



***WFDF***

***ANTI-DOPING INFORMATION***

For Teams, Athletes and Athlete Support Personnel  
at 2026 WFDF Sanctioned Events

# KEEPING FLYING DISC SPORTS CLEAN

A clean sport is one where Athletes compete fairly, honestly and within the established rules. Spirit of the Game in the Flying Disc Sports encompasses this, as it requires Athletes to avoid actions such as intentionally breaking the rules, playing dangerously or other “win at all costs” behaviors, such as doping.

The World Flying Disc Federation (WFDF) is a signatory of the World Anti-Doping Agency’s (WADA) World Anti-Doping Code (the Code).

This document has been created to prepare Athletes and Athlete Support Personnel to compete clean, providing essential information and signposting different resources.



# **INTERNATIONAL EVENTS**

**The following WFDF Sanctioned Events are considered an “International Event”** under the Code and WFDF Anti-Doping Rules:

- WFDF 2026 World Masters Ultimate Club Championships (WMUCC)
- WFDF 2026 World Junior Ultimate Championships (WJUC)
- WFDF-FPA 2026 World Freestyle Championships (WFC)
- WFDF 2026 World Ultimate Club Championships (WUCC)
- WFDF 2026 World Team Disc Golf Championships (WTDGC)

**Athletes competing are considered “International-Level” and subject to testing, requesting Therapeutic Use Exemptions (if required) and other specific provisions.**



# WHAT ARE THE ATHLETES' RIGHTS?

All Athletes under the jurisdiction of WFDF have rights and responsibilities under the Code and the WFDF Anti-Doping Rules. These rights are summarized below:

- Equality of opportunity
- Equitable and fair testing programs
- Medical treatment and protection of health rights
- Right to justice
- Right to accountability
- Whistleblower rights
- Right to education
- Right to data protection
- Right to compensation
- Protected person rights
- Rights during sample collection
- Right to B-sample analysis
- Other rights and freedoms not affected
- Application and standing



# WHAT ARE THE ATHLETES' RESPONSIBILITIES?

It is equally important that Athletes are aware of their anti-doping responsibilities. Athlete Support Personnel should also familiarize themselves with these to support their Athletes. These include:

- Knowing and complying with the Code and WFDF Anti-Doping Rules.
- Being available for sample collection at all times.
- Taking full responsibility for what they ingest – making sure that no Prohibited Substance enters their body and that no prohibited methods are used.
- Making sure that any medical treatment is not prohibited according to the Prohibited List in force and checking this with the doctor and/or physician that is prescribing the medication.
- Applying to WFDF for a Therapeutic Use Exemption (TUE) if no alternative permitted treatment is possible and is required because of the medical condition.
- Reporting immediately for sample collection after being notified of a doping control;
- Ensuring the accuracy of the information entered on the doping control form during sample collection.
- Cooperating with anti-doping organizations investigating anti-doping rules violations (ADRVs).
- Not working with coaches, trainers, physicians or other Athlete Support Personnel who are ineligible on account of an ADRV or who have been criminally convicted or professionally disciplined in relation to doping.



# WHAT ARE THE SUPPORT PERSONEL'S RESPONSIBILITIES?

Athlete Support Personnel (ASP) includes coaches, trainers, managers, agents, medical staff, and parents who work with or treat Athletes.

As per the Code and WFDF Anti-Doping Rules, ASP and other groups have anti-doping roles and responsibilities. These include:

- Being knowledgeable of, and complying with, the WFDF Anti-Doping Rules.
- Cooperating with the Athlete testing program.
- Using their influence on Athlete values and behaviors to foster anti-doping attitudes.
- Disclosing any ADRV within the previous 10 years.
- Not using or possessing any Prohibited Substance or prohibited method without valid justification.



# WHAT ARE THE EDUCATIONAL REQUIREMENTS?

WFDF supports WADA's principle that an Athlete's first experience with anti-doping should be through education rather than testing.

All Athletes and Athlete Support Personnel are required to complete International-Level anti-doping education and submit proof of completion as part of the Event registration process.

All registered Athletes are required to complete the [International-Level Athletes Education Program](#)

All registered Coaches and Sport Technical Staff are required to complete the [High Performance Coaches Education Program](#)

All registered Medical Professionals are required to complete the [Medical Professionals Education Program](#)

Courses are delivered on WADA's Anti-Doping Education and Learning System and are offered in several languages.

