



**EUROPEAN HANDBALL
FEDERATION**

EHF – ADU

**INDEPENDENT
UNIT**

**Prof. Hans Holdhaus
Head of ADU**

**Adrienn Öri
Administrator of ADU**

**15 CERTIFIED
EHF-DCO**

**EUROPEAN
NADOs**

EHF – ADU

**INDEPENDENT
UNIT**

**Prof. Hans Holdhaus
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**Adrienn Öri
Administrator of ADU**

**NATIONAL
TEAM EVENTS**

**400 – 500
TESTS**

CLUB EVENTS

EHF – ADU

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Administrator of ADU**

DOPING in HANDBALL



... NEED FOR ACTION ??



**IS
HANDBALL
A
CLEAN SPORT
??**

3505 DC

**24 AAFs
(0.7%)**



**IS
HANDBALL
A
CLEAN SPORT
??**

**ANABOLICS
STIMULANTS
METABOL. MODUL.
BETA-2-AGONIST
CANNABIS**



**IS
HANDBALL
A
CLEAN SPORT
??**

WHY

**INTENTIONAL
UNINTENTIONAL**

MELDONIUM



3

POSITIVE SAMPLES

U-19 / RUSSIA

MILDRONAT



REDUCTION OF EXHAUSTION

INCREASE PERFORMANCE

OPTIMIZE METABOLISM

ACCELERATE RECOVERY

MILDRONAT



**PILLS HANDED OVER BY
THEIR TEAM-DOCTOR**

**PLAYER DID NOT ASK WHAT
IT IS**

OBLIGATION & TRUST

MILDRONAT



PLAYERS & DOCTOR WERE PUNISHED



EDUCATION

AWARENESS

INFORMATION



? ROLE OF THE COACH?



**WHAT SHOULD PLAYERS KNOW ABOUT
DOPING ?**

**WHAT SHOULD COACHES KNOW
ABOUT DOPING ?**

**WHAT SHOULD PHYSICIANS &
PHYSIOS KNOW ABOUT DOPING ?**

ANTI - DOPING
IS
PART OF THE GAME
&
EHF - REGULATIONS

WORLD ANTI – DOPING CODE

INTERNATIONAL STANDARDS

INTERNATIONAL STANDARDS

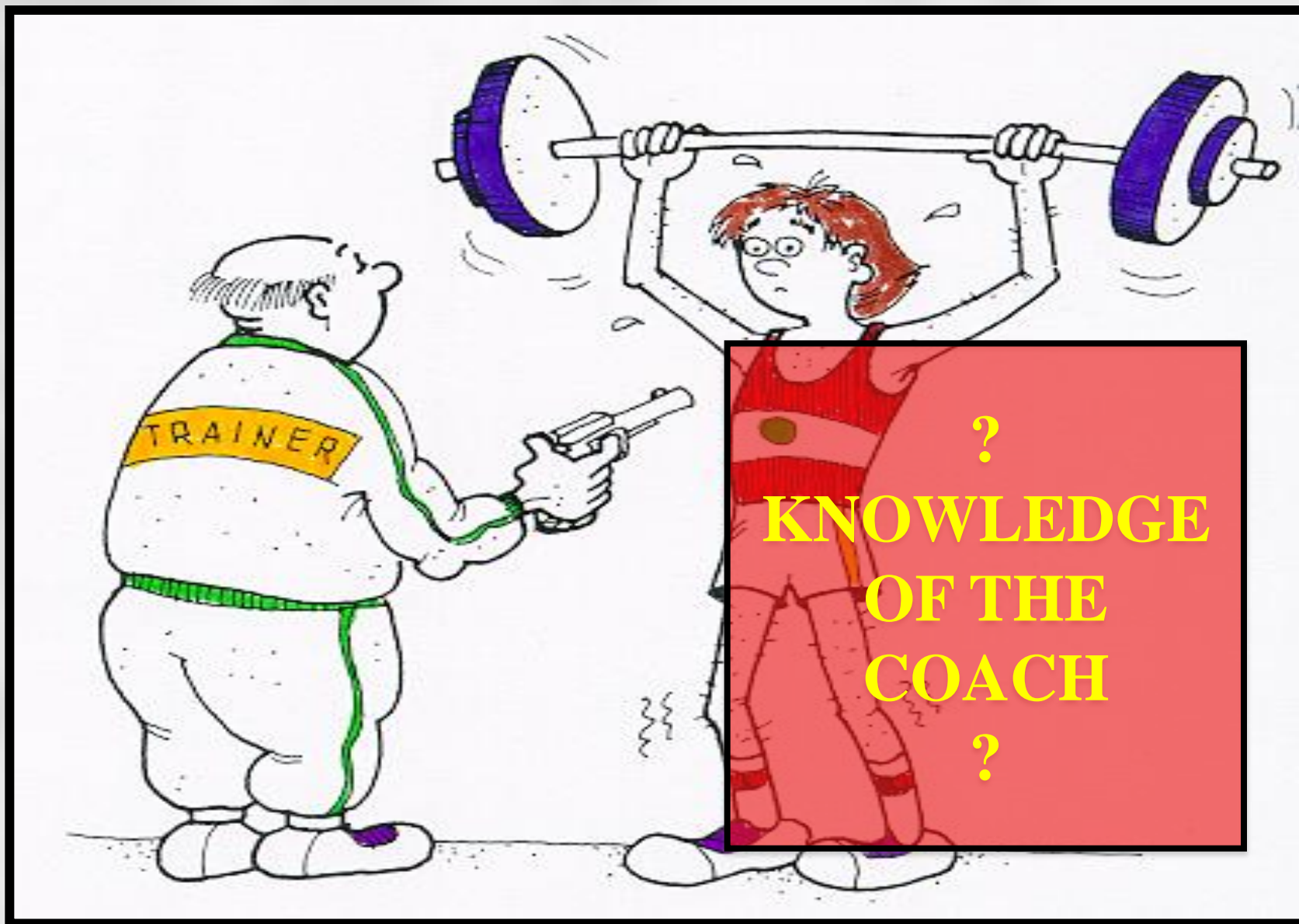
PROHIBITED LIST

TESTING

THERAPEUTIC USE EXEMPTION

LABORATORIES

PRIVACY PROTECTION



WHAT IS DOPING
PROHIBITED LIST
DOPING CONTROL PROCEDURE
WHEREABOUTS, TESTING - POOL
THERAPEUTIC USE EXCEPTION
SANCTIONS
RIGHTS & RESPONSIBILITIES

WHAT IS DOPING

A 3D illustration of a clear glass bottle with a green, faceted stopper. The bottle is partially filled with small, white, hexagonal pills. Two more of these pills are shown outside the bottle, one in front and one to the right. A large, red question mark is positioned in front of the pills, centered below the word 'DOPING'.

**PRESENCE OF A PROHIBITED SUBSTANCE OR ITS
METABOLITES OR MARKERS IN AN ATHLETE'S SAMPLE**

**USE OR ATTEMPTED USE BY AN ATHLETE OF A
PROHIBITED SUBSTANCE OR A PROHIBITED METHOD**

**EVADING, REFUSING OR FAILING TO SUBMIT
TO SAMPLE COLLECTION**

WHEREABOUTS FAILURES

**TAMPERING OR ATTEMPTED TAMPERING
WITH ANY PART OF DOPING CONTROL**



POSSESSION OF A PROHIBITED SUBSTANCE



**TRAFFICKING OR ATTEMPTED TRAFFICKING IN ANY
PROHIBITED SUBSTANCE OR PROHIBITED METHOD**

**ADMINISTRATION OR ATTEMPTED
ADMINISTRATION TO ANY ATHLETE *IN-
COMPETITION* OF ANY PROHIBITED
SUBSTANCE OR PROHIBITED METHOD,
OR ADMINISTRATION OR ATTEMPTED
ADMINISTRATION TO ANY ATHLETE *OUT-
OF-COMPETITION* OF ANY PROHIBITED
SUBSTANCE OR ANY PROHIBITED
METHOD THAT IS PROHIBITED OUT-OF-
COMPETITION**

COACHES, DOCTORS, PHYSIOS, etc.

