
– Your body, your responsibility.

To cooperate with ADOs investigating ADRVs.

– Help with an anti-doping investigation when asked to.

To disclose the identity of your athlete support personnel to any ADO with authority over you that requests it.

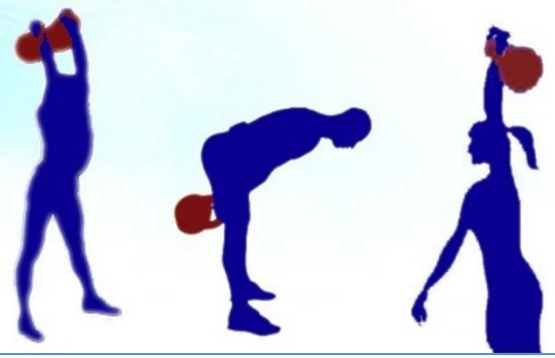
– Share information about those who support you (coach, physiotherapist, doctor) if asked.



GENERAL REGULATIONS

Anti-Doping control is part of the competition and can be performed in any event. According to the rules of the World Anti-Doping Code (WADA), anti-doping control can be performed on any competition and training period. The WKSF is the promoter of all Anti-Doping Control Test in partnership with WADA Licensed Laboratories or Private Laboratories. The General Regulations of WKSF Anti-Doping Control may have updates accordingly with WADC regulations. Any item not described at WKSF Clean Sport Regulation can be decided by WKSF Anti-Doping Commission under the WADC.

- A. Anti-Doping control is carried out in pre-arranged spaces that are suitable for accommodating athletes who have the adequate number of baths for men and women and who respect the principles of personal privacy.
- B. The number of athletes to be subjected to anti-doping control is determined by the WKSF Anti-Doping Commission, which is obliged to athletes involved in oral or written form.
- C. Alerting the athletes, they must present themselves in the area of biological sampling immediately after their performance in the competition. If the athlete does not show or refuses to be tested, the outcome of his or her check is identified as **POSITIVE**.
- D. Sampling must be carried out accompanying the athlete in an isolated bathroom, following the WADA guidelines.
- E. Athletes provide the sample (urine or blood) in a special, naked container, in the presence of the authorized representative of the anti-doping control (Member of WKSF Anti-Doping Commission).
- F. At urine test, the anti-doping control officer must be of the same sex as the athlete.
- G. The duty of anti-doping control must monitor the urine flow from the athlete's genitalia to the container, which must be filled and signed by the agent and the athlete, to be sent to the laboratory.
- H. At the time of the withdrawal, team representatives, coaches and doctors may be present in the area but not in the bath where the drainage takes place.
- I. Media cannot be present in the control area.
- J. The use of substances prohibited by WADA and the refusal to be tested, in accordance with federal provisions, makes disciplinary sanctions possible in the form of payment of money and prohibition of participation in tenders for a definite period of time (disqualification), possibly even to life.



- K. The sanctioned athlete is obliged to pay what is required and to cover the costs of anti-doping control in the event of a positive test result. Expenses, in other cases, are incurred by WKSF.
- L. After the final outcome of the check, the Federation has the right to report the athlete's violation of anti-doping rules to the media and the public.

WORLD ANTI-DOPING CODE

WKSF is following all guidelines of WADA and the World Anti-Doping Code. The Code is the fundamental and universal document upon which the World Anti-Doping Program in sport is based. The purpose of the Code is to advance the anti-doping effort through universal harmonization of core anti-doping elements. It is intended to be specific enough to achieve complete harmonization on issues where uniformity is required, yet general enough in other areas to permit flexibility on how agreed-upon anti-doping principles are implemented. The Code has been drafted giving consideration to the principles of proportionality and human rights.

All regulations not specified at this document, the WKSF Anti-Doping Commission and WKSF Disciplinary Commission will be guided by World Anti-Doping Code and in the last instance take a decision following the Code.

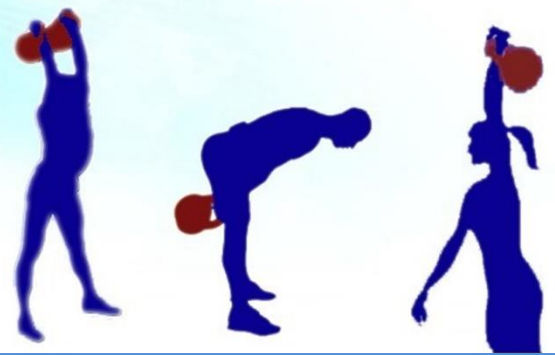
THE LIST OF PROHIBITED SUBSTANCES AND METHODS

Introduction

The Prohibited List (List) is the core document that identifies the substances and methods that are banned in sport.

The Prohibited List is a mandatory International Standard as part of the World Anti-Doping Program. The List is updated annually following an extensive consultation process facilitated by WADA. The effective date of the List is the 1st January of the following year.

Some substances and methods are banned at all times and others are only banned in-competition.



WKSF advise all athletes, coaches and national team persons to read the World Anti-Doping Code. The **Article 2** is one of the most important for your Education & Knowledge about the values to be followed by all athletes.

WKSF has on main list the Substances:

Please, Remember

- Several medications can contain banned substances. It can be a medication prescribed by a doctor or medical professional and the ones possible to buy in a supermarket or from a pharmacy.
- Taking a medication that contains a banned substance is a risk that you need to be aware of.
- If you intend to use a medication, you must ask to your personal doctor, club medical person, national organization or you can confirm by yourself and check that its ingredients do not contain any banned substances. This means all medications must be checked against the List before you take them.
- Do not assume that if it is prescribed by a medical professional that it is safe to take. **You are ultimately responsible** for what is found in your system (remember the principle of Personal Responsibility).
- WKSF is promoting Anti-Doping test by self responsibility. While the WADA Signature is in process, the WKSF request to (NADO – National Anti-Doping Organizations) or Private Laboratories. Once WKSF requests to a NADO, the substances requested can be under the similar sports followed by WADA or WKSF can do a specific request if is a private Laboratory.
- The S2 Prohibited Substances are always mandatory at WKSF Anti-Doping Program.

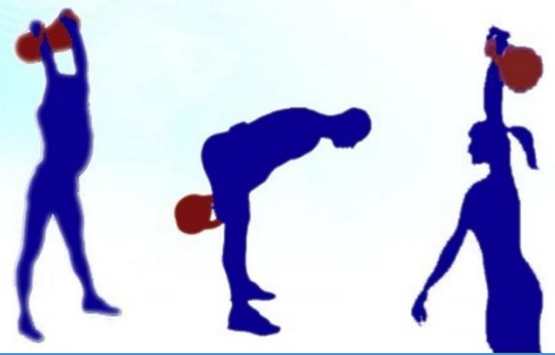
List 2022

The 2022 Prohibited Substances and Methods is now available and has been in effect from January 1st, 2022.

