

## Annual report 2012 of the Russian anti-doping agency RUSADA

Main activities of the Russian anti-doping agency RUSADA:

- collection and transportation of samples;
- conducting educational events for athletes and athlete support personnel;
- processing of the results and organization of work of the Disciplinary Committee and the Committee on TU;
- international cooperation.

The main event in 2012 was the Olympic Games in London, during preparation for which the anti-doping activities were carried out starting from September 2011 and continued until all the Russian athletes had arrived in the Olympic Village during the Games.

Other major sporting events, the anti-doping support of which became of first priority by the end of 2012, were the Olympic Winter Games in Sochi in 2014 and the Universiade in Kazan in 2013. Preparations for the anti-doping measures at other major competitions to be held in Russia in 2013: the World Championship in Athletics, the Martial Arts Festival and the European Rugby-7 Championship were commenced.

### Collection and Transportation of Samples

In 2012, in the framework of more than 40 contracts, the department for collection of doping samples collected 22,241 samples in 57 constituent entities of the Russian Federation and in the territory of five countries: the Ukraine, Belarus, Armenia, Abkhazia and Estonia. The samples were collected mainly in 10 constituent entities of the Federation - Moscow and the Moscow Region, the Krasnodar Territory, the Leningrad Region, the Stavropol Region, the Tyumen Region, the Chuvash Republic, the Republic of Mordovia, the Udmurt Republic, the Yaroslavl Region and the Republic of Tatarstan.

#### Distribution of samples by regions and of Russia for 2012 (first ten regions)

City/town, region	Number of samples	%
the Moscow Region	8761	42.0%
the Krasnodar Territory	3590	17.2%
the Leningrad Region	831	4.0%
the Stavropol Region	761	3.6%
the Tyumen Region	515	2.5%
the Chuvash Republic	457	2.2%
the Republic of Mordovia	446	2.1%

the Udmurt Republic	390	1.9%
the Yaroslavl Region	376	1.8%
the Republic of Tatarstan	356	1.7%

The main volume of samples was collected within the scope of the Grant Agreement of February 29, 2012, entered into with the Ministry of Sport, Tourism and Youth Policy of the Russian Federation. Increase in the number of samples compared with the previous years to 20,875 samples in the framework of the Agreement allowed wider coverage of the whole range of sporting events taking place in the Russian Federation, and paying special attention to risky sports.

Out of 20,875 samples, 12,523 samples were collected from the athletes of Summer Olympic Sports, which is 8% less than in 2011 (13,556 samples out of the total 20,000). The indicators of the number of samples collected from athletes of winter Olympic sports, on the contrary, increased by 4% compared with those of 2011 (5,999 samples in 2012 against 4,962 samples in 2011). The main share of the samples collected belongs to the following sports – track and field, biathlon, rowing, cross-country skiing and swimming.

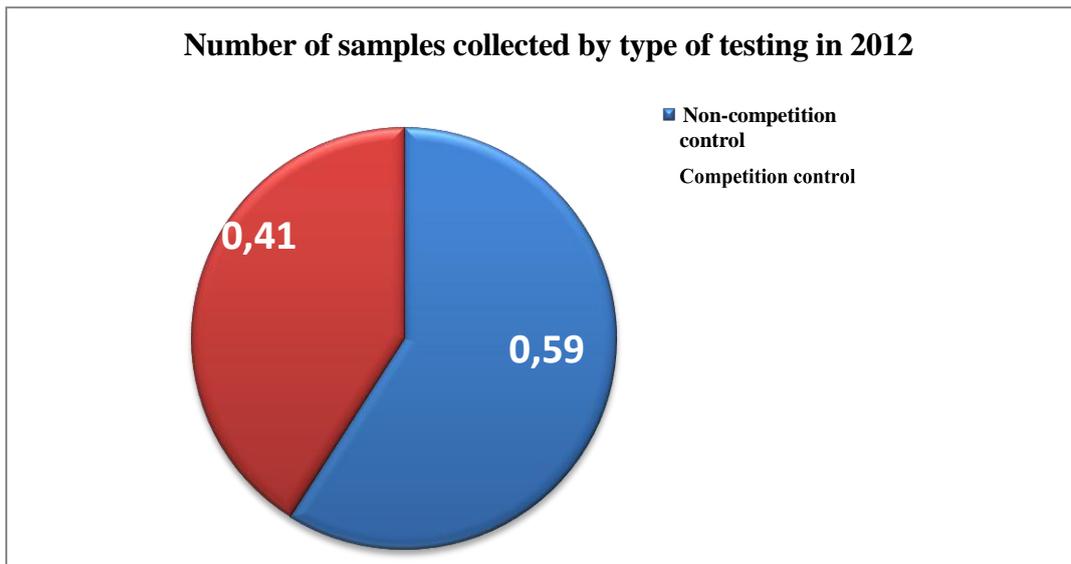
**Distribution of collected samples by sports for 2012 (first ten sports)**

