



**TO ALL NATIONAL FEDERATIONS
TO ALL WRESTLERS & REGISTERED TESTING POOL WRESTLERS
TO TEAM DOCTORS - COACHES - WRESTLERS' ENTOURAGE**

Anti-doping rules reminder

Dear President, dear colleagues,

I am certain that you haven't missed the recent scandals in the world of sports conveyed by the international media with regards to doping. You may have noticed how these scandals have damaged the image of sports and the athletes themselves. These issues also affect our sport and must be taken very seriously. This is the reason of this letter.

Recently United World Wrestling has been informed of a number of doping cases in Wrestling and a large part of them have occurred during national competitions. No matter the level, these will surely impact the image of our sport, in particular in this Olympic year.

As President of UWW, IOC and WADA Foundation Board member, it is my duty to remind you of our common responsibilities to promote fair play and clean sport. In this view, I urge you to forward this message to your athletes, doctors, coaches and clubs and remind them of the importance of safeguarding these values.

All wrestlers and coaches participating in our competition should have a minimum knowledge of their rights and obligation regarding anti-doping. In this regard, I ask you to contact your national anti-doping organization to start planning education workshops and trainings for your athletes in the field of anti-doping, in particular for young wrestlers. On a case by case basis, UWW may consider a participation in your education efforts. All national federations are responsible for ensuring that their wrestlers are clean. In this view, stronger sanctions as provided in our rules may be imposed on national federations for multiple doping cases, as it has been the case in other sports.

I take this opportunity to remind you here of some rules that were already sent to you in previous mailings concerning WADA's Prohibited List as well as UWW's Anti-doping Rules. I also refer you to our website where information is available in the anti-doping section:

- The Prohibited List has been updated and new substances have been included (for example, Meldonium (Mildronate) was added because of evidence of its use by athletes with the intention of enhancing performance)
- Manipulation of blood, Gene doping, Chemical & physical manipulation are prohibited (for example, Intravenous infusions and/or injections of more than 50 mL per 6 hour period)
- 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)
- Coaches, doctors and more broadly athletes' support personnel are bound by UWW's Anti-doping Rules and may be sanctioned by UWW for violation of UWW's Anti-doping rules
- Registered Testing Pool: all wrestlers included in this group must provide accurate and complete whereabouts in order to be easily located for out-of-competition tests
- 3 Missed tests and/or Filing Failures within 12 months are sanctioned with a suspension period on 24 months.



UNITED WORLD WRESTLING

Please be sure that all cheaters will be severely punished in accordance with our rules.

I thank you to join the efforts to promote clean Wrestling and to personally involve in the fight against doping.

Yours sincerely,

A handwritten signature in blue ink, appearing to be 'N. Lalovic', written over a light blue circular stamp.

Nenad Lalovic
UWW President
IOC Member

Corsier-sur-Vevey, 19 February 2016 /cr

Copy to :

- UWW Bureau
- UWW Medical & Anti-doping Commission
- UWW Athletes Commission
- UWW Legal Commission