THE PROHIBITED LIST



VALID 01.01.NN – 31.12.NN

PUBLISHED OCTOBER

THE PROHIBITED LIST

1. ANABOLIC ANDROGENIC STEROIDS (AAS) a.

Exogenous* AAS, including:

1-Androstenediol (5α -androst-1-ene- 3β , 17β -diol); **1-Androstenedione** (5α -androst-1-ene-3, 17 -dione); **1-Androsterone** (3α -hydroxy- 5α -androst-1-ene- 17 -one); **1-Testosterone** (17β -hydroxy- 5α -androst-1-en- 3 -one); **4-Hydroxytestosterone** ($4,17\beta$ -dihydroxyandrost-4-en- 3 -one);

Bolandiol (estr-4-ene- 3β , 17β -diol);

Bolasterone;

Etc.

THE PROHIBITED LIST



**CHECK MEDICINE
BEFORE TAKING**

THE PROHIBITED LIST



**MEDICINE
QUERY**



6

**WHAT NEEDS TO BE
DONE IF A PLAYER
IS ILL / INJURED
?**

6

DOCTOR

**MEDICINE
CONTAINS NO
FORBIDDEN
„SUBSTANCE“**



6

DOCTOR

**MEDICINE
CONTAINS
FORBIDDEN
„SUBSTANCE“**

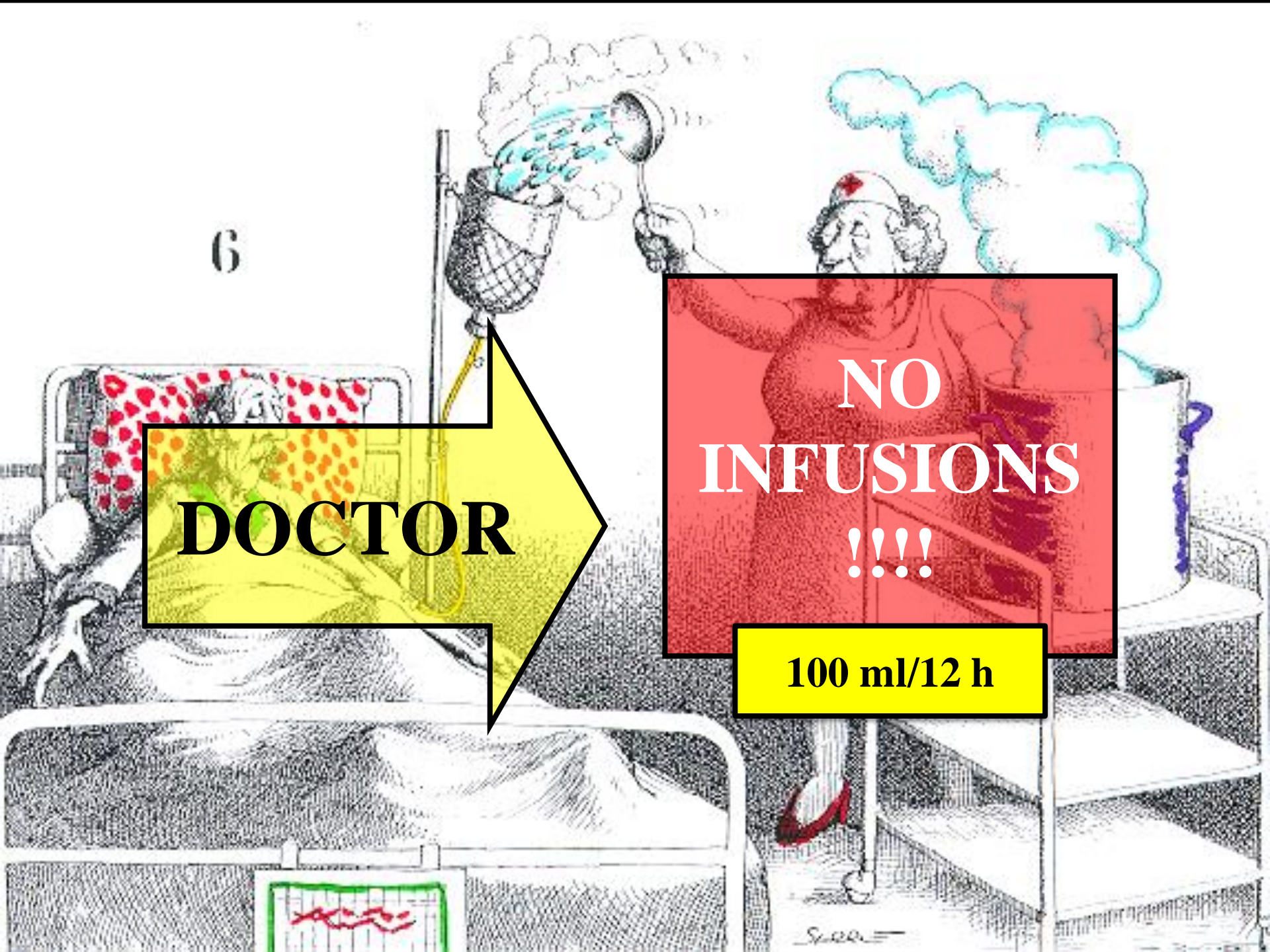
TUE

6

DOCTOR

**NO
INFUSIONS
!!!!**

100 ml/12 h



„DOPING-TRAP“
NUTRITION SUPPLEMENTS

Mehr Power durch optimale ATP-Produktion !

**430% mehr Energie und Power für
Ausdauer- und Kraftsportler !**

Ribose - ein neuer Supernährstoff - steht jetzt allen Sportlern zur Steigerung von Energie, Ausdauer, Kraft und Leistung zur Verfügung.

MEGARIBOSIN

Mehr Power durch optimale ATP-Produktion !

**430% mehr Energie und Power für
Ausdauer- und Kraftsportler !**

Ribose - ein neuer Supernährstoff - steht jetzt allen Sportlern zur Steigerung von Energie, Ausdauer, Kraft und Leistung zur Verfügung.

**D-RIBOSE, CREATINE,
L-GLUTAMINE**

Mehr Power durch optimale ATP-Produktion !

**430% mehr Energie und Power für
Ausdauer- und Kraftsportler !**

Ribose - ein neuer Supernährstoff - steht jetzt allen Sportlern zur Steigerung von Energie, Ausdauer, Kraft und Leistung zur Verfügung.