Sport	Number of samples	%
Track and field athletics	3 486	16.70%
Biathlon	1 552	7.43%
Speed skating	1 342	6.43%
Cross-country skiing	1 251	5.99%
Swimming	917	4.39%
Sport of people with lesions of the musculoskeletal system	911	4.36%
Rowing	807	3.87%
Weightlifting	774	3.71%
Kayaking	679	3.25%
Ice hockey	591	2.83%

The quantitative indicators of samples collected during the non-competition season remained at the last year level. 59.0% of the total amount of tests made were carried out in the training camp and during the performance of the target testing task. In 2012, great attention was paid to the most important activities of the anti-doping agency, such as target testing of athletes, which confirms the increase in the number of target testing compared to 2011. Percentage of samples collected during the target testing task was raised up to 6.9% of the total number of samples.

**Distribution of samples by the type of testing and comparison with the indicators of 2011.**

Non-competition control		Competition control		Total number	Of which target testing	
<b>2012</b>						
12272	59.0%	8603	41.0%	20875	1440	6.9%
<b>2011</b>						
12108	60.5%	7892	39.5%	20000	1072	5.4%

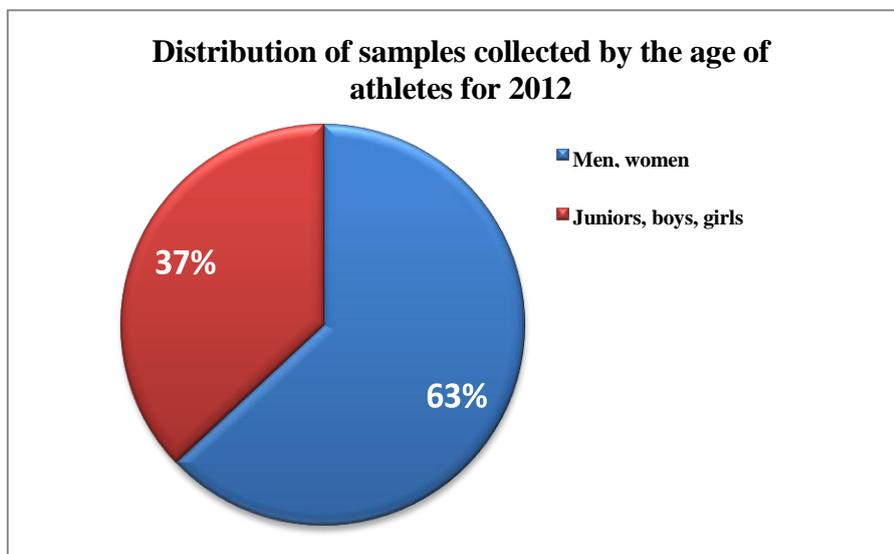


The most significant changes compared to the previous years occurred in the distribution of samples among athletes of the main national teams and athletes of the youth system. In connection with the implementation of the anti-doping support program for athletes-candidates for participation in Summer Olympic Games 2012 and the participants of the Olympic Games in London, more than 3,000 samples from athlete-candidates for participation in the Games were collected.

