



# ANTI DOPING IN SPORTS



Government of Nepal  
**Ministry of Youth & Sports**  
Singhadarbar, Kathmandu

## **A Brief Summary on Prohibited Drug Use and Procedures in Sports**

### **1. Background:**

Sports is a reliable means to make human life healthy, disciplined and active. Players demonstrate their inherent talent as per designated policy, rule and criteria. World Anti-doping Agency (WADA) has prohibited using certain drugs and alternative methods for certain games. Nepal has become a member of WADA in 2010 after ratifying the International Convention from the parliament against Prohibited Drugs in Sports. Nepal is committed to the implementation of the Convention against the use of prohibited drugs and procedures in sports.

### **2. General Information on Sports in Nepal:**

The Constitution of Nepal has ensured the right of sports and entertainment for the children. Nepal has taken the policy of planned investment in sports and players to prepare healthy, competent and disciplined citizens, to strengthen national unity and to develop sports as a means to boost national dignity in international level.

By implementing the existing constitutional right, the government of Nepal has expanded the structure of sports: Ministry of youth and sports and National Sports Council in the Centre, Ministry of Social Development in provinces and Education, Youth and Sports sections in local levels. Now plans and programs of sports are designed and expanded with a vision of linking them from family to community, community to school, school to local level, local level to province, province to national level and national level to international level and across the levels as well.

Recognizing the importance of sports in the all-round development of children, sports contents are being taught in all schools. Different universities have started to include sports in bachelor and master programs. Clubs, schools, local governments and provinces are organizing different sports-related activities and tournaments. From national level, presidential running shield, vice-president children's competition and national sports competition are being held in a scheduled way.

Believing that the country can be identified through sports, Nepal has been participating in the Asian Games since 1951, in the Olympic Games since 1964 and in the South Asian Games since 1984.

### 3. Use of Prohibited Drugs in Sports:

#### 3.1 General Information:

Doping refers to the use of prohibited drugs, substances or prohibited procedures by a player mentioned in WADA's Prohibited List. Doping is legally punishable, socially immoral, personally unhealthy and harmful. Anti-doping is a fight against doping in all its forms.

Healthy, competitive and disciplined sports are Nepal's commitment. The World Anti-Doping Agency (WADA) was established in November 1999 to launch a campaign against banned drugs in sports through the efforts of government representatives and international sports officials making the overall sports sector more organized by enhancing respect and dignity towards sports, players and spectators. Since January 2004, WADA has been working globally to publish a list of banned drugs in sports, to carry out laboratory certification and to conduct awareness programs. The trial of the use of banned drugs in sports in Nepal was started from the 8th South Asian Games and the 5th National Sports Competition.

Athletes participating in sports should not use the banned drugs and procedures before, during, or after the game as per the rules of WADA. Prohibited drugs and methods have not to be used except for the Therapeutic use. WADA has made a rule that the subject can be tested at any time by the designated officers.

#### 3.2 List of prohibited drugs:

List of prohibited drugs for players are made public every year in January by WADA. Some of the substances and methods listed and published by WADA for the year 2021 are as follows. For more detail, you can visit [www.wada.ama.org](http://www.wada.ama.org).

#### **PROHIBITED AT ALL TIMES (IN-AND OUT -OF-COMPETITION)**

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

Anabolic agents are prohibited.

#### **1. ANABOLIC ANDROGENIC STEROIDS (AAS)**

When administered exogenously, including but not limited to:

- 1-Androstenediol (5a-androst-1-ene-3B, 17B-diol)
- 1-Androstendione (5a-androst-1-ene-3, 17- dione)
- 1-Androsterone (3a-hydroxy-5a-androst-1-ene-17-one)
- 1-Epiandrosterone (3B-hydroxy-5a-androst-1-ene-17-one)
- 1-Testosterone (17B-hydroxy-5a-androst-1-en-one)
- 4-Androstenediol (Androst-4-ene-3B,- diol 17B-diol)

- 4-Hydroxytestosterone (4,17B-dihydroxyandrost-4-en-3-one)
- 5-Androstenedione (androst-5-ene-3,17-dione)
- 7a-hydroxy-DHEA
- 7B-hydroxy-DHEA
- 7-Keto-DHEA
- Formebolone
- Furazabol (17a-methyl [1,2,5]oxadiazolo [3,4:2,3]-5a-androstan-17B-ol)
- Gestrinone
- Mestanolone
- Danazol ([1,2]oxazolo[4,5:2,3]pregna-4-en-20-yn-17a-ol)
- Dehydrochlormethyltestosterone (4-chloro-17B-hydroxy-17a-methylandrosta-1,4-dien-3-one)
- Epi-dihydrotestosterone (117B-hydroxy-5B-androstan-3-one)
- Ethylestrenol (19-norpregna-4-en-17a-ol)
- 19-Norandrostenedione (estr-4-ene-3,17-dione)
- Androstanolone (5a-dihydrotestosterone- 17B-hydroxy-5a-androstan-3-one)
- Androstenediol (androst-5-ene-3B, 17B-diol)
- Androstenedione (androst-4-ene-3,17-dione)
- Bolasterone
- Boldenone
- Boldione (androsta-1,4-diene-3,17-dione)
- Calusterone
- Clostebol
- Desoxymethyltestosterone (17a-methyl-5a-androst-2-en-17B-ol and 17a-methyl-5a-androst-3-en-17B-ol)
- Drostanolone
- Epiandrosterone (3B-hydroxy-5a-androstan-17-one)
- Epitestosterone
- Fluoxymesterone