STANOZOLOL



**650 mg
TRIBULUS
TERRESTRIS**

**PURE
BULGARIAN
ROOT EXTRACT**



19-NORANDROSTENEDIONE

19-NORANDROSTENEDIOL

ANDROSTENEDIONE

ANDROSTENE-3,17-DIOL

**ANABOLIC
STEROIDS**

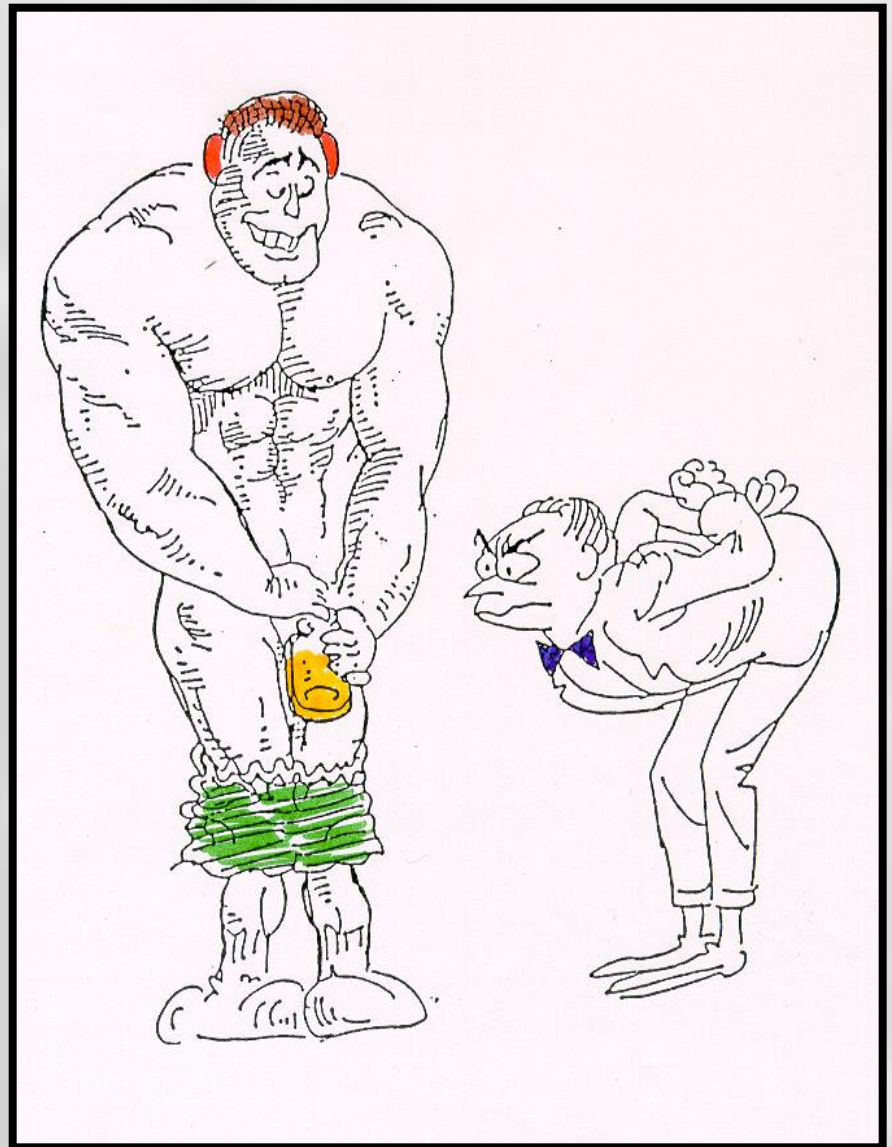


PLUS MUCH MORE



**NEVER
USE
A
SUPPLEMENT
WITHOUT
A
LAB
CERTIFICATE
!!!**

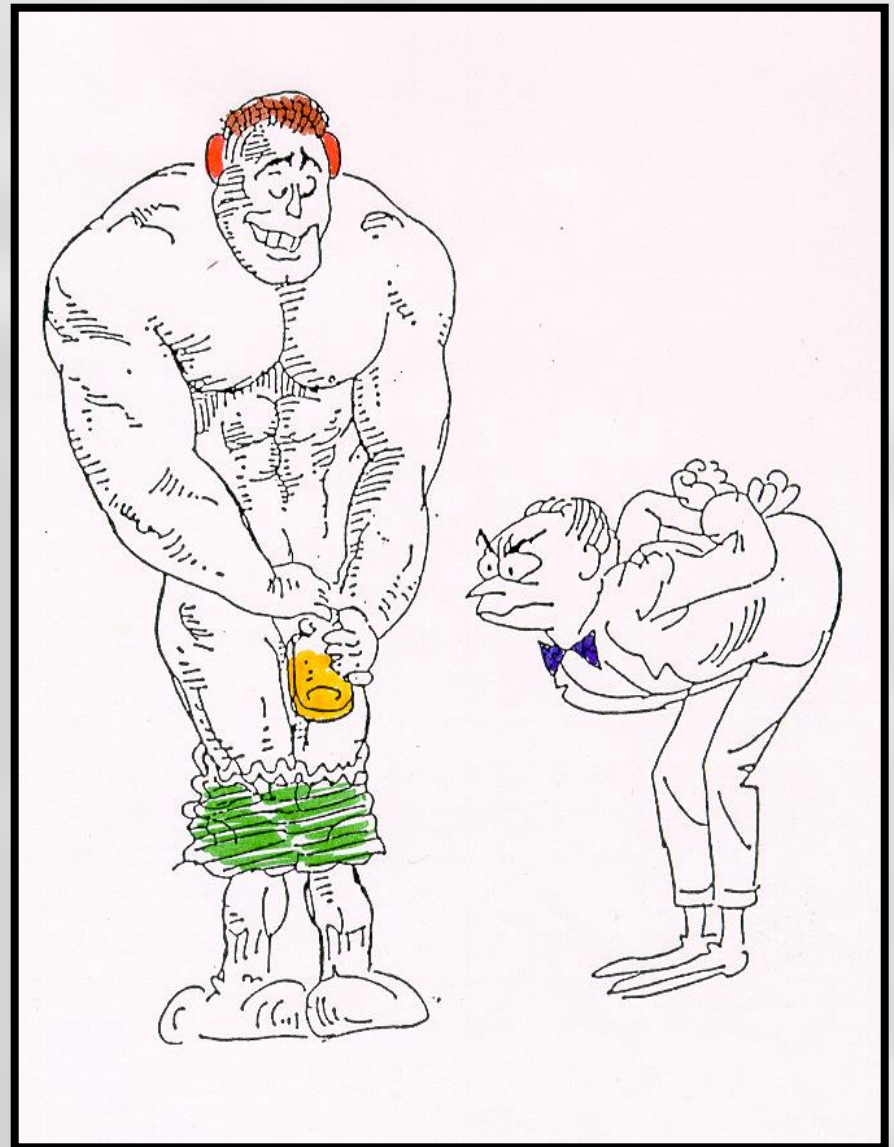
TESTING



WADA