Certificates are **valid for a period of 2 years**.

Stakeholders that have completed a course in the past can take the respective "Refresher" Course.

The course takes approximately **2.5 hours to complete**.



# WHEN CAN ATHLETES BE TESTED?

Athletes can be tested:

- **In-Competition:** The period commencing at 23:59 on the day before a Competition in which the Athlete is scheduled to participate through to the end of such Competition and the sample collection process related to such Competition.
- **Out-of-Competition:** Any period that is not In-Competition. All Athletes can be subjected to doping control initiated at any time or place without advance notice.

For both In- and Out-of-Competition testing Athletes may be asked to provide a urine and/or blood (venous or dried blood spot) sample.



# WHAT HAPPENS DURING THE DOPING CONTROL PROCESS?

The Doping Control Process is defined by WADA. This means that no matter where and when an Athlete is tested, the process should remain the same.

**What to expect during testing?** A Doping Control Officer or Chaperone will notify an Athlete that they have been selected for testing. An Athlete can be selected for testing both In-Competition and Out-of-Competition, at any place and at any time.

## What are the Athlete's responsibilities during testing?

- Report for testing immediately when notified
- Show valid identification
- Remain in direct sight of the Doping Control Officer or Chaperone
- Comply with the sample collection procedure

## What are the Athlete's rights during testing?

- Have a representative with you
- Request an interpreter, if available
- Request special assistance or modifications for valid reasons
- Ask any questions
- Ask for the Doping Control Officer and/or Chaperone's identification
- Record any comments or concerns on the form
- Request a delay for valid reasons



# WHAT IS THE PRINCIPLE OF STRICT LIABILITY?

The principle of Strict Liability means that **the Athlete is solely responsible for everything they use and that is found in their body, regardless of** whether there was an **intention** to cheat or not or if the Athlete is at fault.

Therefore, it is vital that Athletes know the rules and understand their responsibilities under the Code and the WFDF Anti-Doping Rules.

ASP also have a key role in supporting their Athletes to fulfill their anti-doping responsibilities.



# WHAT ARE THE ANTI-DOPING RULE VIOLATIONS?

When an Athlete or ASP commits a doping offense, it is known as an Anti-Doping Rule Violation (ADRV). Certain consequences or sanctions apply to the Athletes or ASP who commit an ADRV. The 11 ADRVs are summarized below:

1. Presence of a Prohibited Substance in Athlete's sample.
2. Use or attempted use of a Prohibited Substance or method.
3. Evading, refusing or failing to submit to sample collection.
4. Whereabouts failures by an Athlete in a Registered Testing Pool.
5. Tampering or attempted tampering with any part of the doping control.
6. Possession of a Prohibited Substance or method.
7. Trafficking or attempted trafficking of any Prohibited Substance or method.
8. Administration or attempted administration of a Prohibited Substance or method.
9. Complicity or attempted complicity in an ADRV.
10. Prohibited association by an Athlete or other person.
11. Acts by an Athlete or other person to discourage or retaliate against reporting to authorities.

The first **4 ADRVs apply to Athletes only**, as they relate to the presence/use of Prohibited Substances and/or to doping control. The **rest of the ADRVs (5-11) apply** not only **to Athletes** but **also to ASP** and all persons subject to the WFDF Anti-doping Rules.



# WHAT ARE THE PROHIBITED SUBSTANCES AND METHODS?

The [WADA Prohibited List](#) is a list of substances and methods that are prohibited for an Athlete subject to the Code to take or use.

Substances and methods on the Prohibited List can be:

- Prohibited at all times
- Prohibited only during the in-competition period
- Prohibited only in particular sports

**Prohibited Substances can be found in some medications, recreational drugs and supplements (also due to poor labeling or contamination).**

The List is updated at least annually.



# HOW TO CHECK MEDICATIONS?

**Both medications that require a prescription and those that can be bought over the counter can appear on the Prohibited List.** Some are also prohibited at certain doses and by certain routes of administration.

It is important that **Athletes always carefully check the status of any medication they use** in accordance with the most up-to-date [Prohibited List](#).

WFDF recommends using [Global Drug Reference Online \(Global DRO\)](#), which provides Athletes and ASP with information about the prohibited status of specific medications based on the current Prohibited List.

