



## Statement

All athletes have the right to compete in sport knowing that they, and their competitors, are clean. We believe in clean sport and work in partnership with [UK Anti-Doping \(UKAD\)](#) and our International Federation, FIBA, the Home Country Associations and the Professional Leagues (BBL/WBBL), to ensure that the integrity of our sport is protected.

## Anti-Doping Rules

The **British Basketball Federation (BBF)** has in place a set of anti-doping rules that all athletes and athlete support personnel must abide by. The anti-doping rules for the **BBF** are consistent with the [World Anti-Doping Code \(the Code\)](#), the core document that harmonises anti-doping policies, rules and regulations within sport globally.

1. The anti-doping rules of **the BBF** are the rules published by UK Anti-Doping (or its successor), as amended from time to time.  
If you are a member of **the BBF, The Home Country Associations, the Professional Leagues (BBL/WBBL), an affiliated Club (as per FIBA Regulations) or selected to be a member of Great Britain Team Squad**, then the anti-doping rules apply to you, regardless of what level you participate at. You can find the UK Anti-Doping Rules [here](#)

In anti-doping, athletes are responsible for their actions: including what they eat and drink. This is known as the principle of 'strict liability'

- Athletes can be tested any time, any place

Failing to abide by the values of clean sport or the [Anti-Doping Rules](#) could mean severe consequences for your sporting future or career.

You have a responsibility to make sure that anything you eat and drink is free of any banned substances. Developing good clean sport habits now will help you in the future.

You need to fully understand the Anti-Doping Rules, the consequences of not behaving in line with these rules, and the values of clean sport.

## 2021 World Anti-Doping Code

From 1 January 2021, a new version of the Code is in effect and it's important that all athletes and athlete support personnel are aware of how this impacts them.

For more information on the changes within the 2021 Code, visit [UKAD's website here](#).

Under the 2021 Code, an athlete may be classified as being "International-Level", "National-Level" or a "Recreational Athlete" based on their competition level. Further information on these different categories is available on the [UKAD website](#).

## Anti-Doping Rule Violations

Breaking the anti-doping rules can result in a ban from **all** sport. The Code outlines the Anti-Doping Rule Violations (ADRVs). Athletes and athlete support personnel need to make sure they are fully aware of these violations, and the consequences of breaking them. For more information and what this means for those individuals, click [here](#).

For information on individuals serving a ban from sport, visit UKAD's [sanction page on their website](#)

## The Big Picture - Top Tips for Clean Sport

An athlete is responsible for anything found in their system, regardless of how it got there or whether there is any intention to cheat. All athletes and athlete support personnel should make themselves aware of the risks, so they don't receive an unintentional ban from sport. Useful information for athletes can be found on the [UKAD website](#)

## The Prohibited List

All prohibited substances and methods in Code-compliant sports are outlined in the Prohibited List. The Prohibited List is managed and coordinated by WADA, found on the WADA website [here](#). The List is updated each year, coming into effect on 1st January. It is possible for WADA to make changes to the List more than once a year, but they must communicate such changes three months before they come into effect. As this list is updated annually, athletes and athlete support personnel should make sure they check it ahead of it coming into effect. More information can be found on [UKAD's website here](#).

## Checking Medications

Before taking any medication (whether from a doctor or purchased over the counter), athletes must check to make sure it doesn't contain any prohibited substances. Medications (ingredients or brand name) can be checked online at [Global DRO](#). It is important to note that medications bought in one country may contain different ingredients to the same branded medication in another country.

For more information on checking medications, visit [UKAD's website here](#). Check out the video below from UKAD's Athlete Commission member and British Paralympic Powerlifter, Ali Jawad, on using Global DRO.

[Video Link](#)

## Taking Nutritional Supplements

UKAD always advises a food first approach to nutrition, as there are no guarantees that any supplement product is free from prohibited substances. Athletes can support their training and progress towards their targets by eating and enjoying nutritious food. With a bit of planning, it is possible to eat a delicious and healthy diet made up of a variety of food types at the right time, and in the right quantities.

Athletes should assess the need, the risks and the consequences before deciding to take a supplement, and if they need to use one, visit the [Informed Sport website](#) to check whether supplements have been batch-tested. More advice on managing supplement risks can be found on [UKAD's Supplement Hub](#) here.

## Applying for a Therapeutic Use Exemption (TUE)

If an athlete with a legitimate medical condition needs to use a prohibited substance or method, they will need to apply for a Therapeutic Use Exemption (TUE). This is only accepted if there are no other suitable permitted medications or treatments that can be used, and there is a strict, detailed process to determine this.

Athletes can find out more information about the TUE process on the UKAD website [here](#) and use the [TUE Wizard](#) to find out whether they need to apply for a TUE and who to submit their application to.

Athletes who are involved in a FIBA International competition are required to follow the FIBA TUE process. Information [click here](#).

## What happens in a test?

Athletes should feel prepared and know their rights and responsibilities when they are notified to be tested by a Chaperone or Doping Control Officer. Check out this video below on the testing process from start to finish.

[VIDEO LINK](#)

Athletes can find out more in the [Introduction to Testing](#) section of UKAD's website.

## **100% me – Supporting athletes to be clean**

100% me is UKAD's values-based education and information programme, helping athletes meet their anti-doping responsibilities throughout their sporting journey. We want all athletes to be clean, stay clean and believe all others are clean.

For more information on what this means, visit UKAD's website [here](#). UKAD's 100% me Clean Sport App can also be downloaded from iTunes, Google Play or Windows Live Store, for essential anti-doping information.

## **Protect Your Sport**

Protecting clean sport depends on everyone playing their part - athletes, coaches, or parents - whether on centre stage or behind the scenes. Speak out if you feel there's something wrong - no matter how small. UKAD guarantee that your identity will always be kept 100% confidential.

### **There are different ways to speak out:**

- Email - When you feel something's wrong, send an email. UKAD guarantee that your name and email address will be kept confidential. Email at [protectyoursport@reportdoping.com](mailto:protectyoursport@reportdoping.com)
- Online Form - Tell us what you know via our online form on [protectyoursport.co.uk](http://protectyoursport.co.uk). You will remain anonymous as standard, but if you choose to share your details confidentially it could help us catch those in sport who seek to cheat
- 24/7 Hotline - Call on 08000 32 23 32. We are here to listen. If you prefer to remain 100% anonymous you can. Or if you share your details, they will be kept confidential, and may help keep sport clean

### **FIBA Confidential Reporting – [Click Here](#)**

Find out the more about speaking out and Protect Your Sport [here](#).

Regular updates from UKAD can also be found in the [news section of their website](#), or on their Twitter account: [@ukantidoping](#).

FIBA Updates – [Click here](#)