**Distribution of samples by the age of athletes for 2012**

Age category	Quantity	%
<b>2012</b>		
Men, women	13152	63%
Juniors, boys, girls	7723	37%
<b>Total</b>	<b>20875</b>	<b>100%</b>
<b>2011</b>		
Men, women	11214	56%

Juniors, boys, girls	8786	44%
Total	20000	100%



In the course of the events of the doping control program in the run-up to the XXX Summer Olympic Games 2012 in London special attention was given to the testing of Olympic athletes. Thus, most of the candidates for participation in the Games were tested more than 4 times. And all the participants of the 2012 Olympics in the period from June 24 to July 28, 2012 have completed the pre-departure doping control procedure (about 500 samples collected).

Among the 20,875 samples collected in the framework of the State Contract 5,000 samples (23.95%) were collected under the “Athlete Biological Passport” program.

1,366 samples were collected under the terms of contracts with other counterparties, including IAAF, WADA-AMA, SBR LLC, ISU, UCI, KHL LLC, etc. This indicator exceeds the same data of 2011 (862 samples collected).

Doping control inspectors made more than 1,000 visits to the various sporting events, which included joint projects with Anti-Doping Agencies of other countries, testing abroad, the work at the XIV Summer Paralympic Games 2012 in London (the United Kingdom), as well as work at more than 100 international competitions, including such major ones as the Race Walking World Cup in Saransk, the Speed Skating World Cup in Moscow, the World Fencing Championship, and many different World Cups. Total 1,227 samples were collected during international competitions in 2012. The total number of international competitions and samples collected twice exceeds the indicators of the last year. It can be noted that the work at the Paralympic Games, international competitions and non-competition testings at the request of the international federations, as well as in joint projects with the Anti-doping Norway was successful and did not entail any negative comments on the part of international representatives, observers and customers.

In the framework of implementation of the anti-doping program for the Winter Olympic

Games in 2012 RUSADA started staff training for the 2014 Olympics. The total number of employees to be involved in work of the anti-doping service at the Olympic Games in Sochi is planned to be 570: 170 doping control inspectors and 400 chaperones (accompanying the athletes), of which 100 doping control inspectors and 200 chaperones are trained by RUSADA. In 2012, 76 doping control inspectors and 74 accompanying persons were trained in the framework of the contract with Autonomous Non-commercial Organization “Organizing Committee Sochi 2014”. Among other things, RUSADA had been actively carrying out training of 12 staff members for the post of the Manager of a doping control station, 9 doping control inspectors and 28 more non-staff doping control inspectors from the Republic of Tatarstan, who are planned to be recruited at the Olympic Games after the 2013 Summer Universiade in Kazan.

During the training of doping control staff for the XXVII World Summer Universiade 2013 RUSADA carried out training of 67 inspectors and 50 chaperones.

In 2012, RUSADA also provided doping control at 28 test competitions for the Winter Olympic Games 2014 in Sochi, during which 353 samples were collected, and at 3 test competitions for the XXVII World Summer Universiade 2013 in Kazan, during which 56 samples were collected.

### **Holding educational events for athletes and athlete support personnel**

#### **Holding seminars, children’s programs, Outreach quizzes**

In 2012, 130 informational and educational events, including 127 seminars for athletes and athlete support personnel (sports physicians, coaches, massage therapists, team managers) were held.

#### **Distribution of seminars held**

<b>By sports</b>	<b>Number of seminars held</b>
Rowing	1
Badminton	1
Basketball	2
Biathlon	4
Box	2
Cycling	5
Water polo	3
Volleyball	3

Freestyle wrestling	3
Handball	1
Kayaking and canoeing	1
Whitewater	1
Greco-Roman wrestling	1
Judo	2
Equestrian sport	1
Speedskating	4
Track and field athletics	16
Cross-country skiing	2
Football 5-a-side	1
Table tennis	1
Sailing	3
Swimming	2
Beach volleyball	1
Platform diving	1
Trampolining	2
Rifle and pistol shooting	4
Luge	1
Synchronous swimming	1
Snowboard	1
Modern pentathlon	1
Artistic gymnastics	2
Clay pigeon shooting	2
Archery	1
Triathlon	1
Taekwondo	1
Weightlifting	3
Fencing	1
Freestyle	1
Ice hockey	5
Modern rhythmic gymnastics	1
Paralympic sports	11
Deaflympics Committee	1
<b>Other seminars:</b>	
FMBA-based seminar	11

