

To all athletes participating
in the WFDF 2013 World U23 Championships

President

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WFDF is a member of Sportaccord &
International World Games Association (IWGA)

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Re.: WFDF ANTI-DOPING PROGRAM - World Under23 Ultimate Championships Testing 2013,
Toronto, Canada

To all athletes participating in WU23 2013 in Toronto:

Your national flying disc association has selected you to represent your team and country in the 2013 WFDF World Under 23 Ultimate Championships (WU23) in Toronto, Canada. Welcome to the event.

As we have to inform you today, WFDF will be scheduling anti-doping testing at this event, in a limited form.

Doping is defined as the use by a player of prohibited substances or methods in order to enhance his/her sport performance. The current (2009) version of the World Anti-Doping Code states its fundamental rationale: "Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport", it is the essence of Olympism; it is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is characterized by the following values: ethics, fair play and honesty; health; excellence in performance; character and education; fun and joy; teamwork; dedication and commitment; respect for rules and laws; respect for self and other participants; courage; community and solidarity. Doping is fundamentally contrary to the spirit of sport."

Ultimate and other flying disc sport athletes and administrators likely find this statement by WADA very familiar. Much of the rationale is captured under the "Spirit of the Game" that is such an integral part of flying disc sports. Notwithstanding, anti-doping is a funny concept for disc sports, or Ultimate in particular as that is our one Disc Sport involved with the Olympic Movement at present. WADA's motto is "play true." Spirit of the Game in Ultimate is all about playing fairly, not cheating, and at its essence that is what WADA is trying to instill in so many sports where doping in some form gives an unfair advantage to some athlete or team, and is a form of cheating. For Ultimate, where adherence to not only the letter but the spirit of the rules is an obligation for each individual player, the idea of bringing in an outside arbiter -- a drug-tester, in effect a referee - is anathema to what we are trying to exhibit to the world.

However, it is unfortunate that, given the level of cheating in so many other sports, drug testing is now mandatory. Over the last year, it has become clear that -- if (a) our member associations want to receive recognition from their government or national Olympic or other sports federation, (b) we want flying disc sports and our athletes to obtain the recognition they deserve, and (c) WFDF wishes to remain a part of the Olympic Movement through SportAccord and the World Games -- we are now obligated to institute a comprehensive anti-doping program.

As you may have heard, WFDF also has submitted an application for official recognition by the International Olympic Committee, for which we need to reaffirm our commitment as a signatory of the WADA Code. For this reason, we want to highlight to you that you may be subject to testing under our anti-doping program. We have done our best to design an anti-doping program where the fundamental elements of Spirit of the Game are preserved and yet we are still deemed by WADA to be in full compliance with the Code.

We are pleased to send you herewith a copy of the 2013 Prohibited List established by the World Anti-Doping Agency (WADA). Please show this document to your doctor or your pharmacist every time you need to take a medicine or any nutritional supplement. This message and this 2013 Prohibited List document give us the opportunity to remind you how important doping prevention is. You are responsible for any substance that enters your body, regardless of whether or not the substance has been taken or administered intentionally.

If you need to use a medicine which is normally prohibited (because no permitted medicine can be used instead), you must fill in a Therapeutic Use Exemption (TUE) request (please see the application form attached to this letter) and send it to the WFDF Anti-Doping Administrator (ed@wfdf.org) for approval. The WFDF Therapeutic Use Exemption Committee which he will consult will decide on the approval within very short time once the completed documentation has been provided by your doctor or therapist. The content of a specific drug can vary from one country to another, so try to bring with any drugs you need to use while you are abroad. Even apparently benign drugs such as eye drops, nose drops or throat pills can contain prohibited substances and can be prohibited in particular but not limited to in-competition periods. Be careful: nutritional supplements do not always mention all the substances they contain. So always make sure that you know what you are taking.

Please note that anti-doping information and the following educational tools are available on the WFDF anti-doping webpage (at <http://www.wfdf.org/anti-doping>) in English, French and Spanish:

- Important Facts and Highlights from WADA's Athlete Guide
- The Doping Control Process
- Therapeutic Use Exemptions

It is important that you as an athlete subject to testing understand these documents and have read them before participating in the WU23 2013 competitions. WFDF and the Tournament Organizing Committee of the WU23 (TOC) will request that all players sign a form declaring that they are aware of these provisions when competing. You will find a copy of the form enclosed with this letter.

If you have any question on these requirements or on any other aspects of anti-doping please contact Volker Bernardi, WFDF Doping Control Panel chair, who will be present in Toronto for WU23 2013 and can be contacted at any time at:

Volker Bernardi, eMail: ed@wfdf.org, Mobile: +49 (0) 176 / 64 19 77 02.

We wish you much success at this year's championship and we hope that these anti-doping requirements do not detract from your enjoyment of the competition and global camaraderie of the event.



Robert "Nob" Rauch
WFDF President

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