The list is divided in:

S9 – GLUCOCORTICOIDES* (check information below)

S8 – CANNABINOIDS



S7 – NARCOTICS

S6 – STIMULANTS

M3 – GENE AND CELL DOPPING

M2 – CHEMICAL AND PHYSICAL MANIPULATION

M1 – MANIPULATION OF BLOOD AND BLOOD COMPONENTS

S5 – DIURETICS AND MASKING AGENTS

S4 – HORMONE AND METABOLIC MODULATORS

S3 – BETA-2 AGONISTS ** (check information below)

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

S1 – ANABOLIC AGENTS

S0 – NON-APPROVED SUBSTANCES *** (check information below)

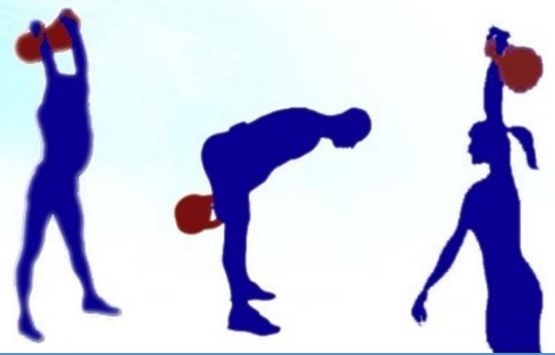
P1 – BETA-BLOCKERS

As it relates to modifications, the major ones are outlined below:

1) S9. Glucocorticoids *

The draft 2021 List, which was considered by WADA's ExCo during its September 2020 meeting, proposed prohibiting all injectable routes of administration of glucocorticoids in-competition. While this modification was approved, the ExCo asked WADA Management to implement the prohibition only as of 1 January 2022, to allow enough time for stakeholders to learn and adapt to this change.

Therefore, all injectable routes of administration will now be prohibited for glucocorticoids during the in-competition period. Examples of injectable routes of administration include: intravenous, intramuscular,



periarticular, intra-articular, peritendinous, intratendinous, epidural, intrathecal, intrabursal, intralesional (e.g. intrakeloid), intradermal, and subcutaneous.

For clarification: oral administration of glucocorticoids, which remains prohibited in-competition, includes, in particular, oromucosal, buccal, gingival and sublingual routes.

Other routes of administration (including inhaled and topical: dental-intracanal, dermal, intranasal, ophthalmological and perianal) are not prohibited when used within the manufacturer's licensed doses and therapeutic indications.

It is strongly recommended that athletes follow the minimum washout periods, expressed from the time of administration to the start of the in-competition period. These washout periods, which are highlighted in the Summary of Major Modifications and Explanatory Note, are based on the use of these medications according to the maximum manufacturer's licensed doses.

If there is a legitimate medical need for the use of a glucocorticoid, the athlete may apply for a TUE (Therapeutic Use Exemption). In case of an AAF in-competition, the athlete may apply for a retroactive TUE as provided for in the applicable rules.

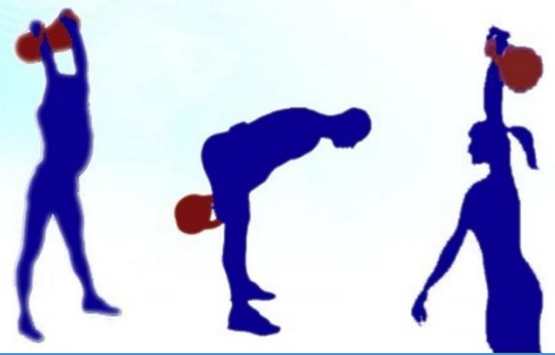
For further information regarding WADA's approach to the routes of administration of glucocorticoids and washout periods, please refer to the Summary of Major Modifications and Explanatory Note.

2) S3. Beta-2 Agonists – Dosage of Salbutamol **

Regarding salbutamol, **the daily dosing time intervals are modified to 600 micrograms over eight hours starting from the time any dose is taken (previously 800 micrograms over 12 hours)**. This is to reduce the risk of any potential AAF arising after high doses are taken at once. The total permitted daily dose remains at 1,600 micrograms over 24 hours. A TUE should be sought for doses in excess of these limits.

For further information on the permitted dosage of salbutamol, please refer to the Summary of Major Modifications and Explanatory Note.

3) S0. Non-approved Substances ***



For the first time, a substance has been included by name as an example in section S0 (Non-approved Substances) of the List. This substance, BPC-157, is an experimental peptide sold as a supplement, and it has been included in the 2022 List following a recent re-evaluation of its status

S2 PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES AND MIMETICS

WKSF is working hard to embrace the maximum control on Anti-Doping Program, not only the number of tests but also the substances to be tested. However, the WKSF warns all delegations, coaches, team doctors and athletes to be alert, in particular to S2 and S4 substances on the WADA Prohibited List.

All prohibited substances in this class are *non-Specified Substances*.

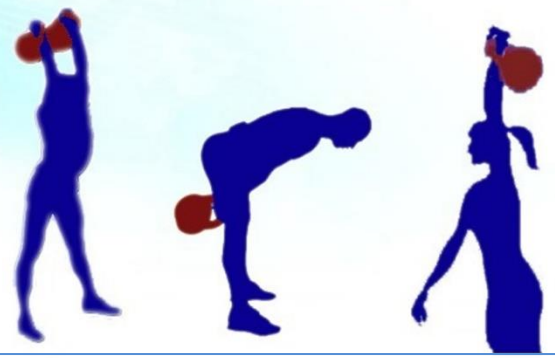
The following substances, and other substances with similar chemical structure or similar biological effect(s), are prohibited:

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.

- Cobalt
- Daprodustat (GSK1278863)
- IOX2
- Molidustat (BAY 85-3934)
- Roxadustat (FG-4592)
- Vadadustat (AKB-6548)
- Xenon



1.3 GATA INHIBITORS, E.G.

- K-11706

1.4 TRANSFORMING GROWTH FACTOR -BETA (TGF-B) SIGNALING 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.

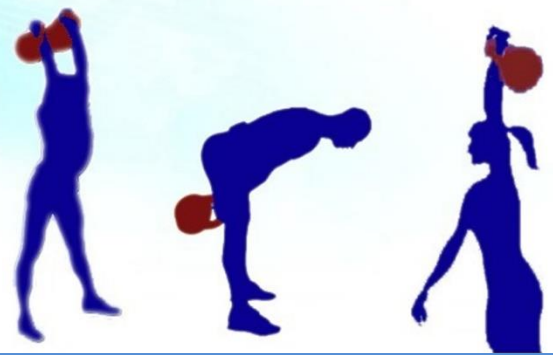
- Buserelin
- Deslorelin
- Gonadorelin
- Goserelin
- Leuprorelin
- Nafarelin
- Triptorelin

2.2 CORTICOTROPHINS AND THEIR RELEASING FACTORS, E.G.

- Corticorelin

2.3 GROWTH HORMONE (GH), ITS ANALOGUES AND FRAGMENTS, INCLUDING, BUT NOT LIMITED TO:

- growth hormone analogues, e.g. lonapegsomatropin, somapacitan and somatrogon
- growth hormone fragments, e.g. AOD-9604 and hGH 176-191