Seminar for participants of the Winter Youth Olympic Games in Innsbruck	2
Seminar for students of the Olympic Reserve School in Bronnitsy	2
Seminar for athletes and athlete support personnel in Buryatia	1
Seminar for persons responsible for the anti-doping support of the participants in the Olympic Games in London	3
Seminar for athletes of the Russian Union of Martial Arts	1
Seminar for students of the State Olympic Reserve School in Samara	1
Seminar for students of the 1st Medical University	1
Seminar for IU of additional education of the Volga Federal District	1
Seminar for directors of sports schools and sports facilities of the Pskov region	1
Seminar for coaches of Obninsk Children's and Youth Sports School "Olympus"	1
<b>Total:</b>	<b>127</b>

In the last year the following events were also held:

- 2 interactive Outreach quizzes (within the Juniors World Fencing Championship and the ISU Grand Prix).
- 1 All-Russian research and practice conference "Doping in sports: Risks, Countermeasures, Prevention"

Total 3,336 people took part in all the events. 100% of the athletes of the Russian Olympic team were trained during the seminars.

### **Seminars participants**

Athletes over the age of 20 – 1,064 people;

Athletes under the age of 20 – 563 people;

Sports physicians, coaches, instructors and others – 1,134 people.

As part of the informational and educational programs 19,400 leaflets, brochures and electronic media with information were distributed.

RUSADA and Anti-Doping Norway (AND) Cooperation History brochure	100
All-Russian Anti-Doping Rules brochure	700
Adams Instructions booklet	1000
Anti-Doping Rules of the XXX Olympic Games in London booklet	1200
World Anti-Doping Code	500
Prohibited List 2012 Pocket Memo	5000
Athlete Pocket Memo 2012	4000
International Standard for Therapeutic Use	3000
Participant of the XIV Summer Paralympic Games Memo	250
Participant of the XXX Summer Olympic Games Memo	450
Information package on anti-doping (CD ROM)	2 000
8 Gb Flash Memory with a record of customer data and protection of the information	1 000
Package of analytical materials on the conference	200

### **Development of strategies and new programs**

In 2012 RUSADA launched a program of remote training of athletes and personnel, and held its first on-line seminars. As part of informing the Russian Olympic team of anti-doping rules of the Summer Olympic Games in London a mechanism of electronic alert of the students with a digital signature analogue was developed.

In 2012, the following items of educational literature were developed and prepared for publication:

- 10 important questions about doping (Z-card “Danger - doping!”)
- “Athlete Biological Passport. NO START! Rule” Brochure
- “Medical Assistance to an athlete in questions and answers” Booklet
- “Violations of anti-doping rules in questions and answers” Booklet
- “Guidelines for a manager of an athlete on ADAMS system” Booklet
- Z-card “Signs of use of prohibited substances”
- “Energy drinks in sport” Brochure
- “Dietary supplements in sport. Sports nutrition” Brochure

In the IV quarter of 2012 translation of the Prohibited List 2013 was carried out, and changes were made to the RUSADA’s existing publications taking into account the recent changes



