



Dear President, dear colleagues,

You will find below a communication from WADA regarding the Prohibited List.

We take this opportunity to highlight some additional important points regarding anti-doping:

- The Prohibited List encompasses *prohibited methods* (Manipulation of blood, Gene doping, Chemical & physical manipulation)
- Among prohibited Chemical & physical manipulation: **Intravenous infusions and/or injections of more than 50 mL per 6 hour period** (except for those legitimately received in the course of hospital admissions, surgical procedures or clinical investigations)
- The following (among other) is also prohibited by the Code:
  - **Evading, Refusing** or Failing to submit to sample collection
  - **Tampering** or attempted tampering with any part of doping control (this includes intentionally interfering with a doping control official)
  - Administration or attempted administration to any athlete of any prohibited substance or method
- **Coaches, trainers, doctors** and more broadly athletes' support personnel are bound by UWW's Anti-doping Rules and agree to the results management authority of UWW.
- **Therapeutic Use Exemptions:** international level wrestlers taking part in international competitions must apply to UWW should their state of health require the use of a prohibited substance or method for their recovery.

- National Federations are responsible to make sure their athletes understand these rules and respect the **principles of fair play**

Further information is available on [UWW website](#) or on [www.wada-ama.org](http://www.wada-ama.org).

We thank you for sharing this among your athletes and members and wish you an excellent Olympic year.

Best regards

**Carlos Roy**

Verdere riglyne:

Indien jy as spanbestuurder agterkom dat 'n stoeier aan enige vorm van Anti-doping skuldig is, kry die bewyse bv foto's, datum, tyd, name van persone wat daarvan weet of die stoeier daarmee help, toerusting wat die stoeier gebruik.

Maak seker dat jy die volgende vrae kan beantwoord: Wie, Waar, Wat, Hoe, Waarom

Die President en Sekretaris-Generaal moet ook dadelik in kennis gestel word van die voorval vir verdere instruksies.

Die volledige verslag moet aan die SA Uitvoerende Bestuur voorgelê word vir verdere stappe.