2.4 GROWTH HORMONE RELEASING FACTORS, INCLUDING, BUT NOT LIMITED TO:

- growth hormone-releasing hormone (GHRH) and its analogues (e.g. CJC-1293, CJC-1295, sermorelin and tesamorelin)
- growth hormone secretagogues (GHS) and its mimetics [e.g. lenomorelin (ghrelin), 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

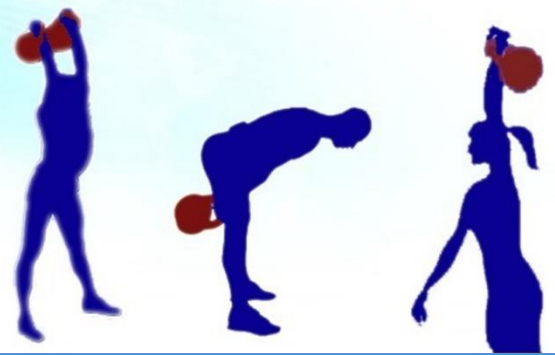
INCLUDING, BUT NOT LIMITED TO:

- 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.

S4 HORMONE AND METABOLIC MODULATORS

Prohibited substances in classes S4.1 and S4.2 are *Specified Substances*. Those in classes S4.3 and S4.4 are *non-Specified Substances*.



The following hormone and metabolic modulators are prohibited.

1. AROMATASE INHIBITORS

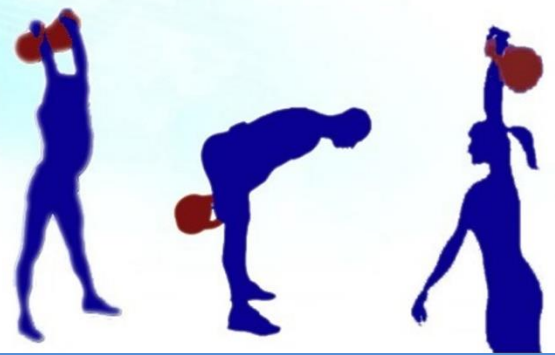
INCLUDING, BUT NOT LIMITED TO:

- 2-Androstenol (5 α -androst-2-en-17-ol)
- 2-Androstenone (5 α -androst-2-en-17-one)
- 3-Androstenol (5 α -androst-3-en-17-ol)
- 3-Androstenone (5 α -androst-3-en-17-one)
- 4-Androstene-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. ANTI-ESTROGENIC SUBSTANCES [ANTI-ESTROGENS AND SELECTIVE ESTROGEN RECEPTOR MODULATORS (SERMS)]

INCLUDING, BUT NOT LIMITED TO:

- Bazedoxifene
- Clomifene
- Cyclofenil
- Fulvestrant
- Ospemifene
- Raloxifene
- Tamoxifen
- Toremifene



3. 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)

4. METABOLIC MODULATORS

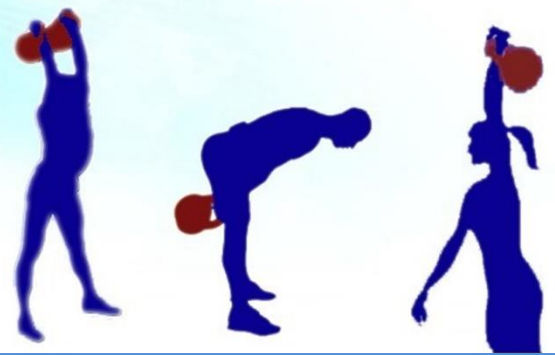
4.1 ACTIVATORS OF THE AMP-ACTIVATED PROTEIN KINASE (AMPK), E.G.

- AICAR
- SR9009
- Peroxisome proliferator-activated receptor delta (PPAR δ) agonists, e.g. 2-(2-methyl-4-((4-methyl-2-(4-(trifluoromethyl)phenyl)thiazol-5-yl)methylthio)phenoxy) acetic acid (GW1516, GW501516)

4.2 INSULINS AND INSULIN-MIMETICS

4.3 MELDONIUM

4.4 TRIMETAZIDINE



Consequences of Doping

When athletes dope there are consequences, and these consequences can be wide-reaching – perhaps more than you thought. Not only is there a ban from all sport but they also affect an athlete's career and their personal life.

(1) Sanctions

An Anti-Doping Rule Violation (ADRV) will lead to the following:

- Disqualification of results in the event/competition during which the ADRV occurred (if applicable) and of results in competitions subsequent to the sample collection
- A period ineligibility ranging from a warning to a lifetime ban from all sport.
- Public Disclosure

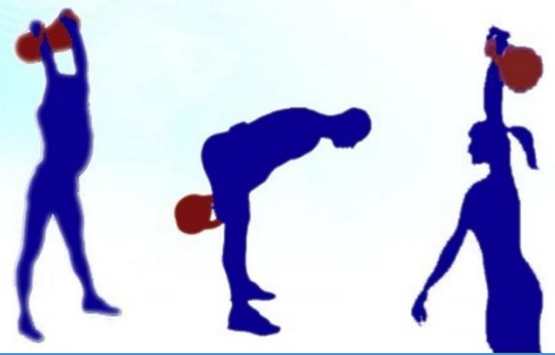
Anti-Doping Rule Violations for athletes who are part of a team sport might lead to sanctions for the entire team. For example, the whole team may experience loss of points, disqualification from a competition or event, or other sanction.

An Athlete or other Person serving a period of Ineligibility is prohibited from coaching or serving as an Athlete Support Person in any other capacity at any time during the period of Ineligibility

It should also be noted that more and more public authorities and governments have adopted legislations that treat doping as a criminal act. Therefore, in addition to the suspension, an athlete or a support personnel or other persons may also face criminal charges in their country.

(2) Health

The use of drugs or medication without a medical need or medical advice are highly likely to put your health at risk.



When using banned substances there is an increased risk of:

- Substance dependency
- Addiction
- Wider drug use and habits
- Chronic illness
- Side-effects
- Behavior changes
- Physiological changes that in the worst case can be irreversible
- Psychological consequences such as depression, withdrawal, guilt/shame and loss of self-identity.

(3) Social Consequences

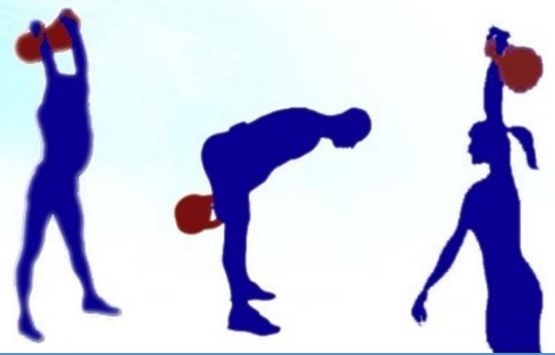
Social consequences such as isolation from the sport you dedicated your entire life and from your teammates with whom you may have shared great moments. This may also include the loss of heroine/hero status, a public embarrassment and a social exclusion.