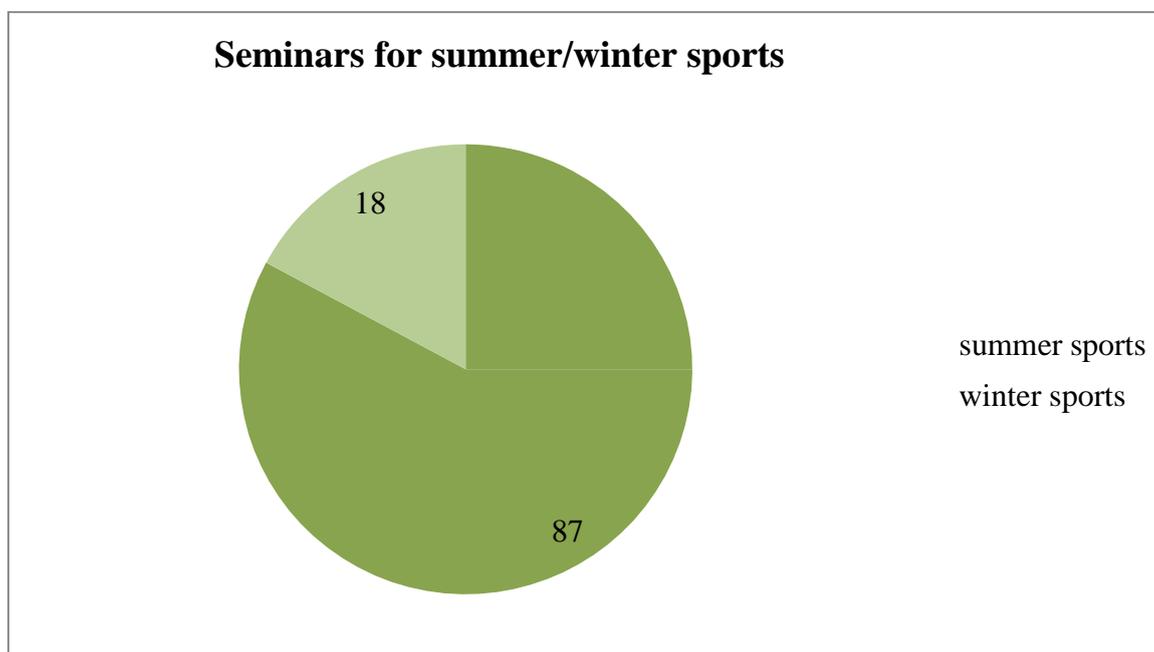
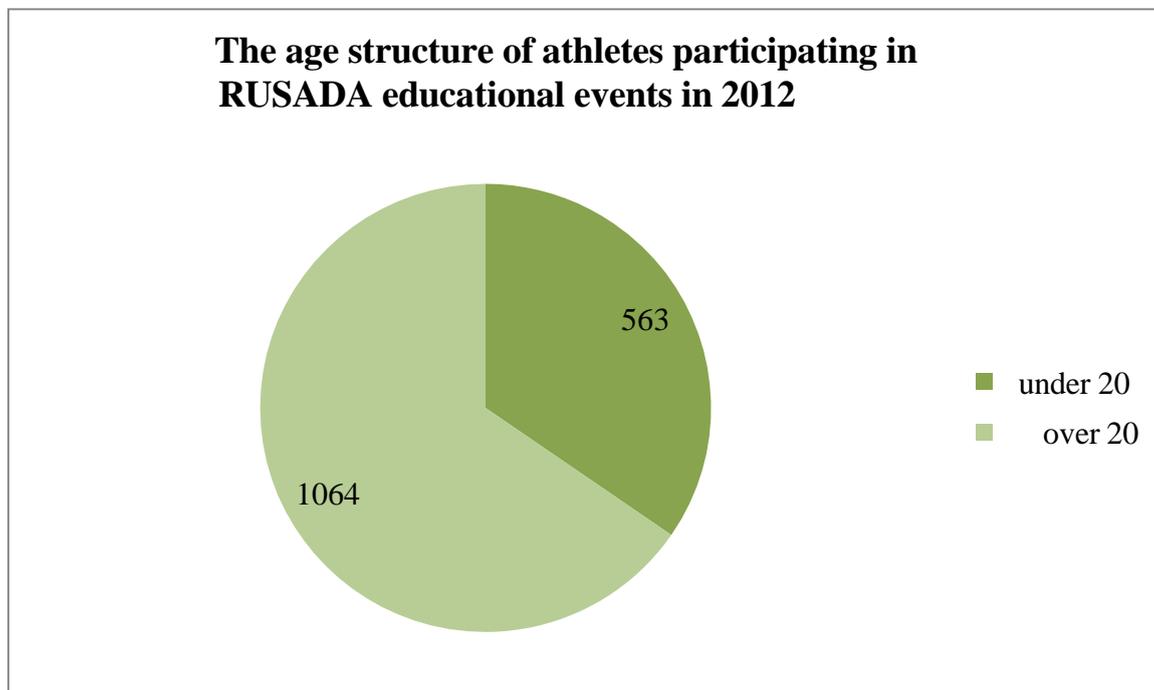
in the international standards.