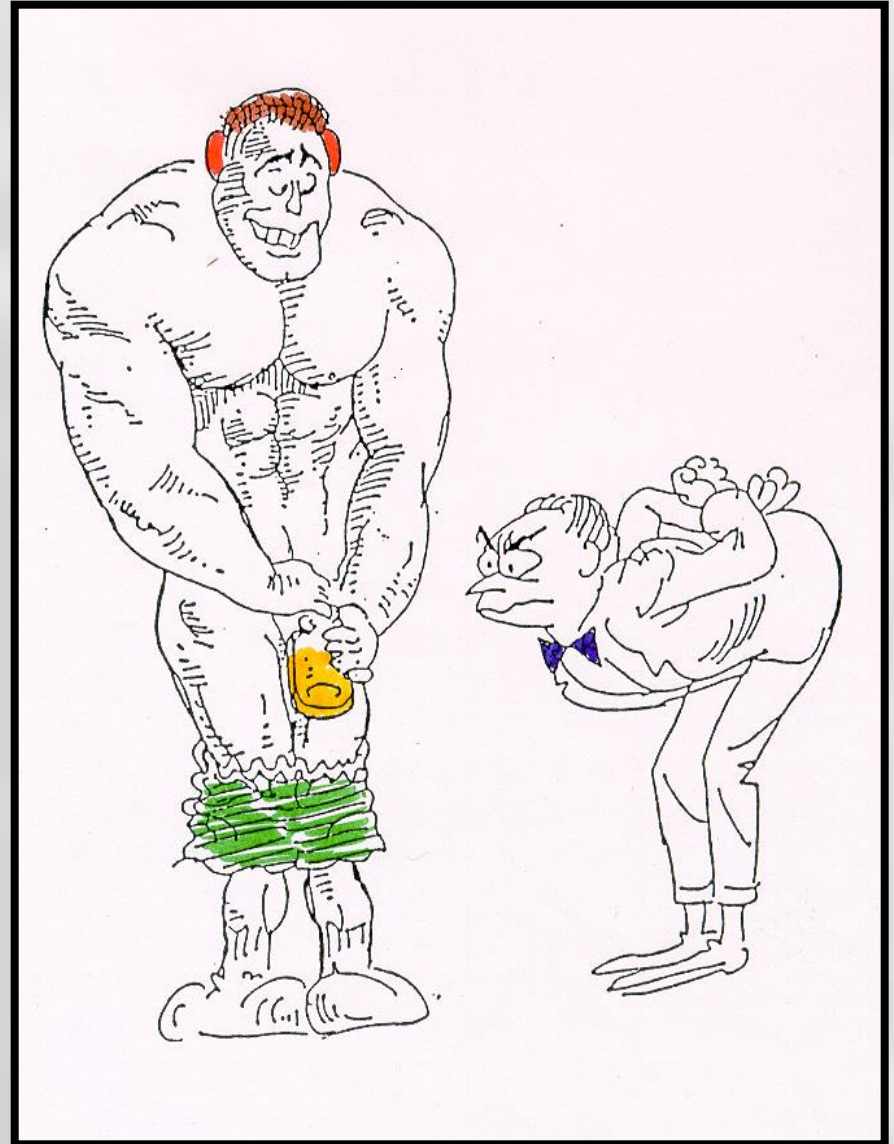
EHF / IHF

ADO

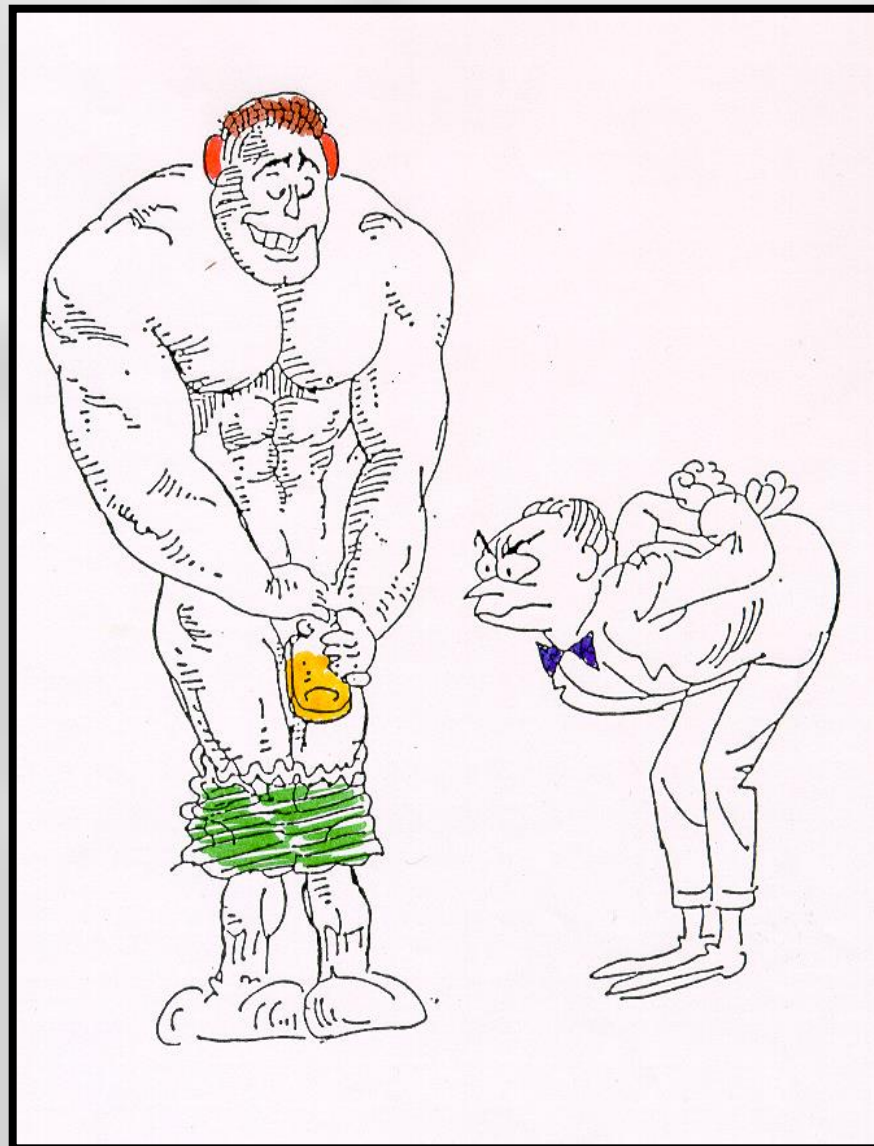


**COMPETITION
CONTROL**

**OUT OF
COMPETITION
CONTROL**



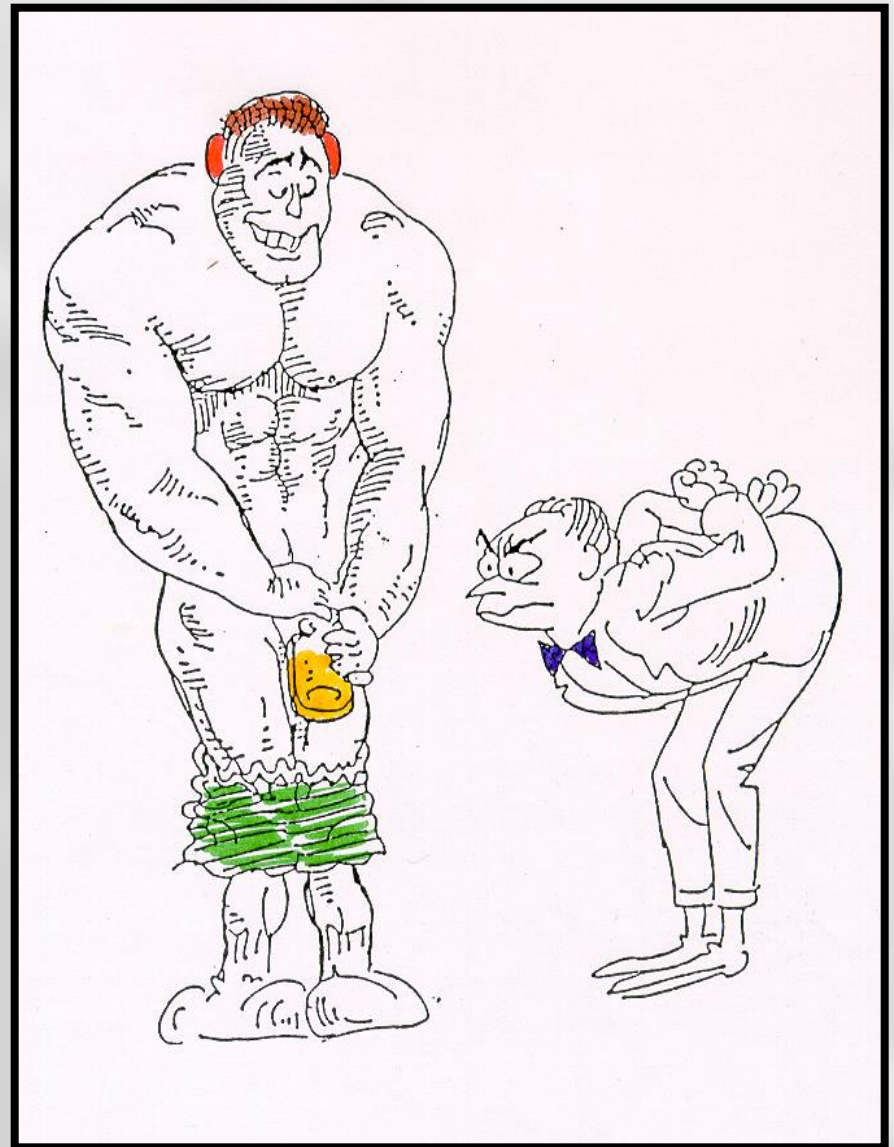
PROCEDURE



CONTROL - TEAM

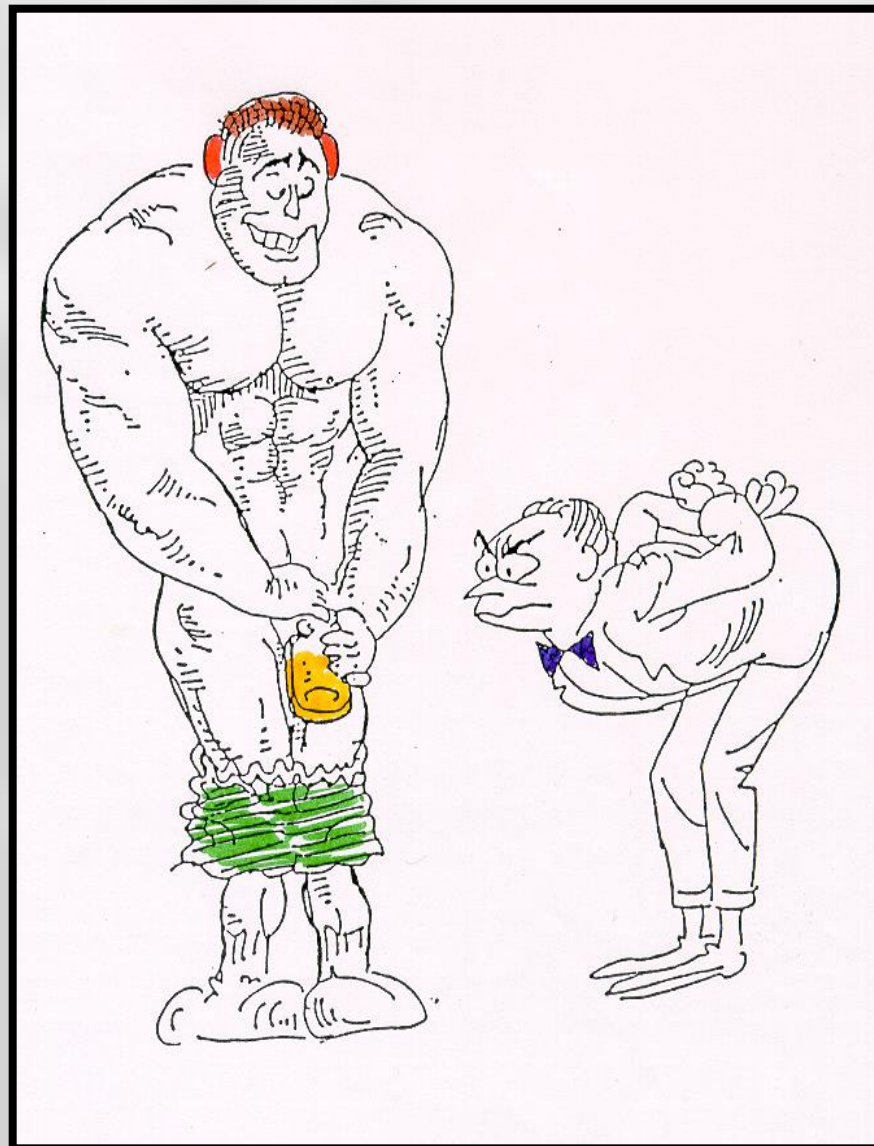
1 or 2 PERSON

DC-OFFICER
DC-ASSISTANT

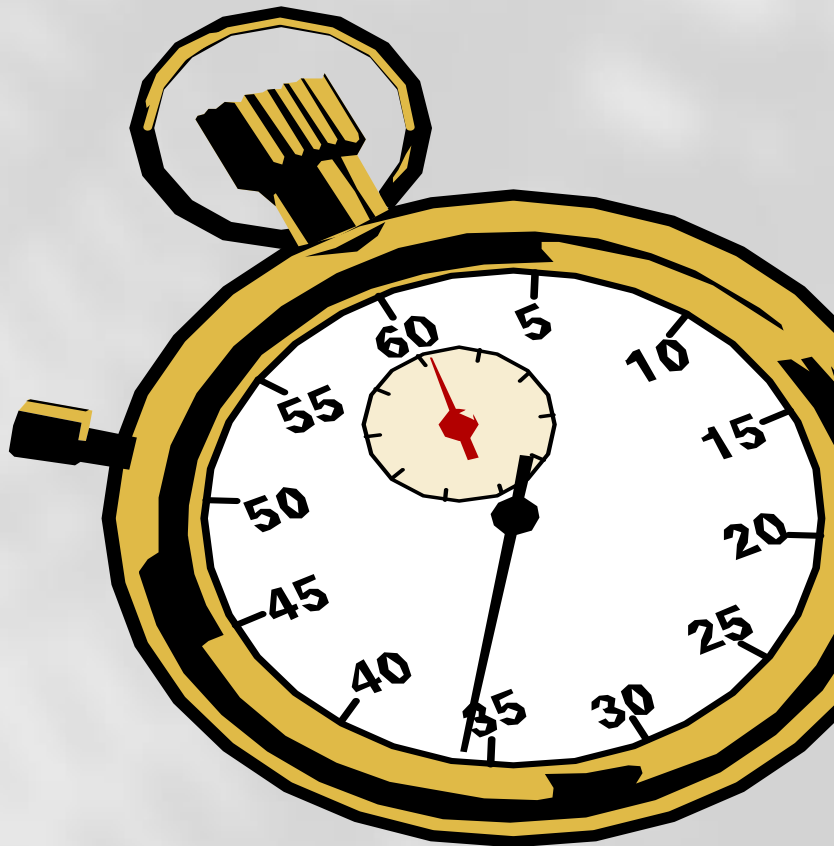


CONTROL - TEAM

ADDITIONAL
ASSISTANTS
SHALL
