



## WAKO - 2016 TEST DISTRIBUTION PLAN

### PRIMARY PURPOSE

In order to plan and implement the distribution of doping controls both in-competition and out-of-competition and to succeed in effectively detecting, deterring and preventing doping practices, the WAKO Anti-Doping Committee approved the following Test Distribution Plan (TDP) for the 2016 calendar year.

Consequently, the TDP was elaborated based on the WAKO medical Committee unique understanding, knowledge and appreciation of the sport of Kickboxing and its Athletes.

This TDP complies with the World Anti-Doping Code (the Code) and the International Standard for Testing (IST) and respects WAKO, WADA approved Anti-Doping Rules.

### OBJECTIVES

The objectives of this TDP are specific to the sport of Kickboxing.

To plan doping controls carefully and efficiently taking into account the WAKO Anti-Doping Committee's assessment of various risk factors, the resources of different Event Organizers, the importance of each Competition in every WAKO supervised Event and the importance of deterrence, education and awareness.

To operate a more efficient and targeted doping control plan that is easy and effective to implement.

To effectively utilize WAKO's budgeted doping control resources for 2016 while respecting WAKO's obligations under its own Anti-Doping Rules and as a Signatory to the Code.





To favour quality of testing over quantity of testing and targeted doping controls are implemented via intelligent testing and coordinated in collaboration with WAKO's Athlete Passport Management Unit (APMU). Coupled with the steroidal athlete biological passport in place via the DFSU

## Allocation of Doping Controls/Initiatives for 2016 Season

WAKO is confident in the merits of proceeding with its allocation of doping controls as follows in 2016 and shall proceed as such unless the WAKO Anti-Doping Committee decides to modify this TDP or WAKO is advised by WADA to make amendments to improve the process and effectiveness of the program.

In order to ensure that the objectives, purposes and directives of the 2016 TDP can be applied and respected by all its member federations and Event Organizers under WAKO jurisdiction, consideration has been given to how these different member federations and various Event Organizers can and must effectively implement the TDP within their own operations notwithstanding their budgetary restraints and other possible individual limitations.

### Accordingly,

Doping controls shall take place in all WAKO IF Run Events (WAKO Championships) conducted in the 2016 calendar year.

All WAKO World Cup Event Organizers will be required to coordinate, organise and conduct doping controls at their cost during their Competitions in accordance with this TDP.

WAKO shall ensure that all collected samples will be sent to a WADA approved accredited laboratory for analysis

All Athletes competing in WAKO supervised Events may be selected for testing by WAKO or other authorized anti-doping organizations for random and/or target testing both in and out-of-competition





## In-Competition Testing

The following is the minimum doping controls that must be conducted at the WAKO Continental, World Championships each year and the other Significant International Events ( World Cups).

Doping In Competition Control Tests in 2016 for WAKO supervised Events are (in each Competition).

### World/Continental Championships

Two random selected from all medallists.

Two random selected from all finalists.

One random selected from Athletes who are not in finals.

Aug	Junior Cadet European Championships	Dublin, Ireland. (WAKO)
Oct	WAKO W Champ ( K1 – Low Kick)	Antalya, Turkey
Oct	WAKO Pan American Championships	Cancun, Mexico
Nov	WAKO W Champ ( PF,LC,FC,KL,MF)	Athens, Greece.

### World Cups

Two random selected from all finalists.

One targeted ( Based on performance evaluation and improvement)

Feb	Athens Challenge (A class)	Athens, Greece
Mar	Irish Open International (WC)	Dublin, Ireland. (WAKO)
May	Austrian Classics (WC)	Tirol, Austria. (WAKO)
May	WAKO (WC)	Budapest, Hungary. (WAKO)
June	WAKO (WC)	Rimini, Italy. (WAKO)
Sep	WAKO WC	Moscow, Russia



## **Out-of-Competition Testing**

WAKO shall implement efficient out-of-competition testing (OOCT) in accordance with its appreciation of the specificities within the sport of Kickboxing.

Previous indicative evidence and experience over the last three years has shown that the use of prohibited substances in the sport of Kickboxing (i.e.: Furosemide) is mostly prevalent in-competition, or as close as possible to in-competition periods.