Players are usually notified for testing immediately after the competition and samples are collected. But for the priority games, there is a practice of testing even before and after the game.

The sample can be even taken and tested without giving any notice to the player. For this, arrangements should be made to keep all the information related to the player's home address, work schedule, training place, contact number, etc. in a systematic manner.

### **3.5 Procedures for testing:**

- To make plan from designated authority
- To notify the players
- To collect the sample of the selected players
- To facilitate the players by representatives like doctor, coach and officials
- To send the sample to the laboratory for testing
- To keep information about the selected players confidential
- To test the substances as prescribed in WADA 's prohibited list from the laboratory
- To send the test- report to WADA and Anti-doping Organization(ADO)
- To inform the result of sample to the officials of concerned country through the accepted procedure
- To resend Sample-B for analysis if the result of Sample-A is abnormal or failed to convince the player
- To proceed the results for its management

### **3.6 Consequences of Doping:**

- Punishment as per the law related to WADA(suspension, financial punishment, seize of medal ) and action taken as per the law of the country concerned
- Adverse impact in the health of players
- Negative impact in social and psychological environment
- Negative impact on the ability of the player to play the game
- Negative impact on reputation and respect of related officials, players, sports associations and the country at national and international level

### **3.7 Preventive measures:**

- Consumption of balanced and certified foods,
- Peer group sharing and learning of anti-doping among fellow athletes
- In case of emergency treatment, to treat or to be treated only in consultation of doctor familiar to anti-doping
- Allow the players to readily accept victories and defeats and conduct awareness programs to develop positive thinking about the outcome

### 3.8 Punishment provisions:

If the use of prohibited substances by players is proved while testing, the Anti-Doping Organization has the provision to suspend a player until a final decision is made, to ban him from playing for a certain period of time or to ban him from playing for lifelong and to seize the player's medal. There is a provision of punishment including financial penalty and additional punishment according to the law of the country concerned. Authorized officials may also impose penalties on doctors, officials, sports associations or bodies related to doping.

#### 4. Other Information:

According to the legal principle that ignorance of the law is not forgivable, the responsibility for non-adherence to the drugs and methods prohibited by WADA for each year rests with the players themselves, sports associations, concerned bodies or sports officials.

All concerned players, coaches, officials, managers and concerned bodies and all the stakeholders involved in the field of sports are requested not to be involved in the use of banned drugs and methods. Wide publicity with awareness programs are needed to make sport sector free from doping.

Ministry of Youth and Sports has formed and expanded the Anti-Doping steering committee with the mandate to formulate/update National Anti-Doping rules and form NADA (National Anti-Doping Agency). The composition of the committee is given in the box below. The committee will also launch the anti-doping campaign to implement the concept of fair play in sports. The ministry coordinates with WADA and other international anti-doping organizations to manage national and international anti-doping programs. It also conducts various awareness programs related to anti-doping in sports and facilitates National Sports Council, Nepal Olympic Committee to run their anti-doping activities.

#### Anti-Doping Steering Committee

1. Mr. Surya Prasad Gautam, Secretary, Ministry of Youth and Sports - Convener
2. Mr. Ima Narayan Shrestha, Joint Secretary, Sports Development Division- Member
3. Representative, Nepal National Commission for UNESCO - Member
4. Dr. Saroj Krishna Shrestha, Doping Specialist- Member
5. Dr. Gyanendra Bikram Shah, Doping Specialist, Nepal Sports Council - Member
6. Dr. Nawisman Shing Pradhan, Doping Specialist – Member
7. Dr. Anira Vaidya, Associate Professor at Faculty of Surgery of NAMS- Member
8. Mr. Partha Sarathi Sen Gupta, Sports Specialists - Member
9. Mrs. Rinja Dangol, Under Secretary, Law and Judgment Implementation Section - Member
10. Mr. Shanti Bahadur Basnet, Under Secretary, Sports Promotion Section - Member
11. Mrs. Pramila Kharel- Anti Doping Focal Person (Secretary of Committee)

For more information about anti-doping and banned drugs, please contact Ministry of Youth and Sports, National Sports Council, Nepal Olympic Committee or visit WADA's website.