### **Preparation for the XXII Winter Olympic Games 2014 in Sochi**

A schedule of educational activities in the run-up to the games was developed, and a plan of preparation and distribution of educational literature for candidates for participation in the Games and athlete support personnel has been worked out. Part of the activities were carried out (55% of the candidates were trained).

### Preparations for the Universiade in Kazan in 2013

A schedule of educational events in the run-up to the competition was developed, and a plan of preparation and distribution of educational literature for candidates for participation in the Games and athlete support personnel was worked up.



Translation of the Request Form for therapeutic use and education of persons, responsible for the anti-doping support in the national anti-doping federations, with respect to submission of requests for the therapeutic use on the eve of and during the Olympic and Paralympic Games in London 2012.

Participation with the members of other departments of the company in the translation of Anti-Doping Rules of the Olympic and Paralympic Games in London 2012.

Enrollment of the department employee into the Russian Federation national team to provide assistance on anti-doping: assistance to athletes in completing the ADAMS program on athletes' whereabouts, registration of requests for the therapeutic use, assistance in obtaining a declaration of use, interaction with IOC and the international federations on doping rules violation, assistance to athletes during the testing procedure.

Preparation of the brochure manual on Anti-Doping Rules of the Olympic and Paralympic Games in London in 2012.

### **Processing of results and investigations**

In 2012, as a result of testing 124 cases of anti-doping rules violations (in 2012 - 108, in 2010 - 91, in 2009 - 89) and 187 abnormal results (in 2011 - 130, in 2010 - 189, in 2009 - 178) were revealed, which amounted to 1.92% (in 2011 - 1.55%, in 2010 - 1.89%, in 2009 - 1.87%).

About 82% of anti-doping rules violations are accounted for summer sports, 12% -for winter sports. In addition, positive sample tests were collected from Paralympic athletes - 5.6%. The following Federations possess a significant increase in anti-doping rules violations as compared to the year 2011:

- Russian Weightlifting Federation;
- Russian Powerlifting Federation;
- Russian Swimming Federation;
- All-Russian Federation of Sports of People with lesions of the musculoskeletal system;
- Russian Cycling Federation;
- Football Union of Russia.

Federations, which have a significant reduction in anti-doping rules violations as compared to the year 2011:

- All-Russian Kayak-Canoe Federation;
- Water Polo Federation of Russia;
- Cross-Country Ski Federation of Russia;
- Ski Jumping and Nordic Combined Federation;
- Russian Wrestling Federation;
- Blind Sports Federation of Russia.

The largest number of anti-doping rules violations is recorded in the Russian Powerlifting Federation, Russian Weightlifting Federation and Russian Athletics Federation.

The greatest number of anti-doping rules violations in 2012 was revealed in connection with the presence in the athletes' samples of anabolic agents (S1) - 49%, stimulants (S6) - 27%, glucocorticosteroids - 8%, diuretics (S5) - 7%, and cannabinoids (S8) - 5%. For the first time

stimulants, due to frequent cases of detection of methylhexaneamine in athletes' samples, came in second place after anabolic steroids, at the same time being ahead of diuretics. An increased incidence of glucocorticosteroids consumption was caused by the use of contaminated food supplements by athletes.

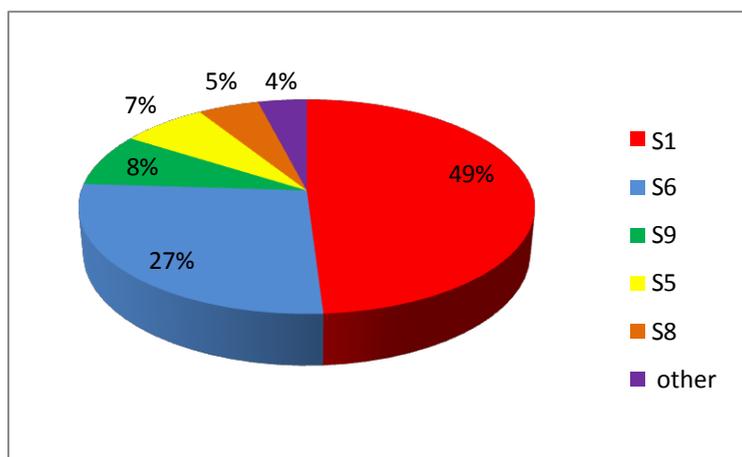
Traditionally anabolic agents are found in power sports (powerlifting, weightlifting, bodybuilding), stimulants - in all sports (rowing, cycling, kettlebell lifting, Alpine skiing and snowboarding, whitewater, speed skating, track and field, powerlifting, swimming, fire brigade sport, modern pentathlon, sports of people with lesions of the musculoskeletal system, football and hockey), diuretics - in sports where there are weight categories.