As such, an effective allocation of out-of-competition doping controls in Kickboxing should be focused around or as close as possible to in-competition periods.

WAKO plans on carrying out between 20 to 30 out-of-competition doping controls in 2016. Which are based on the assertions above, in order to be as effective as possible, most of these out-of-competition doping controls will be undertaken in the course of pre-competition training Prior to or just before the Event.

WAKO will also carry out targeted out-of-competition doping controls based on random or specific risk factors identified, and-or intelligence acquired, throughout the year based on its RTP and event result evaluation.

Aug	Junior Cadet European Championships	Dublin, Ireland.
Oct	WAKO W Champ ( K1 – Low Kick)	Antalya, Turkey
Oct	WAKO Pan American Championships	Cancun, Mexico
Nov	WAKO W Champ ( PF – LC – FC – KL)	Athens, Greece.



## Testing % EPO and Growth Hormones

The WAKO acknowledges the WADA Executive Committee directive that 15% EPO and 10% Growth Hormones of all doping controls conducted by WAKO Anti-Doping Organizations should be reserved for the collection of such samples.

We are in full compliance complying with this directive. However most of the analyses is carried out on urine GHRFs (Growth Hormone Releasing Factors), as defined and approved in the TDSSA requirements.

## WAKO REGISTERED TESTING POOL

The WAKO Registered Testing Pool (RTP) is defined as follows in the 2016 Calendar Year.

The International Level Registered Testing Pool consists of the top ranked Kickboxers of the official WAKO World /European Ranking List ( Number 1) which is published on the WAKO Internet website for the previous year. WAKO will have a RTP pool minimum of 10 and maximum of 15.

Each of these RTP athletes must submit whereabouts information through ADAMS to the WAKO and must be available for testing at the times and locations indicated on their submitted Where about information. Failure to do so may result in an Anti-Doping rule violation.

WAKO shall endeavour to plan most of its Out-of-Competition Anti-Doping Tests based on the whereabouts information provided by its RTP athletes. Doing so not only provides Legitimacy to the RTP's purpose, but it also deters all RTP athletes from committing Filing failures or missed tests, and from using prohibited substances in general.

In accordance with WAKO's obligations, we shall also actively pursue and monitor any Athlete who has a missed test and-or filing failure recorded against him or her. RTP Athletes must take their responsibilities seriously, any failure to do so shall be managed in strict accordance with the results management process outlined in the WAKO Anti-Doping & WADA approved Rules.





## MONITORING

The monitoring shall focus on efficiency and targeted testing all the while taking into account the ongoing importance of deterrence and detection.

The monitoring shall also be based on WAKO intelligence and shall include the acknowledgment of various red-flags such as significant performance improvements, suspicious behaviour, follow-up testing on atypical findings, filing failures and missed tests, etc.

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## EXECUTIVE SUMMARY

WAKO is proud of its position being part of the global fight against doping in sport, and is resolutely committed to Kickboxing and anti-doping organisations to ensure the implementation of a coordinated, robust anti-doping programme.

On an annual basis, the WAKO conducts an anti-doping programme, including annual in- and out-of-competition tests, International Registered Testing Pool and informative and educational projects, being determined to remain the leading international Martial Arts federation in this regard.

In recent years, this pledge has been underlined through implementation of the Athlete Biological Passport and increased prevalence and effectiveness of our Education program and the general awareness and understanding amongst our Officials, Coaches and Athletes.





## WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

The WAKO is fully committed and dedicated to the fight against doping in sport. The TDP devised by the WAKO Anti-Doping Committee shall be implemented and monitored based on the following:

1. The WAKO Anti-Doping Committee's recognition of the importance of effective and intelligent doping control.
2. The uniqueness of the WAKO Anti-Doping Committee's expert assessment of the risks of doping in Kickboxing sport.
3. The WAKO Anti-Doping Committee's appreciation of the most effective use of the WAKO's resources, as well as those of its Event Organizers to ensure optimum detection and deterrence throughout the calendar year.

The WAKO's unwavering commitment to keeping all its Athletes healthy and the sport of Kickboxing clean and doping-free. Shall remain at the forefront of our strategic initiatives within fair play and good governance.

Roy Baker,

Acting President WAKO Europe  
WAKO Vice President  
Director Anti Doping