CHAPARONE
THE SELECTED
PLAYER

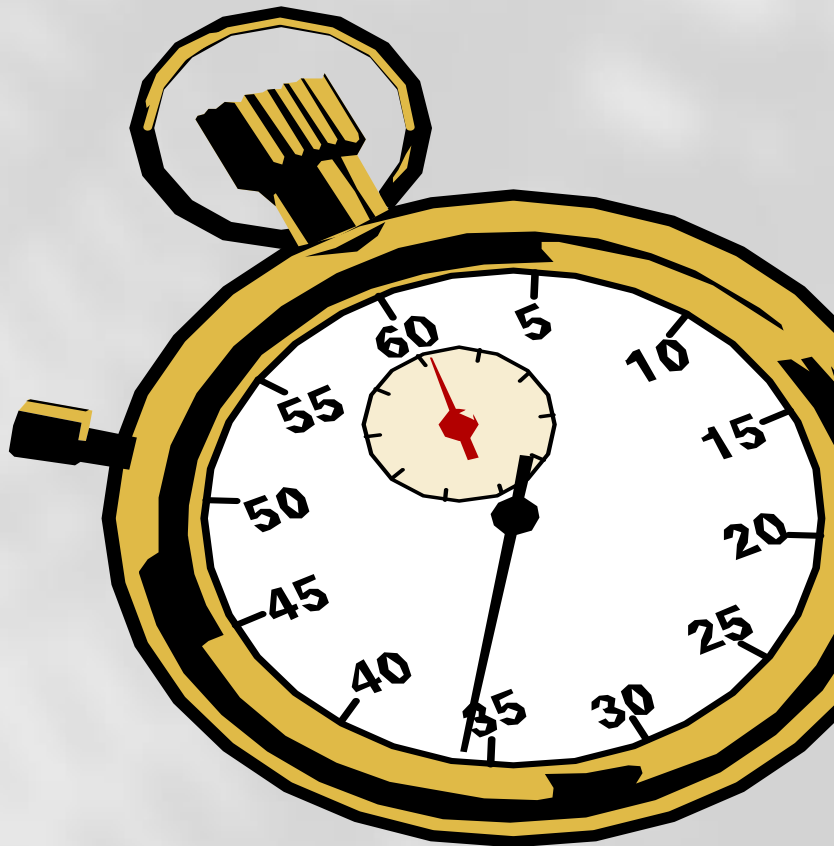


COMPETITION CONTROL



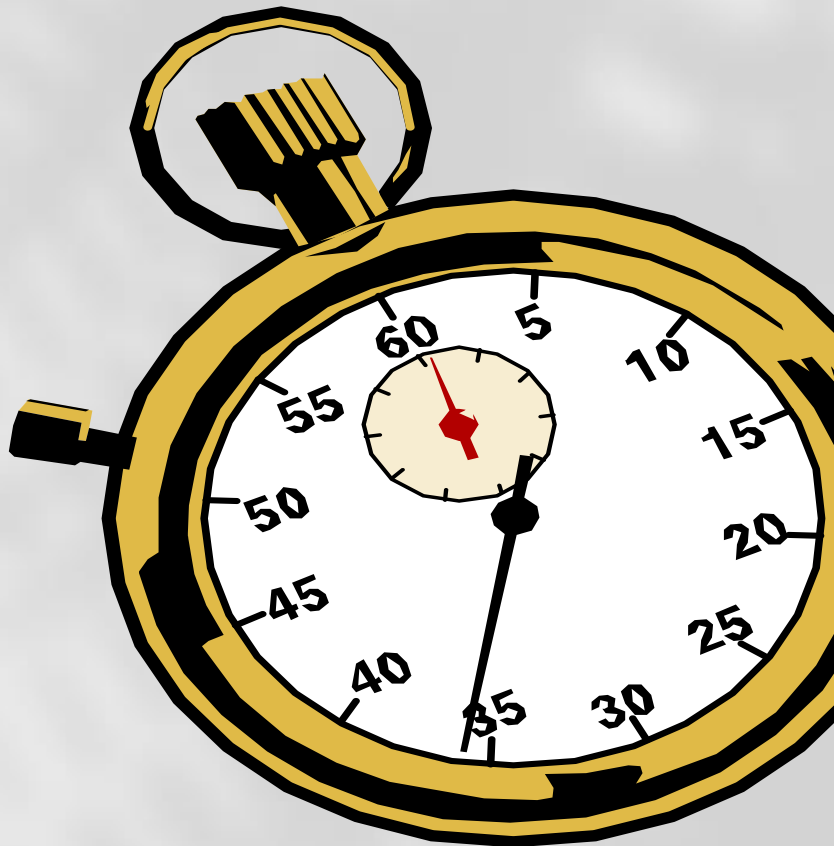
**SELECTION OF THE
PLAYER BY THE
EHF-DCO
TOGETHER WITH
TEAM MEDICAL
PERSONAL**

COMPETITION CONTROL



**CHAPARONES
ACCOMPANIES THE
SELECTED PLAYER
TO THE
DC-STATION
AFTER
NOTIFICATION**

COMPETITION CONTROL

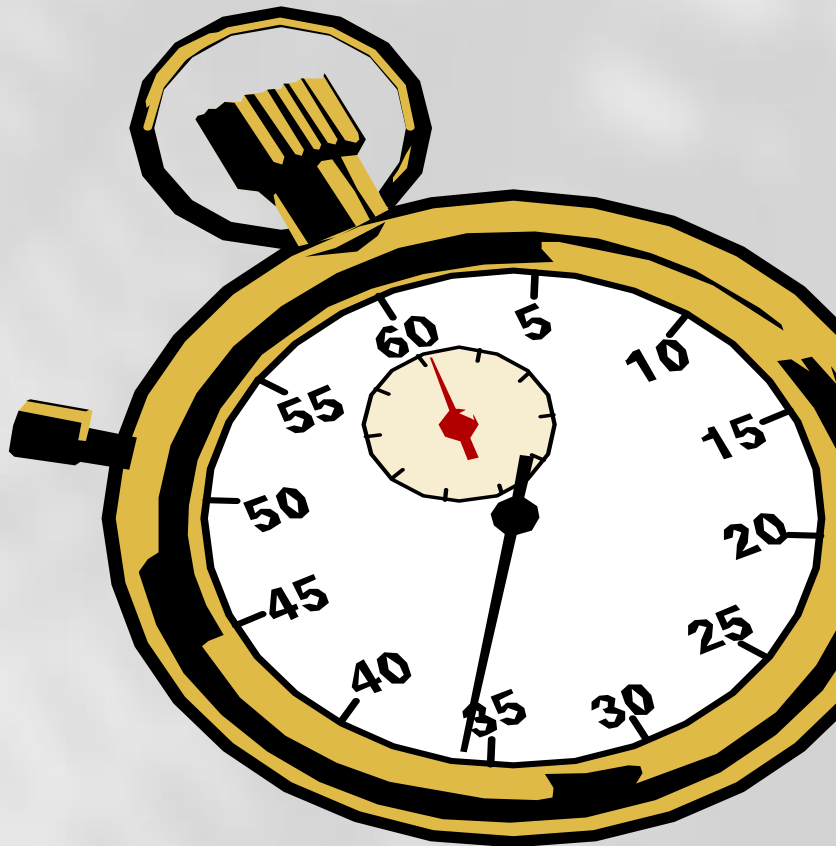