Within family and friends, this may lead to damaged relationships, disappointment, and failure.

(4) Financial

An Anti-Doping Rule Violation may have financial impact on the individual like

- Financial penalties
- Loss of grants, funding from sport organisation or from governments,
- Loss of contracts or sponsorship



VIOLATION & PENALTIES (Art.2 & Art.10)

2.1 It is the Athletes' personal duty to ensure that no Prohibited Substance enters their bodies. Athletes are responsible for any Prohibited Substance or its Metabolites or Markers found to be present in their Samples. Accordingly, it is not necessary that intent, Fault, Negligence or knowing Use on the Athlete's part be demonstrated in order to establish an anti-doping rule violation under Art. 2.1.

2.1.2 Sufficient proof of an anti-doping rule violation under Article 2.1 is established by any of the following: presence of a Prohibited Substance or its Metabolites or Markers in the Athlete's A Sample where the Athlete waives analysis of the B Sample and the B Sample is not analyzed; or, where the Athlete's B Sample is analyzed and the analysis of the Athlete's B Sample confirms the presence of the Prohibited Substance or its Metabolites or Markers found in the Athlete's A Sample; or where the Athlete's A or B Sample is split into two parts and the analysis of the confirmation part of the split Sample confirms the presence of the Prohibited Substance or its Metabolites or Markers found in the first part of the split Sample or the Athlete waives analysis of the confirmation part of the split Sample.

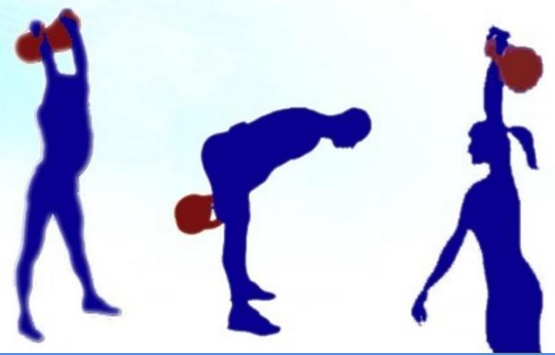
2.1.3 Excepting those substances for which a Decision Limit is specifically identified in the Prohibited List or a Technical Document, the presence of any reported quantity of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample shall constitute an anti-doping rule violation.

2.2 It is the Athletes' personal duty to ensure that no Prohibited Substance enters their bodies. Athletes are responsible for any Prohibited Substance or its Metabolites or Markers found to be present in their Samples. Accordingly, it is not necessary that intent, Fault, Negligence or knowing Use on the Athlete's part be demonstrated in order to establish an anti-doping rule violation under Art. 2.1.

An anti-doping rule violation in Individual Sports in connection with an In-Competition test automatically leads to Disqualification of the result obtained in that Competition with all resulting Consequences, including forfeiture of any medals, points and prizes. (Article 9, WADC)

An anti-doping rule violation occurring during or in connection with an Event may, upon the decision of the ruling body of the Event, lead to Disqualification of all of the Athlete's individual results obtained in that Event with all Consequences, including forfeiture of all medals, points and prizes, except as (Article 10.1.1 WADC)

Factors to be included in considering whether to Disqualify other results in an Event might include, for example, the seriousness of the Athlete's anti-doping rule violation and whether the Athlete tested negative in the other Competitions.



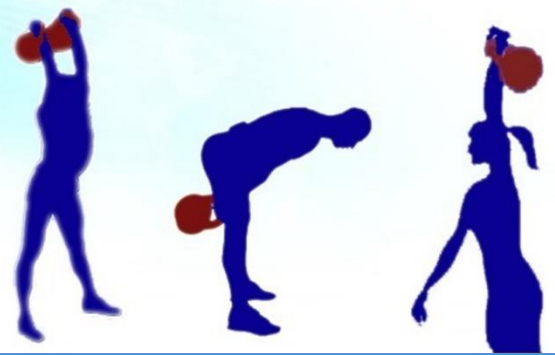
10.1.1 If the Athlete establishes that he or she bears No Fault or Negligence for the violation, the Athlete's individual results in the other Competitions shall not be Disqualified, unless the Athlete's results in Competitions other than the Competition in which the anti-doping rule violation occurred were likely to have been affected by the Athlete's antidoping rule violation.

Ineligibility for Presence, Use or Attempted Use or Possession of a Prohibited Substance or Prohibited Method

10.2.1 The period of Ineligibility for a violation of Article 2.1, 2.2 or 2.6 shall be as follows, subject to potential elimination, reduction or suspension pursuant to Article 10.5, 10.6 or 10.7:

The period of Ineligibility, subject to Article 10.2.4, shall be four (4) years where:

- a) The anti-doping rule violation does not involve a Specified Substance or a Specified Method, unless the Athlete or other Person can establish that the anti-doping rule violation was not intentional.
- b) The anti-doping rule violation involves a Specified Substance or a Specified Method and the Anti-Doping Organization can establish that the anti-doping rule violation was intentional.
- c) Other penalties, the WKSF will request to Anti-Doping Commission to present all information of the athlete with all athlete performance details as: participations at Kettlebell Sport Competitions, history of results, penalties history, informations from the national delegation or from WADA ADAMS and create a ADAD (Anti-Doping Athlete Database). The WKSF Anti-Doping Commission will apply the decision under the WKSF Disciplinary Commission, WKSF Board Direction and if necessary listen the WKSF Executive Commission following the Art. 10 of WADC and the ADAD.
- d) WKSF will announce to each athlete the Sample Result as receive Test Results and will publish at website.
- e) If a Positive Test. The WKSF Anti-Doping will contact the WKSF Disciplinary Commission and WKSF Board Direction. During next 15 days, the athlete will receive an announcement that WKSF Disciplinary Commission will open a Disciplinary Process.



f) After a Disciplinary Process opened, the WKSF will listen the athlete and give 15 days to:

Athlete may present during the 15 days a Defense Letter and request a Disciplinary Appeal in Self Defense (as Therapeutic Use Exemption). The Disciplinary Appeal may be requested by the athlete or by the WKSF ONM (Official National Member). If is an individual athlete without representation may present by the athlete.

g) After WKSF receive a Disciplinary Appeal, will have 30 days to present the Disciplinary Penalties decision as the final decision.

TESTING (Art.5)

Purpose of Testing and Investigations

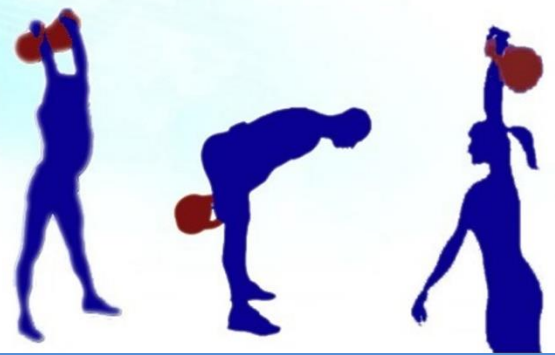
Testing and investigations may be undertaken for any anti-doping purpose.

