

Dear lifters,

Because of many questions from lifters on the following points the IPF Medical Committee (MC) asked me to clarify shortly what these particular changes in the *2011 Prohibited List* and *WADA International Standard for Therapeutic Use Exemptions 2011* as well as the changes made in the *IPF Anti-Doping Rules 2011* mean in practice. They mean:

1. The Declaration of Use (DOU) has been deleted from the system, thus no more Declaration of Use Forms or ADAMS submission for the DOU.
2. Notwithstanding of above you must always declare all meds you use on the Doping Control Form at the time of sample collection.
3. Therapeutic Use Exemption (TUE) granted by any National Anti-Doping Agency, or equivalent, will be accepted by the IPF MC without a further review.
Note. National Anti-Doping Agency (or equivalent) shall promptly report any such TUE's to the IPF (Assistant Secretary Sabine Al-Zobaidi, email: Sabine.Al-Zobaidi@powerlifting-ipf.com) and WADA.
4. Notwithstanding of above (3.) the lifters in the current IPF Registered Testing Pool (RTP) must apply a TUE from the IPF (regardless of whether the *Athlete* in the IPF RTP has received a TUE at the national level). Applications must be sent to the Chair of the IPF MC, Chris Calvano, chris_calvano@yahoo.com
5. TUE granted by any national Powerlifting Federation's Medical Committee (or NF's TUE Panel, or equivalent) will not be accepted by the IPF MC and a full application submitted to the IPF (Chris Calvano) is needed.

All these (above) are based on the WADA 2011 Prohibited List, WADA International Standard for Therapeutic Use Exemptions 2011 and the IPF Anti-Doping Rules 2011 see below:

WADA / The 2011 Prohibited List

S3. BETA-2 AGONISTS

All beta-2 agonists (including both optical isomers where relevant) are prohibited except salbutamol (maximum 1600 micrograms over 24 hours) and salmeterol when taken by inhalation in accordance with the manufacturers' recommended therapeutic regime.

The presence of salbutamol in urine in excess of 1000 ng/mL is presumed not to be an intended therapeutic use of the substance and will be considered as an *Adverse Analytical Finding* unless the *Athlete* proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of the use of a therapeutic dose (maximum 1600 micrograms over 24 hours) of inhaled salbutamol.

S9. GLUCOCORTICOSTEROIDS

All glucocorticosteroids are prohibited when administered by oral, intravenous, intramuscular or rectal routes.

2011 Prohibited List – Summary of Major Modifications:

S3. Beta2-agonists:

- All references to the Declaration of Use have been deleted.

S9. Glucocorticosteroids:

- Only the prohibited routes of administration are now listed in this section.

WADA / International Standard for Therapeutic Use Exemptions 2011

- 9.1** There are no longer substances or methods on the Prohibited List that require a Declaration of Use and therefore it is not necessary to file a Declaration of Use.

IPF Anti-Doping Rules 2011

- 4.4.2** *Athletes* who participate in an International Event identified by the IPF must obtain a TUE either from the IPF or their National Anti-Doping Organization. A TUE received from the National Federation's TUE Panel or equivalent National Federation's body will not be recognized by the IPF. The IPF recognizes the NADO TUEs also for the international-level athletes, except for *Athletes* included by the IPF in its *Registered Testing Pool* (RTP) who must obtain a TUE from the IPF (regardless of whether the *Athlete* in the IPF RTP has received a TUE at the national level). The application for a TUE must be made as soon as possible and in any event (save in emergency situations) no later than 30 days before the *Athlete* needs the approval (for instance, an *Event*). National Anti-Doping Organization shall promptly report any such TUE's to the IPF (Assistant Secretary Sabine Al-Zobaidi, email: Sabine.Al-Zobaidi@powerlifting-ipf.com) and WADA. TUEs granted by the IPF shall be reported promptly to the *Athlete's* National Anti-Doping Organization and to WADA.

Hope this help.

Sincerely,
Kalevi Sorsa
Member of the IPF Anti-Doping Commission