In 2012, the increase in the use of anabolic steroids and stimulants belonging to specific substances continued. Increase in stimulants was primarily caused by the widespread use of biologically active additives containing methylhexaneamine. The use of diuretics and other masking agents decreased significantly - up to 7% (in 2012 - 20%, in 2010 - 33%, in 2009 - 25%). This is mostly due to the quite successful doping control in combat sports.

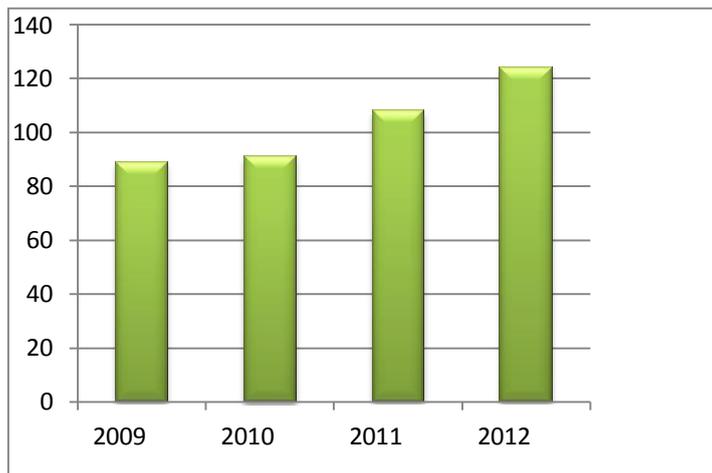
The use of marijuana decreased by more than a half, due to the success of the RUSADA's educational activities. However, the increase in the use of Oral Turinabol continues.

The major part (89.5%) of positive samples was collected during the competition season. About 28% of the positive samples were collected from the juniors, which is significantly less than in 2011 (40%).

**Classes of the identified substances**



**Number of anti-doping rules violations**



### **Therapeutic use:**

The total number of requests made for the therapeutic use decreased significantly in 2012 (from 43 requests in 2011 to 30 requests in 2012). However, the total number of permits issued for the therapeutic use is 20, which is one permit more than in 2011. This is due to RUSADA's extensive work on training of athlete support personnel, in particular – of sports physicians. The quality of requests increased significantly. The number of refusals decreased from 24 to 10, as well as the number of requests for non-prohibited drugs (in 2011 - 5, and in 2012 - only 2).

### **Work on the Athlete Biological Passport program**

The work on formation of the experts-hematologists panel to work on the athlete biological passport program continued. One case of atypical athlete profile was filed. In 2013 it is planned to complete the formation of the expert panel and to work further on atypical profiles. With the introduction of steroid and endocrine profiles it is planned to start work on the formation of the expert panel in these areas and to use statistical data for planning target testing.

Employees of the department took part in meetings with foreign experts on the Athlete Biological Passport in order to exchange experience (participation in WADA conference on the Athlete Biological Passport in Lausanne, meetings with representatives of the Anti-Doping Norway).

### **Therapeutic use**

In 2012, the number of refusals to issue Therapeutic Use Exemptions reduced dramatically (from 24 in 2011 to 10 in 2012) with the same number of TUE issued (19 and 20 respectively). This shows an increase in the level of education of sports physicians in matters of filing requests for therapeutic use. However, the number of requests made in Russia is still quite small compared to other countries.