PRESS MEETING

**URGENT
TREATMENT**

WARM DOWN

COMPETITION CONTROL



NO TOILET

NO SHOWER

NO BATH

MINIMAL INFRASTRUCTURE FOR DOPING CONTROL

WAITING AREA

DC-ROOM

TOILET

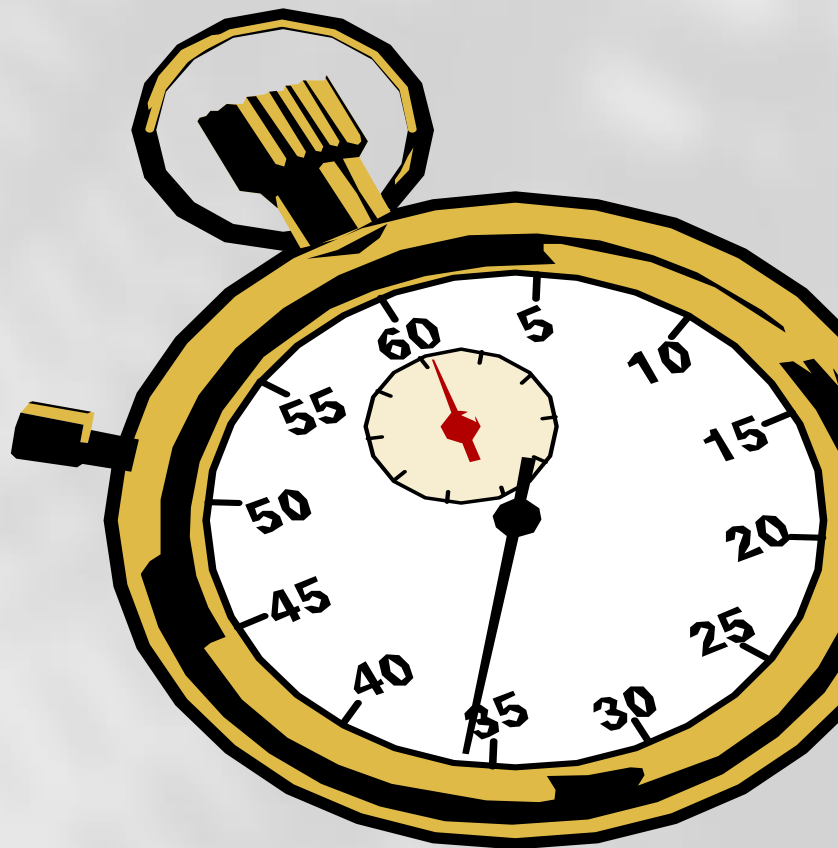
PERSONS IN THE DOPING CONTROL ROOMS

PLAYER & WITNESS

DCO / DCA

SUPERVISOR

OUT-OF-COMPETITION CONTROL

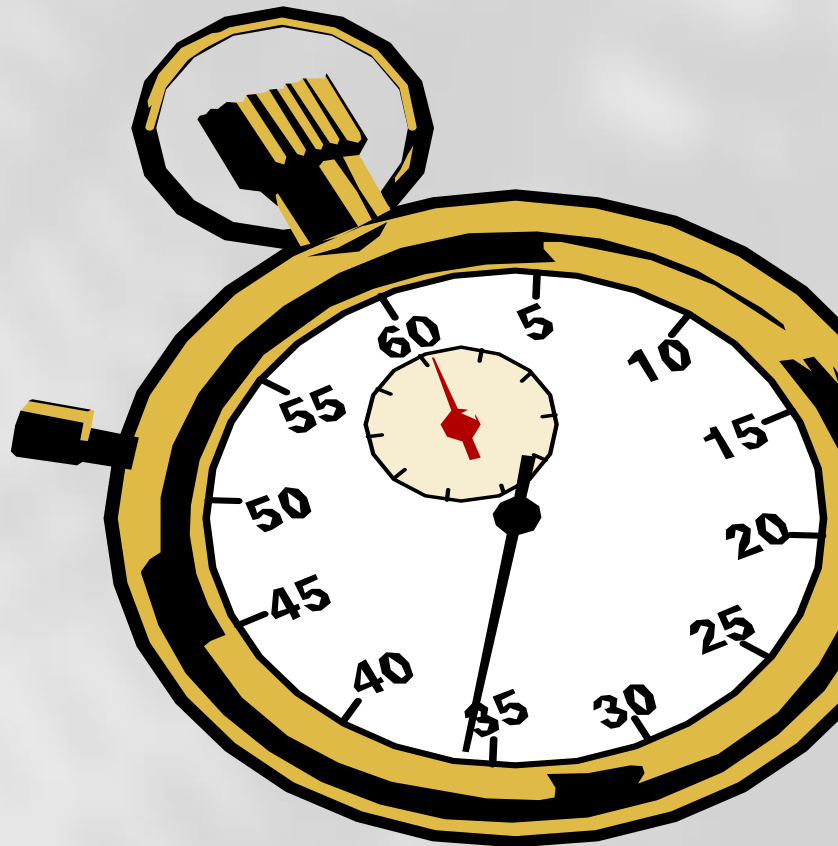


? LOCATION ?