Testing shall be undertaken to obtain analytical evidence as to whether the Athlete has violated as **Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample or Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method** of the Code.

The WKSF is following the Art. 5.3.1 under the subject of:

Art. 5.3.1 Except as otherwise provided below, only a single organization shall have authority to conduct Testing at Event Venues during an Event Period. **At International Events, the international organization which is the ruling body for the Event** (e.g., the International Olympic Committee for the Olympic Games, the **International Federation for a World Championship** and Panam Sports for the Pan American Games) shall have authority to conduct Testing. At National Events, the National Anti-Doping Organization of that country shall have authority to conduct Testing. At the request of the ruling body for an Event, any Testing during the Event Period outside of the Event Venues shall be coordinated with that ruling body.

Art. 5.3.2 If an Anti-Doping Organization, which would otherwise have Testing authority but is not



responsible for initiating and directing Testing at an Event, desires to conduct Testing of Athletes at the Event Venues during the Event Period, the Anti-Doping Organization shall first confer with the ruling body of the Event to obtain permission to conduct and coordinate such Testing. If the Anti-Doping Organization is not satisfied with the response from the ruling body of the Event, the Anti-Doping Organization may, in accordance with procedures described in the International Standard for Testing and Investigations, ask WADA for permission to conduct Testing and to determine how to coordinate such Testing. WADA shall not grant approval for such Testing before consulting with and informing the ruling body for the Event. WADA's decision shall be final and not subject to appeal. Unless otherwise provided in the authorization to conduct Testing, such tests shall be considered Out-of-Competition tests. Results Management for any such test shall be the

responsibility of the Anti-Doping Organization initiating the test unless provided otherwise in the rules of the ruling body of the Event.

Art. 5.5 Athletes who have been included in a Registered Testing Pool by their International Federation and/or National Anti-Doping Organization shall provide whereabouts information in the manner specified in the International Standard for Testing and Investigations and shall be subject to Consequences for Article 2.4 violations as provided in Article 10.3.2.

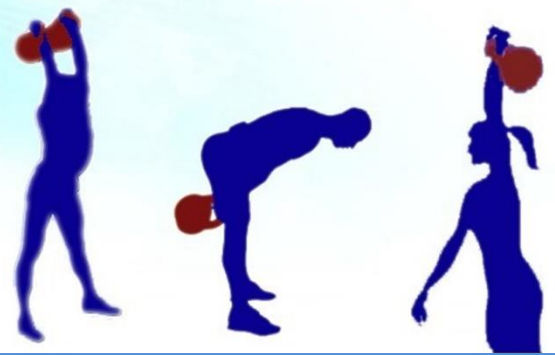
The WKSF has as first option to have the WADA Accredited-Laboratories or Laboratories approved by WADA. If it is not possible by reasons out of WKSF control or is not guaranteed the Anti-Doping Tests by those laboratories, the WKSF to guarantee the Anti-Doping Test can request to a private Laboratory with experience in Anti-Doping Control, paying the expenses of each test.

The WKSF as the authority to just accept the result of the Athlete Sample or if necessary request a second analyse if Laboratory allows it.

International Standard for Testing and Investigations (ISTI)

ANNEX C - COLLECTION OF URINE SAMPLES

C.1. Objective To collect an Athlete's urine Sample in a manner that ensures:



- a) Consistency with relevant principles of internationally recognized standard precautions in healthcare settings so that the health and safety of the Athlete and Sample Collection Personnel are not compromised;
- b) The Sample meets the Suitable Specific Gravity for Analysis and the Suitable Volume of Urine for Analysis. Failure of a Sample to meet these requirements in no way invalidates the suitability of the Sample for analysis. The determination of a Sample's suitability for analysis is the decision of the relevant Laboratory, in consultation with the Testing Authority for the Sample Collection Session in question; [Comment to C.1.b): The measurements taken in the field for Suitable Specific Gravity for Analysis and the Suitable Volume of Urine for Analysis are preliminary in nature, to assess whether the Sample meets the requirements for analysis. It is possible there could be discrepancies between the field readings and the final Laboratory readings due to the precision of the Laboratory equipment. The Laboratory reading will be considered final, and such discrepancies (if any) shall not constitute a basis for Athletes to seek to invalidate or otherwise challenge an Adverse Analytical Finding.]
- c) the Sample has not been manipulated, substituted, contaminated or otherwise tampered with in anyway;
- d) the Sample is clearly and accurately identified; and
- e) the Sample is securely sealed in a Tamper Evident kit.

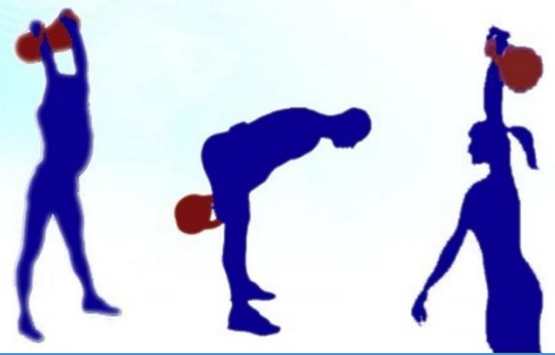
C.2. Scope

The collection of a urine Sample begins with ensuring the Athlete is informed of the Sample collection requirements and ends with discarding any residual urine remaining at the end of the Athlete's Sample Collection Session.

C.3. Responsibility

C.3.1 The DCO* has the responsibility for ensuring that each Sample is properly collected, identified and sealed.

** Doping Control Officer (WKSF Anti-Doping Commission)*



C.3.2 The DCO/Chaperone has the responsibility for directly witnessing the passing of the urine Sample.

C.4. Requirements

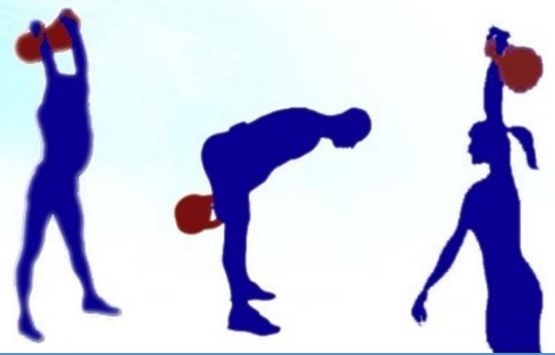
C.4.1 The DCO shall ensure that the Athlete is informed of the requirements of the Sample Collection Session, including any modifications as provided for in Annex A – Modifications for Athletes with Impairments. ISTI – January 2021 Page 66 of 83

C.4.2 The DCO shall ensure that the Athlete is offered a choice of Sample collection vessels for collecting the Sample. If the nature of an Athlete’s impairment requires that they must use additional or other equipment as provided for in Annex A - Modifications for Athletes with Impairments, the DCO shall inspect that equipment to ensure that it will not affect the identity or integrity of the Sample.