### **Requests for therapeutic use**

		<b>2011</b>	<b>2012</b>
<b>TUE issued</b>		19	20
<b>Denied</b>		24	10
<b>Reasons for refusal</b>	unreasonable prescription of the drug	11	7
	insufficient medical data	7	1
	improper execution of request		
	passed to another ADO	1	
	drug is not included in the Prohibited List TUE is not required	5	2
<b>TOTAL requests filed</b>		43	30

### **International cooperation**

At the end of 2012 RUSADA had 18 agreements with foreign ADO for provision of services on testing, both in the framework of competition and out-of-competition control. Our partners, the major of which in 2011 were the international sport federations IAAF, ICF, IRB, ITU, FIB, FIG, and WADA, the Canadian Centre for Ethics in Sport (CCES) and SportAccord, in 2012 included FISA, UIPM, IJF, IIHF, FIS-Savate, and also testing organizations Clearidium and Global Quality Sports Gmb.

Expansion of business contacts of RUSADA, on the one hand, can be attributed to the London Olympic and Paralympic Games 2012, which, in particular, has attracted requests from FISA and UIPM for testing athletes in the territory of the Russian Federation. On the other hand, the scope of authority of RUSADA's international sports partner organizations, namely CCES and SportAccord, which manage anti-doping programs of a number of International Sports Federations, expanded. In this regard, RUSADA was entrusted to conduct testing programs of athletes from International Sports Federations in the Russian Federation, as well as in neighboring countries.

In addition, in 2012 IJF, FIS-Savate, and testing organizations Clearidium and Global Quality Sports Gmb on the recommendations of colleagues from international sports federations addressed RUSADA with a proposal for partnership.

Overall, for the year 2012 within the framework of said agreements RUSADA conducted **434 tests** upon requests of international sports federations and other Anti-Doping Organizations.

In addition to provision of services for sampling pursuant to the agreements with international sports federations, in 2012 RUSADA cooperated with the international sports federations at international sports events held in the territory of the Russian Federation, including preparations for the 2014 Olympics in Sochi.

In addition to cooperation in the field of testing, RUSADA sought to maintain and develop international cooperation in the prevention of anti-doping violations in every possible way.

In April 2012, employees of RUSADA and the International Fencing Federation (FIE) participated in the joint educational quiz Outreach at the World Fencing Championship among juniors and cadets in Moscow. The event received positive feedback and publicity by the World Anti-Doping Agency (WADA).

The department of International Relations of RUSADA took active part in creation of international informational and educational materials.

At the request of foreign colleagues RUSADA assisted in translation of IRB anti-doping materials into Russian, which in particular made possible the introduction of relevant Russian-language materials on the International Rugby Board website (IRB: <http://www.irb.com/keeprugbyclean/>).

At the request of WADA, RUSADA translated the updates of ADAMS interface into Russian. Besides, in 2012 the official documents of RUSADA and legislative acts adopted in the Russian Federation were translated into English for familiarization of the international community and interested officials.

In 2012 RUSADA, as in previous years, pursued a policy of maintaining and developing friendly and professional relationships with foreign NADOs, and first of all with close neighbors: in May 2012 RUSADA acted as co-organizer of the All-Russian research and practical conference “Doping in sports: risks, countermeasures, prevention”, which was attended by NADO officials from Georgia, Belarus, Kazakhstan, Ukraine, and Latvia.

One of RUSADA’s strategic partners in 2012 remained Anti-Doping Norway (ADN).

In addition to working meetings of managers and employees of the two NADOs, that have become traditional for the past four years, in 2011 special attention was paid to the development of staff exchange program within the framework of the Cooperation Agreement.

Cooperation of RUSADA and the National Anti-Doping Organization of Armenia became an independent project. The organizations signed an agreement under which RUSADA organized training seminars for colleagues from Armenia on development and implementation of a high-quality anti-doping program.

A new direction of RUSADA international cooperation was the collaboration with Anti-doping center in Bulgaria, for which RUSADA acted as an experienced and professional partner.

A separate direction of RUSADA’s international cooperation was the collaboration with the International Olympic Committee (IOC) and the World Anti-Doping Agency (WADA) on the participation of the Russian Anti-Doping Agency in the development and implementation of anti-doping program of the 2014 Games in Sochi. In particular, RUSADA’s officials attended the meetings of the IOC Coordination Commission on anti-doping control of test events and the 2014 Games in Sochi.