TRAINING HALL

HOTEL / HOME

OUT-OF-COMPETITION CONTROL

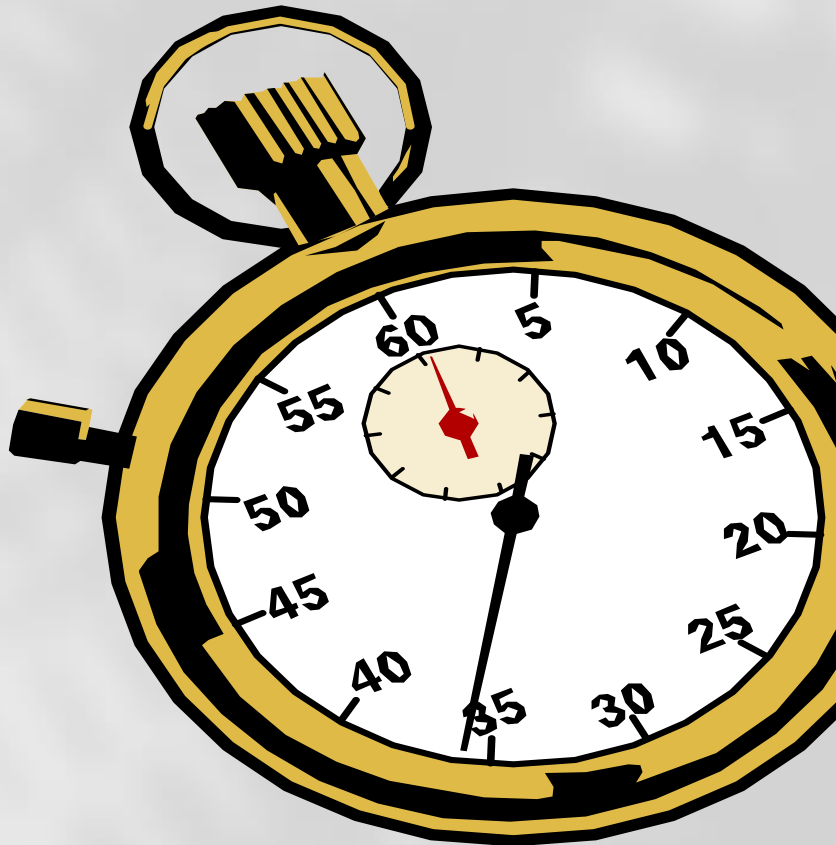


? SELECTION ?

PLAYERS LIST

INDIVIDUAL

OUT-OF-COMPETITION CONTROL



? PROCEDERE ?

**SAME CONTROL
PROCEDERE FOR
CC & OOC**

DOPING-CONTROL PROCEDERE

PROOF OF IDENTITY

DCO



**DCO - ID
COLLECTION
ORDER**

PLAYER



**PASSPORT
ID-CARD
ACCREDITATION**

DOPING-CONTROL PROCEDURE

PROTOCOL

PERSONAL DATA

TIME OF NOTIFICATION

TIME OF ARRIVAL IN DCS

DOPING CONTROL FORM
FORMULAIRE DE CONTROLE DU DOPAGE

1. ATHLETE NOTIFICATION - NOTIFICATION DU SPORTIF

2. ATHLETE INFORMATION - INFORMATION CONCERNANT LE SPORTIF

3. INFORMATION FOR ANALYSIS - INFORMATIONS CONCERNANT L'ANALYSE

4. CONFIRMATION OF PROCEDURE FOR URINE AND/OR BLOOD TESTING - CONFIRMATION DE LA PROCEDURE POUR LE CONTROLE D'URINE ET/OU DE SANG

REPORT DOPING IN SPORT: <https://speakup.wada-ama.org> - SIGNALER UN ACTE DE DOPAGE DANS LE SPORT: <https://speakup.wada-ama.org>

DOPING-CONTROL PROCEDERE

EXPLANATION OF DC

**DCO SHOULD EXPLAIN THE
DC-PROCEDERE
IF NECESSARY**

DOPING-CONTROL PROCEDURE

EQUIPMENT

SAMPLING KITS

URINE CUPS

**SELECTED BY
PLAYER**



DOPING-CONTROL PROCEDERE

URIN SAMPLING

DCO + PLAYER

DIRECT VIEW

90 ml

CLOSE (CAP)

DOPING-CONTROL PROCEDURE

A / B - SAMPLE

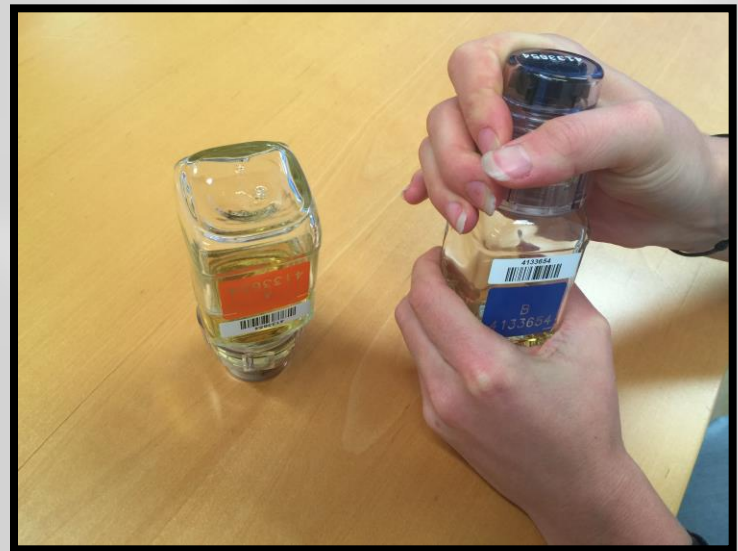
**PLAYER MUST
POUR IN THE URINE TO
THE MARKER
(A & B-Sample)**



DOPING-CONTROL PROCEDURE

A / B - SAMPLE

**PROOF CORRECT
CLOSE OF BOTTLES
(UPSIDE-DOWN)**



DOPING-CONTROL PROCEDERE

CONTROL

**CONTROL
OF
SPECIFIC
GRAVITY
(REST OF URINE)**



DOPING-CONTROL PROCEDURE

FINISH PROTOCOL

**SIGNATURE
PLAYER, WITNESS,
DCO/DCA**

**COPY FOR
PLAYER**

**DOPING CONTROL FORM
FORMULAIRE DE CONTRÔLE DU DOPAGE**

1. ATHLETE NOTIFICATION - NOTIFICATION DU SPORTIF

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PARTIAL SAMPLE /
ÉCHANTILLON PARTIEL

ANALYSE	RESULT	REMARKS
A/B	1:0	
B/C	1:0	
A/C	1:0	
A/B	1:0	
B/C	1:0	
A/C	1:0	

4. CONFIRMATION OF PROCEDURE FOR URINE AND/OR BLOOD TESTING - CONFIRMATION DE LA PROCÉDURE POUR LE CONTRÔLE D'URINE ET/OU DE SANG

REPORT DOPING IN SPORT: <https://peakup.wada-ama.org> - SIGNALER UN ACTE DE DOPAGE DANS LE SPORT: <https://peakup.wada-ama.org>

DOPING-CONTROL PROCEDURE

NOT ENOUGH URIN

TEMPORARY
CLOSE

SPECIAL
EQUIPMENT

DOPING CONTROL FORM
FORMULAIRE DE CONTRÔLE DU DOPAGE

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PARTIAL SAMPLE / ÉCHANTILLON PARTIEL

4. CONFIRMATION OF PROCEDURE FOR URINE AND/OR BLOOD TESTING - CONFIRMATION DE LA PROCÉDURE POUR LE CONTRÔLE D'URINE ET/OU DE SANG

REPORT DOPING IN SPORT: <https://spekup.wada-ama.org> - SIGNALER UN ACTE DE DOPAGE DANS LE SPORT: <https://spekup.wada-ama.org>