C.4.3 When the Athlete selects a collection vessel, and for selection of all other Sample Collection Equipment that directly holds the urine Sample, the DCO will instruct the Athlete to check that all seals on the selected equipment are intact and the equipment has not been tampered with. If the Athlete is not satisfied with the selected equipment, they may select another. If the Athlete is not satisfied with any of the equipment available for selection, this shall be recorded by the DCO. If the DCO does not agree with the Athlete that all of the equipment available for the selection is unsatisfactory, the DCO shall instruct the Athlete to proceed with the Sample Collection Session. If the DCO agrees with the Athlete that all of the equipment available for the selection is unsatisfactory, the DCO shall terminate the Sample Collection Session and this shall be recorded by the DCO.

C.4.4 The Athlete shall retain control of the collection vessel and any Sample provided until the Sample (or partial Sample) is sealed, unless assistance is required by reason of an Athlete’s impairment as provided for in Annex A - Modifications for Athletes with Impairments. Additional assistance may be provided in exceptional circumstances to any Athlete by the Athlete’s representative or Sample Collection Personnel during the Sample Collection Session where authorized by the Athlete and agreed to by the DCO.

C.4.5 The DCO/Chaperone who witnesses the passing of the Sample shall be of the same gender as the Athlete providing the Sample and where applicable, based on the gender of the Event the Athlete competed in.



C.4.6 The DCO/Chaperone shall, where practicable, ensure the Athlete thoroughly washes their hands with water only prior to the provision of the Sample or wears suitable (e.g., disposable) gloves during provision of the Sample.

C.4.7 The DCO/Chaperone and Athlete shall proceed to an area of privacy to collect a Sample.

C.4.8 The DCO/Chaperone shall ensure an unobstructed view of the Sample leaving the Athlete's body and shall continue to observe the Sample after provision until the Sample is securely sealed. In order to ensure a clear and unobstructed view of the passing of the Sample, the DCO/Chaperone shall instruct the Athlete to remove or adjust any clothing which restricts the DCO's/Chaperone's clear view of Sample provision.

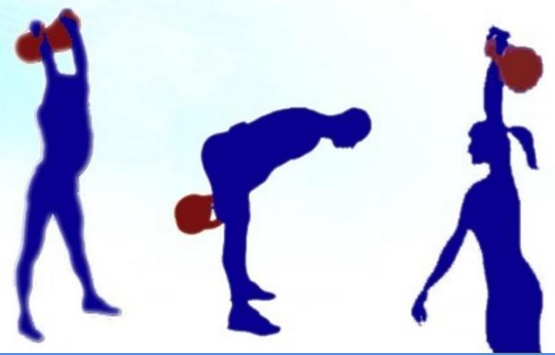
C.4.9 The DCO/Chaperone shall ensure that urine passed by the Athlete is collected in the collection vessel to its maximum capacity and thereafter the Athlete is encouraged to fully empty their bladder into the toilet. The DCO shall verify, in full view of the Athlete, that the Suitable Volume of Urine for Analysis has been provided.

C.4.10 Where the volume of urine provided by the Athlete is insufficient, the DCO shall follow the partial Sample collection procedure set out in Annex E - Urine Samples - Insufficient Volume. ISTI – January 2021
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C.4.11 Once the volume of urine provided by the Athlete is sufficient, the DCO shall instruct the Athlete to select a Sample collection kit containing A and B bottles or containers in accordance with Annex C.4.3.

C.4.12 Once a Sample collection kit has been selected, the DCO and the Athlete shall check that all Sample code numbers match and that this code number is recorded accurately by the DCO on the Doping Control form. If the Athlete or DCO finds that the numbers are not the same, the DCO shall instruct the Athlete to choose another kit in accordance with Annex C.4.3. The DCO shall record the matter.

C.4.13 The Athlete shall pour the minimum Suitable Volume of Urine for Analysis into the B bottle or container (to a minimum of 30 mL), and then pour the remainder of the urine into the A bottle or container (to a minimum of 60 mL). The Suitable Volume of Urine for Analysis shall be viewed as an absolute minimum. If more than the minimum Suitable Volume of Urine for Analysis has been provided, the DCO shall ensure that the Athlete fills the A bottle or container to capacity as per the recommendation of the



equipment manufacturer. Should there still be urine remaining, the DCO shall ensure that the Athlete fills the B bottle or container to capacity as per the recommendation of the equipment manufacturer. The DCO shall instruct the Athlete to ensure that a small amount of urine is left in the collection vessel, explaining that this is to enable the DCO to test the residual urine in accordance with Annex C.4.15.

C.4.14 The Athlete shall then seal the A and B bottles or containers as directed by the DCO. The DCO shall check, in full view of the Athlete, that the bottles or containers have been properly sealed.

C.4.15 The DCO shall test the residual urine in the collection vessel to determine if the Sample has a Suitable Specific Gravity for Analysis. If the DCO's field reading indicates that the Sample does not have a Suitable Specific Gravity for Analysis, then the DCO shall follow Annex F - Urine Samples that do not meet the requirement for Suitable Specific Gravity for Analysis.

C.4.16 Urine should only be discarded when both the A and B bottles or containers have been sealed and the residual urine has been tested in accordance with Annex C.4.15.

C.4.17 The Athlete shall be given the option of witnessing the discarding of any residual urine that will not be sent for analysis. ISTI – January 2021 Page 68 of 83

ANNEX D - COLLECTION OF BLOOD SAMPLES

D.1. Objective

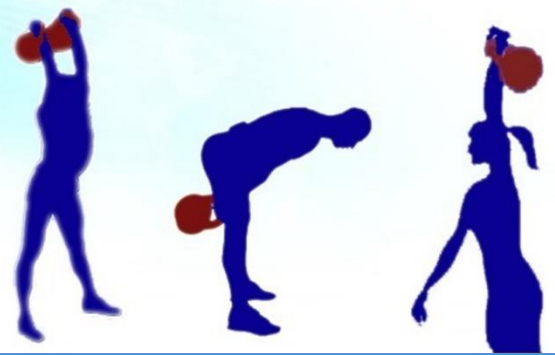
To collect an Athlete's blood Sample in a manner that ensures:

a) Consistency with relevant principles of internationally recognized standard precautions in healthcare settings, and is collected by a suitably qualified Person, so that the health and safety of the Athlete and

Sample Collection Personnel are not compromised;

b) The Sample is of a quality and quantity that meets the relevant analytical guidelines;

c) The Sample has not been manipulated, substituted, contaminated or otherwise tampered with in anyway;



- d) The Sample is clearly and accurately identified; and
- e) The Sample is securely sealed in a Tamper Evident kit.

D.2. Scope

The collection of a blood Sample begins with ensuring the Athlete is informed of the Sample collection requirements and ends with properly storing the Sample prior to transport to the Laboratory that will be analyzing the Sample.

