



Drug Testing Policy

This document is to establish the guidelines for drug testing by the 100% Raw Powerlifting Federation.

The 100% RAW Powerlifting Federation was established in 1999 with the goal to showcase powerlifters safely competing with no special "support" equipment and 100% Drug-Free! In order to meet this objective, the 100% RAW Powerlifting Federation prohibits the use of anabolic agents, masking agents, and other substances with a similar chemical structure or similar biological effect(s).

100% RAW does not provide advice on medical matters or treatments and nothing contained in this document should be interpreted as such. The athlete is responsible for managing his/her medical care and for using medications in a manner consistent with the World Anti-Doping Code. These rules merely regulate the conditions under which competition will take place.

The WADA 2008 Prohibited List can be seen here:

www.wada-ama.org/rtecontent/document/2008_List_En.pdf

The WADA 2009 Prohibited List (effective 1/1/09) can be seen here:

www.wada-ama.org/rtecontent/document/2009_Prohibited_List_ENG_Final_20_Sept_08.pdf

The following will constitute anti-doping violations.

- 1.1 The presence of a prohibited substance or its metabolites or markers in an athlete's bodily specimen.
 - 1.1.1 It is each athlete's personal duty to ensure that no prohibited substance enters his or her body. Athletes are responsible for any prohibited substance or its metabolites or markers found to be present in their bodily specimens. 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 violation.
- 1.2 The use or attempted use of a prohibited substance or prohibited method.
 - 1.2.1 The success or failure of the use of a prohibited substance or prohibited method is not material. It is sufficient that the prohibited substance or prohibited method was used or attempted to be used for an anti-doping violation to be committed.
- 1.3 Refusing or failing without compelling justification, to submit to sample collection after notification of drug testing or otherwise evading sample collection. This is to include leaving the venue after competing without notifying the meet director.
- 1.4 Tampering, or attempting to tamper, with any part of the Doping Control process.
- 1.5 Conviction in a court of law of the use, possession, sale or distribution of a prohibited substance.

The first violation of sections 1.1 or 1.2 above will result in a two (2) year suspension from lifting in 100% RAW sanctioned meets. It will also result in the removal of any 100% RAW lifting records held by the athlete. The athlete's membership in 100% RAW will be extended to the end of his or her suspension date and the athlete will be subject to random testing during his or her suspension. Failure to comply with this provision will result in a lifetime ban from 100% RAW. Lifetime is to be considered to be the athlete's natural life. Attempting to compete in a 100% RAW meet while on probation or a second violation of sections 1.1 or 1.2 will result in a lifetime ban from 100% RAW.

Any violation of sections 1.3, 1.4 or 1.5 above will result in a lifetime ban from 100% RAW.

Therapeutic Use Exemptions

The use of a prohibited substance for a valid medical purpose is possible by virtue of a therapeutic use exemption (TUE).

The criteria for use of a TUE are as follows:

- “ The athlete would experience significant health problems without taking the prohibited substance or method,
- “ The therapeutic use of the substance would not produce significant enhancement of performance, and
- “ There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or method.

An abbreviated TUE is to be used for glucocorticosteroids and for beta-2 agonists.

Abbreviated TUE:

www.wada-ama.org/rtecontent/document/simplified.pdf

A standard TUE is to be used for all other applications.

Standard TUE:

www.wada-ama.org/rtecontent/document/standard.pdf

It is the responsibility of the athlete to make sure that the TUE is completely filled out and that all documentation is supplied. The TUE committee is not responsible for and will not pursue missing information.

Drug Testing

Drug testing will be conducted by means of urinalysis and/or any other means at the discretion of the meet director, the drug testing officer, or the federation president.

A minimum of ten (10) percent of all lifters will be tested. All lifters who set Open class world records will be tested. This criteria can be used to meet the ten (10) percent requirement.

All samples collected at National or World meets will be tested before submission to the lab to ensure that they are valid, unadulterated samples. Any sample that tests as diluted or adulterated will be discarded and a second sample will be collected. A second sample that tests as adulterated will be forwarded to the lab and tested for evidence of tampering. Confirmed tampering will result in a lifetime ban. A second – and subsequent – sample that tests as diluted will be rejected and discarded unless the athlete has a documented medical condition that would result in a diluted sample. The athlete must provide an undiluted sample to meet the requirements of drug testing.

A negative result on a drug test is required to claim an Open World record.

A diluted sample result is not a negative result.