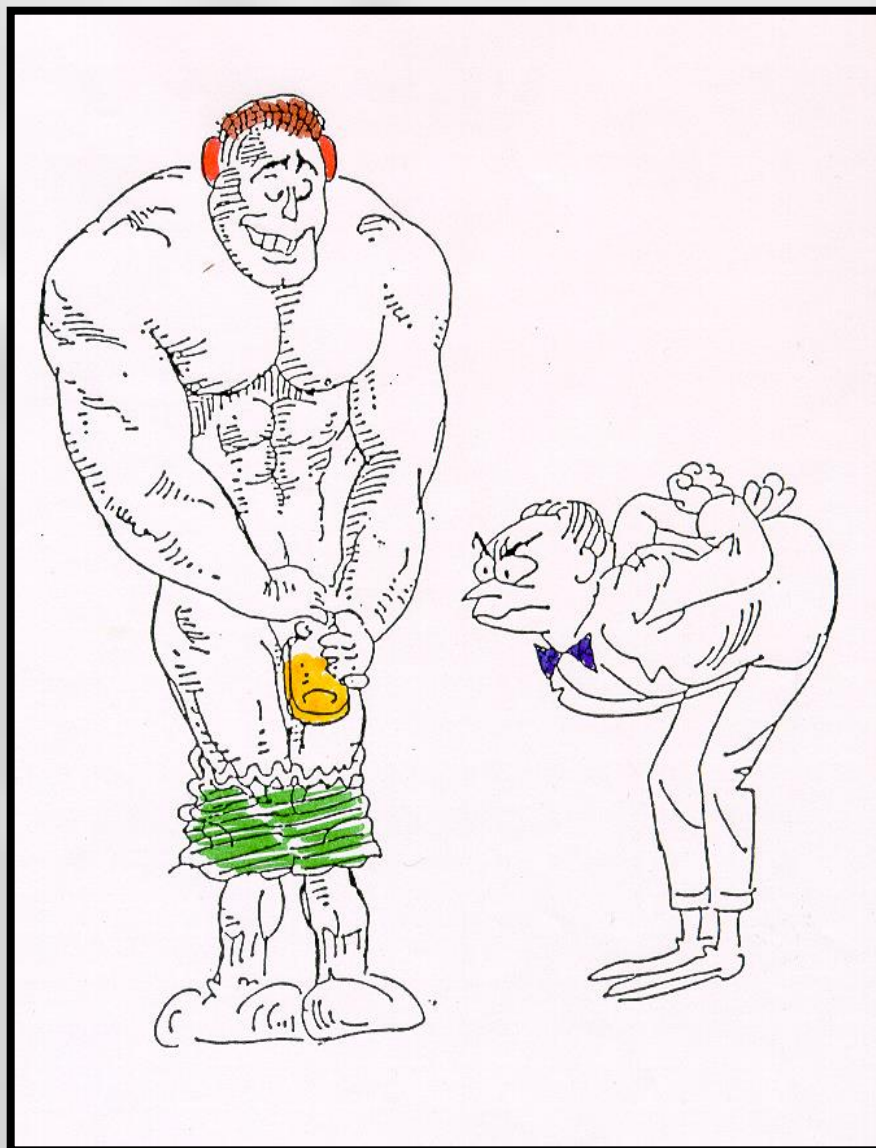
DOPING-CONTROL PROCEDERE

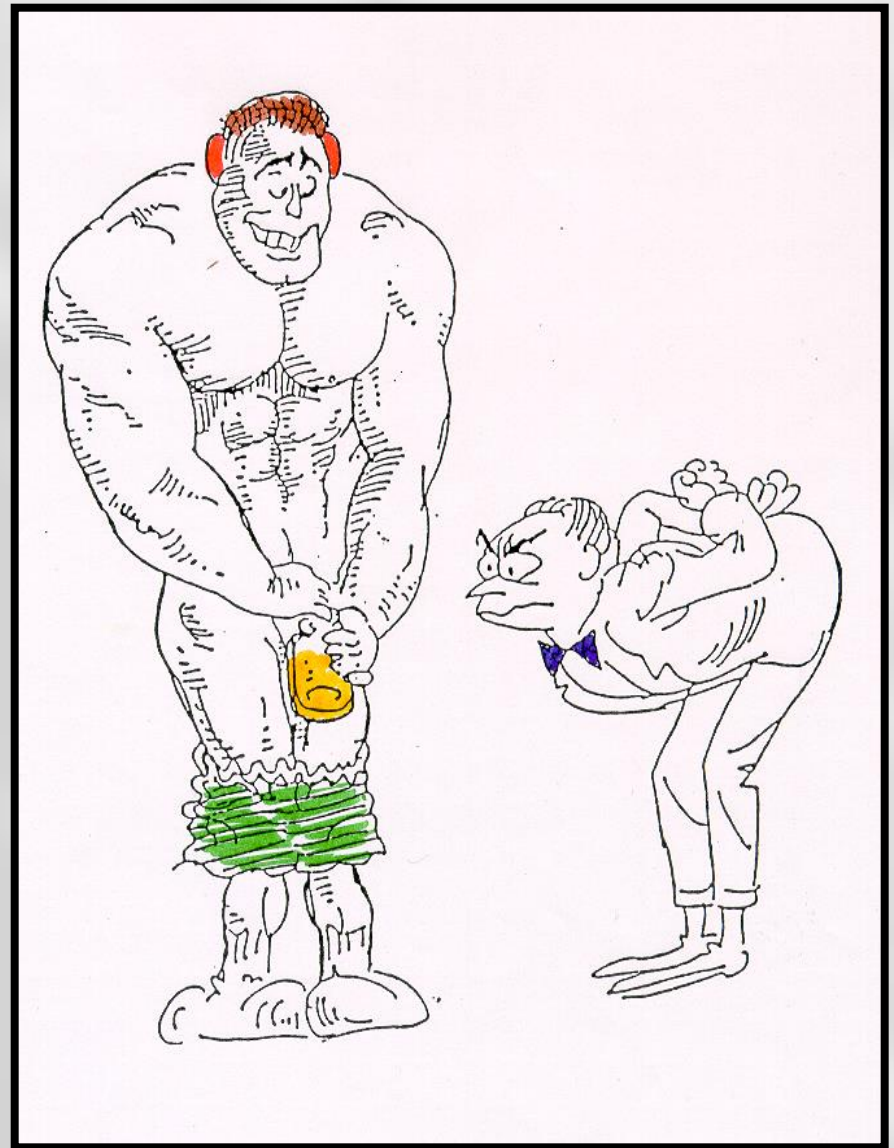
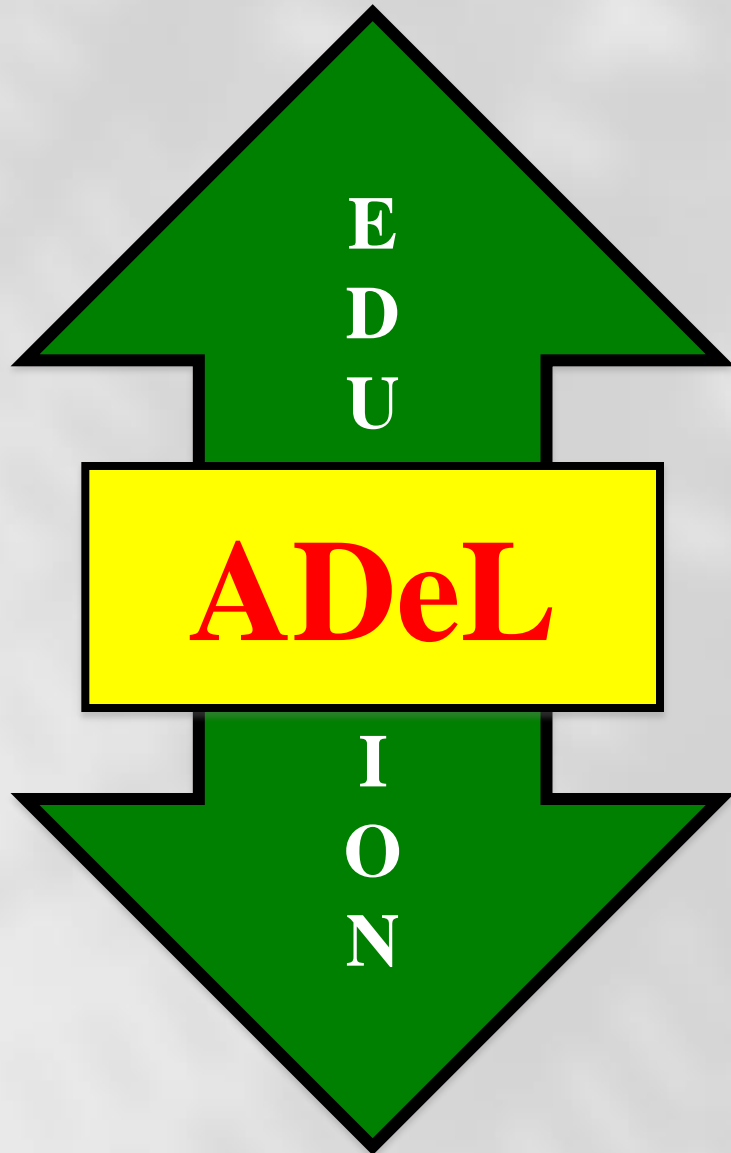
ANALYSIS & REPORT

ONLY WADA-ACCREDITED LAB

ANALYSIS REPORT SENT TO EHF

INFORMATION OF PLAYER







ELITESPORT

? WITHOUT DOPING ?



**EUROPEAN HANDBALL
FEDERATION**

**!
CLEAN
HANDBALL
!**



**EUROPEAN HANDBALL
FEDERATION**

**SPIRIT OF
SPORTS**

FAIRNESS

ETHIC

HEALTH