D.3. Responsibility

D.3.1 The DCO has the responsibility for ensuring that:

- a) Each Sample is properly collected, identified and sealed; and
- b) All Samples have been properly stored and dispatched in accordance with the relevant analytical guidelines.

D.3.2 The BCO* has the responsibility for collecting the blood Sample, answering related questions during the provision of the Sample, and proper disposal of used blood sampling equipment not required to complete the Sample Collection Session.

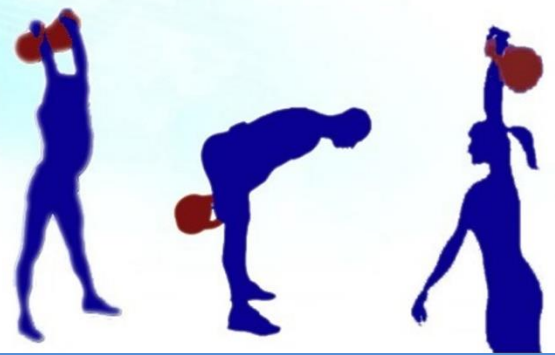
*** Blood Collector Officer (Laboratory Technician)**

D.4. Requirements

D.4.1 Procedures involving blood shall be consistent with the local standards and regulatory requirements regarding precautions in healthcare settings where those standards and requirements exceed the requirements set out below.

D.4.2 Blood Sample Collection Equipment shall consist of:

- a) Collection tube(s) which meet the requirements of Article 6.3.4; and/or



b) A and B bottles/containers for the secure transportation of collection tubes; and/or ISTI – January 2021

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c) Unique labels for collection tubes with a Sample code number; and/or

d) Such other types of equipment to be used in connection with the collection of blood as set out in Article 6.3.4 and WADA's Sample Collection Guidelines.

Artº 6.3.4.

The Sample Collection Authority shall only use Sample Collection Equipment systems for urine and blood Samples which, at a minimum:

a) Have a unique numbering system, incorporated into all A and B bottles, containers, tubes or other items used to seal the Sample and have a barcode or similar data code which meets the requirements of ADAMS on the applicable Sample Collection Equipment;

b) Have a Tamper-Evident sealing system;

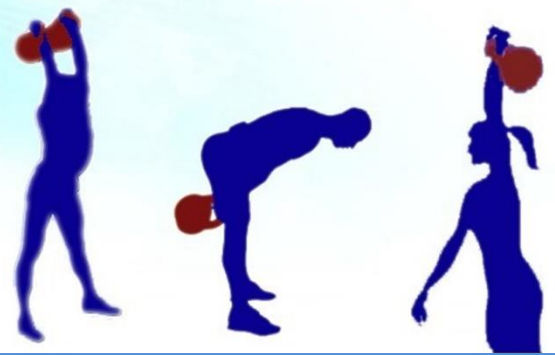
c) Ensure the identity of the Athlete is not evident from the equipment itself;

d) Ensure that all equipment is clean and sealed prior to use by the Athlete; ISTI – January 2021 Page 48 of 83

e) Are constructed of a material and sealing system that is able to withstand the handling conditions and environment in which the equipment will be used or subjected to, including but not limited to transportation, Laboratory analysis and long term frozen storage up to the period of the statute of limitations;

f) Are constructed of a material and sealing system that will;

(i) Maintain the integrity (chemical and physical properties) of the Sample for the Analytical Testing;



(ii) Can withstand temperatures of -80 °C for urine and blood. Tests conducted to determine integrity under freezing conditions shall use the matrix that will be stored in the Sample bottles, containers or tubes i.e., blood or urine;

(iii) Are constructed of a material and sealing system that can withstand a minimum of three (3) freeze/thaw cycles;

g) The A and B bottles, containers and tubes shall be transparent so the Sample is visible;

h) Have a sealing system which allows verification by the Athlete and the DCO that the Sample is correctly sealed in the A and B bottles or containers;

i) Have a built-in security identification feature(s) which allows verification of the authenticity of the equipment;

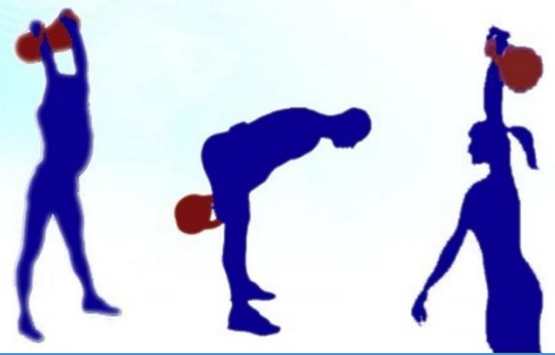
j) Are compliant with the standards published by the International Air Transport Association (IATA) for the transport of exempt human specimens which includes urine and/or blood Samples in order to prevent leakage during transportation by air;

k) Have been manufactured under the internationally recognized ISO 9001 certified process which includes quality control management systems;

l) Can be resealed after initial opening by a Laboratory using a new unique TamperEvident sealing system with a unique numbering system to maintain the integrity of the Sample and Chain of Custody in accordance with the requirements of the International Standard for Laboratories for long term storage of the Sample and further analysis;

m) Have undergone testing by a testing institution that is independent of the manufacturer and is ISO 17025 accredited, to validate at a minimum that the equipment meets the criteria set out in subsections b), f), g), h), i), j) and l) above;

n) Any modification to the material or sealing system of the equipment shall require re-testing to ensure it continues to meet the stated requirements as per m) above;



For urine Sample collection:

o) Have the capacity to contain a minimum of 85mL volume of urine in each A and B ISTI – January 2021

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p) Have a visual marking on the A and B bottles or containers and the collection vessel, indicating:

(i) the minimum volume of urine required in each A and B bottle or container as outlined in Annex C – Collection of Urine;

(ii) the maximum volume levels that allow for expansion when frozen without compromising the bottle, container or the sealing system; and

(iii) the level of Suitable Volume of Urine for Analysis on the collection vessel.

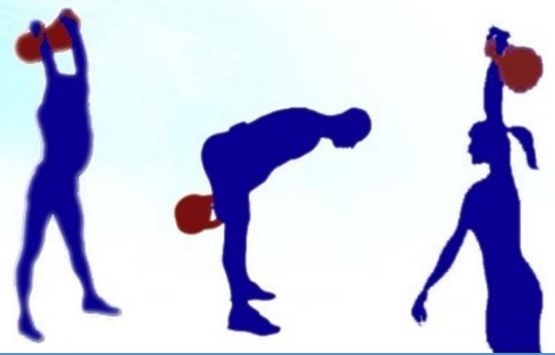
q) Include a partial Sample Tamper Evident sealing system with a unique numbering system to temporarily seal a Sample with an insufficient volume in accordance with Annex E – Urine Samples – Insufficient Volume; For blood Sample collection:

r) Have the ability to collect, store and transport blood in separate A and B tubes and containers;

s) For the analysis of Prohibited Substances or Prohibited Methods in whole blood or plasma and/or for profiling blood parameters, the A and B tubes must have the capacity to contain a minimum of 3mL of

blood and shall contain EDTA as an anticoagulant;

t) For the analysis of Prohibited Substances or Prohibited Methods in serum, the A and B tubes must have the capacity to contain a minimum of 5mL of blood and shall contain an inert polymeric serum separator gel and clotting activation factor; and [Comment to 6.3.4 s) and t): If specific tubes have been indicated in the applicable WADA International Standard, Technical Document or Guidelines, then the use of alternative tubes which meet similar criteria shall be validated with the involvement of the relevant Laboratory(ies) and approved by WADA prior to use for Sample collection.]



u) For the transport of blood Samples, ensure the storage and transport device and temperature data logger meet the requirements listed in Annex I – Collection, Storage and Transport of Blood Athlete Biological Passport Samples.