If the Athlete's sport nationality does not appear on the Global DRO website, they can check with their [NADO](#) for a country-specific tool.

They should also check with a sports doctor, pharmacist, and/or physician familiar with the Prohibited List.

Remember the principle of Strict Liability; the Athlete is solely responsible for everything they use and that is found in their body, regardless of whether there was an intention to cheat or not or if the Athlete is at fault.



# **ARE RECREATIONAL DRUGS BANNED?**

**Many substances known as “recreational” or “party” drugs are on the Prohibited List and are therefore banned In-Competition, including “marijuana,” “ecstasy,” “heroin,” and cocaine.**

Athletes and Athlete Support Personnel should be aware of their health risks and related doping control implications.

Some of these substances can stay in the Athlete's system for a long time after you take them; that means an Athlete could use a substance Out-of-Competition but test positive for that substance In-Competition, and they will be penalized based on the relevant Rules.

If an Athlete uses “recreational” drugs, they can risk their careers but also face health issues like heart problems, kidney failure, seizures, and addiction, as well as legal consequences, as in many countries, recreational drugs are illegal.



# **WHAT IF AN ATHLETE TAKES A MEDICATION THAT'S PROHIBITED?**

Athletes may have a condition, illness or injury that requires a particular substance or method (i.e., ADHD, asthma, diabetes, etc.).

If an Athlete is required to take medications that contain Prohibited Substances, the Athlete must apply for a Therapeutic Use Exemption (TUE).

If strict conditions are met and a TUE application is successful, this gives the Athlete the authorization to use such medications within the context of the sport in a defined dosage and with a limited period of validity.

They must submit an application with supporting documentation that is evaluated by a panel of physicians (TUE Commission).

The TUE process avoids the risk of sanctions due to a positive test.



# HOW TO APPLY FOR A TUE?

Athletes must submit a [TUE Application Form](#) with **full Supporting Medical Documentation** with their Physician with:

- **A comprehensive medical history, including documentation from the original diagnosing Physician(s)/Specialist(s)**
- **The documented results of all examinations, laboratory investigations and imaging studies relevant to the application**

It's recommended to complete the [TUE Application Form](#) together with the [relevant WADA Checklist](#).

Any TUE application that is not complete or not legible will not be processed and will be returned for completion and resubmission.

For substances prohibited In-Competition only, **the Athlete must apply for a TUE to WFDF at least 30 days before the start of the Competition**, unless one of the exceptions on Retroactive TUEs applies.

If an Athlete already has a TUE at the National Level that is valid and the dosage has not changed, they should request for it to be recognized by WFDF.

If an Athlete previously had a TUE at the International Level, they ensure it has not expired and/or has not had a change in dose; if it has, they should apply for a new TUE.



# WHAT ARE THE DEADLINES FOR TUES APPLICATIONS?



As mentioned, for substances prohibited In-Competition only, **the Athlete must apply for a TUE to WFDF at least 30 days before the start of the Competition**, unless one of the exceptions on Retroactive TUEs applies.

With that, the following deadlines apply for 2026 WFDF Events:

Event	TUE Submission Deadline	Start Date
World Masters Ultimate Club Championships	<b><u>May 29</u></b>	June 28
World Junior Ultimate Championships	<b><u>June 11</u></b>	July 11
World Freestyle Championships	<b><u>June 30</u></b>	July 30
World Ultimate Club Championships	<b><u>July 16</u></b>	August 15
World Team Disc Golf Championships	<b><u>August 9</u></b>	September 8

# RESOURCES AND SUPPORT

**Contact:** Contact WFDF's Anti-Doping Staff if you have any questions, comments or concerns: [antidoping@wfdf.sport](mailto:antidoping@wfdf.sport)

## Resources

- [Anti-Doping Webpage](#)
- [Anti-Doping Hub](#)
- [Global Drug Reference Online](#)
- [WADA Anti-Doping Education and Learning Platform](#)

## Rules

- [WFDF Anti-Doping Rules](#)
- [World Anti-Doping Code](#)
- [List of Prohibited Substances and Methods](#)

## Therapeutic Use Exemptions

- [TUE Process](#)
- [TUE Form](#)
- [TUE Checklists](#)

Information in this document is summarized; the full Rules, Standards, Code and other documents always apply.