D.4.3 The DCO shall ensure that the Athlete is properly notified of the requirements of the Sample collection, including any modifications as provided for in Annex A - Modifications for Athletes with Impairments.

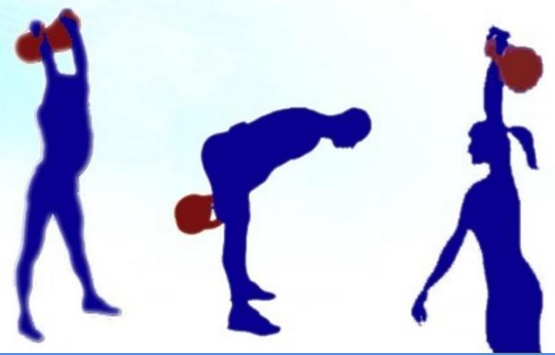
D.4.4 The DCO/Chaperone and Athlete shall proceed to the area where the Sample will be provided.

D.4.5 The DCO/BCO shall ensure the Athlete is offered comfortable conditions and shall instruct the Athlete to remain in a normal seated position with feet on the floor for at least 10 minutes prior to providing a Sample.

D.4.6 The DCO/BCO shall instruct the Athlete to select the Sample collection kit(s) required for collecting the Sample and to check that the selected equipment has not been tampered with and the seals are intact. If the Athlete is not satisfied with a selected kit, they may select another. If the Athlete is not satisfied with any kits and no others are available, this shall be recorded by the DCO. If the DCO does not agree with the Athlete that all of the available kits are unsatisfactory, the DCO shall instruct the Athlete to proceed with the Sample Collection Session. If the DCO agrees with the Athlete that all available kits are unsatisfactory, the DCO shall terminate the Sample Collection Session and this shall be recorded by the DCO.

D.4.7 When a Sample collection kit has been selected, the DCO and the Athlete shall check that all Sample code numbers match and that this Sample code number is recorded accurately by the DCO on the Doping Control form. If the Athlete or DCO finds that the numbers are not the same, the DCO shall instruct the Athlete to choose another kit. The DCO shall record the matter.

D.4.8 The BCO shall assess the most suitable location for venipuncture that is unlikely to adversely affect the Athlete or their performance. This should be the non-dominant arm, unless the BCO assesses the other arm to be more suitable. The BCO shall clean the skin with a sterile disinfectant wipe or swab and, if required apply a tourniquet. The BCO shall take the blood Sample from a superficial vein into the tube. The tourniquet, if applied, shall be immediately removed after the venipuncture has been made.



D.4.9 The amount of blood removed shall be adequate to satisfy the relevant analytical requirements for the Sample analysis to be performed, as set out in WADA's Sample Collection Guidelines.

D.4.10 If the amount of blood that can be removed from the Athlete at the first attempt is insufficient, the BCO shall repeat the procedure up to a maximum of three (3) attempts in total. Should all three (3) attempts fail to produce a sufficient amount of blood, then the BCO shall inform the DCO. The DCO shall terminate the blood Sample collection and record the reasons for terminating.

D.4.11 The BCO shall apply a dressing to the puncturesite(s). ISTI – January 2021 Page 70 of 83

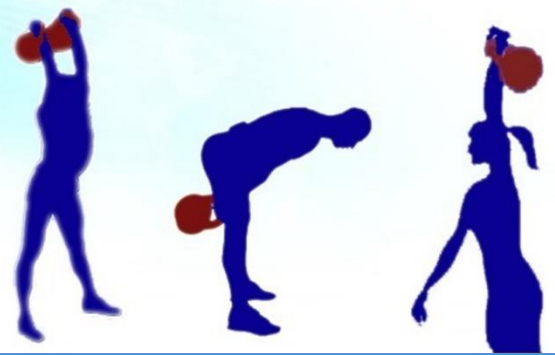
D.4.12 The BCO shall dispose of used blood sampling equipment not required to complete the Sample Collection Session in accordance with the required local standards for handling blood.

D.4.13 If the Sample requires further on-site processing, such as centrifugation or separation of serum (for example, in the case of a Sample intended for use in connection with the Athlete Biological Passport program), after the blood flow into the tube ceases, the BCO shall remove the tube from the holder and homogenize the blood in the tube manually by inverting the tube gently at least three (3) times). The Athlete shall remain in the blood collection area and observe their Sample until it is sealed in a Tamper Evident kit.

D.4.14 The Athlete shall seal their Sample into a Tamper Evident kit as directed by the DCO. In full view of the Athlete, the DCO shall check that the sealing is satisfactory. The Athlete and the BCO/DCO shall sign the Doping Control form.

D.4.15 The sealed Sample shall be stored in a manner that protects its integrity, identity and security prior to transport from the Doping Control Station to the Laboratory that will be analyzing the Sample.

D.4.16 Blood Samples shall be transported in accordance with Article 9 and WADA's Sample Collection Guidelines. The transport procedure is the responsibility of the DCO. Blood Samples shall be transported in a device that maintains the integrity of Samples over time, in a cool and constant environment, measured by a temperature data logger notwithstanding changes in external temperature. The transport device shall be transported by secure means using a method authorized by the Testing Authority or Sample Collection Authority.



The WKSF has the responsibility to find the best procedures in partnership with the Laboratory to guarantee the maximum hygiene and security of the athlete and of the quality in each sample collection. The analysis of the sample result is reviewed by an official doctor and will be communicated to WKSF Anti-Doping Commission. The result only gives to WKSF Anti-Doping Commission the possibility of a Doping Test Positive and the orientation to open an investigation and a potential internal disciplinary penalty. The result is not shared with any other organization.

To know about Methods and Analyses of tests **S2** and **S4**, please consult the documentation available at WKSF website (www.wksf.site)

WKSF ANTI-DOPING COMMISSION (for World Championship 2022):

WKSF Official Medical Doctor: Dr. Cossu Matteo (Italy)

Anti-Doping General Coordinator: Fonseca Eduardo (Portugal)

Anti-Doping Coordinator (DCO): Doroteia Fonseca (Portugal)

Anti-Doping Member (WC2022): Methre Parag (India)

Anti-Doping Member (WC2022): Thier Christian (Brazil)



Last Revision May, 2022