

Integrity guide



This integrity guide brings together essential sport integrity information for all Athletes and Athlete Support Personnel (ASP).



Get this in your language
at athleticsintegrity.org

What is the AIU?

The Athletics Integrity Unit (AIU) is the independent body created by World Athletics that manages all integrity issues – both doping and non-doping – for the sport of athletics.



We...

engage

support

empower

advocate

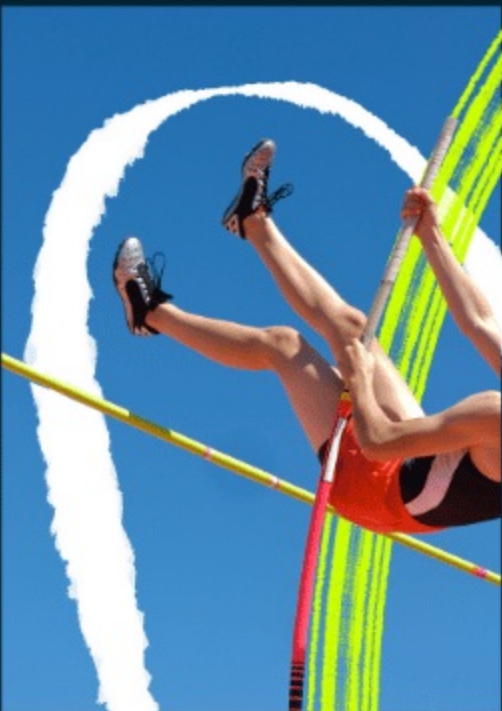
educate

communicate

test

investigate

prosecute



Among the range of issues the AIU deals with:

-  Anti-Doping
-  Competition manipulation
-  Age manipulation
-  Bribery & corruption
-  Breaches of betting rules
-  Transfers of allegiance-related fraud
-  Harassment and abuse including sexual harassment

How testing works?

Athletes can be tested any time, and anywhere.


The AIU, your National Anti-Doping Organisation (NADO) and other NADOs with authority may test you in or out of competition.

There are currently three types of anti-doping tests: Urine, Venous blood and dried blood spot. Once a sample is collected, it is sent to a WADA accredited laboratory for analysis.



In-competition period	Out-of-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.	Any period not in-competition. This means at all other times.

Steps of the Sample Collection

1. Notification of selection for a test.
 2. Reporting to the Doping Control Station.
 3. Selecting a collection vessel and/or blood collection kit
 4. Providing the sample under supervision
 5. Splitting and sealing the sample
 6. Completing the Doping Control Form
 7. Sample is sent for analysis.
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Registered Testing Pool



A select group of the best international level athletes.



Being a part of the RTP is a privilege and a confirmation of your stature in international track and field.



RTP athletes are subject to focused In- and Out-of-Competition Testing and therefore required to provide whereabouts information.

Responsibilities

- Respect the Anti-Doping Rules and the Integrity Code of Conduct
- Make yourself available for testing
- Submit detailed Whereabouts through ADAMS or the Athlete Central App in a timely manner.



Whereabouts

Whereabouts information provided by athletes allow the testing authorities to locate athletes for effective no notice out-of-competition testing.

Information required

- Overnight accommodation
- 60-minute time slot
- Competition schedule
- Regular Activities (including training schedule and work/studies if applicable)
- Travel schedule





When to file Whereabouts information

Your Whereabouts shall be submitted four times per year and must be kept updated throughout the year.

The quarterly deadlines are

15 March, 15 June, 15 September, and 15 December.

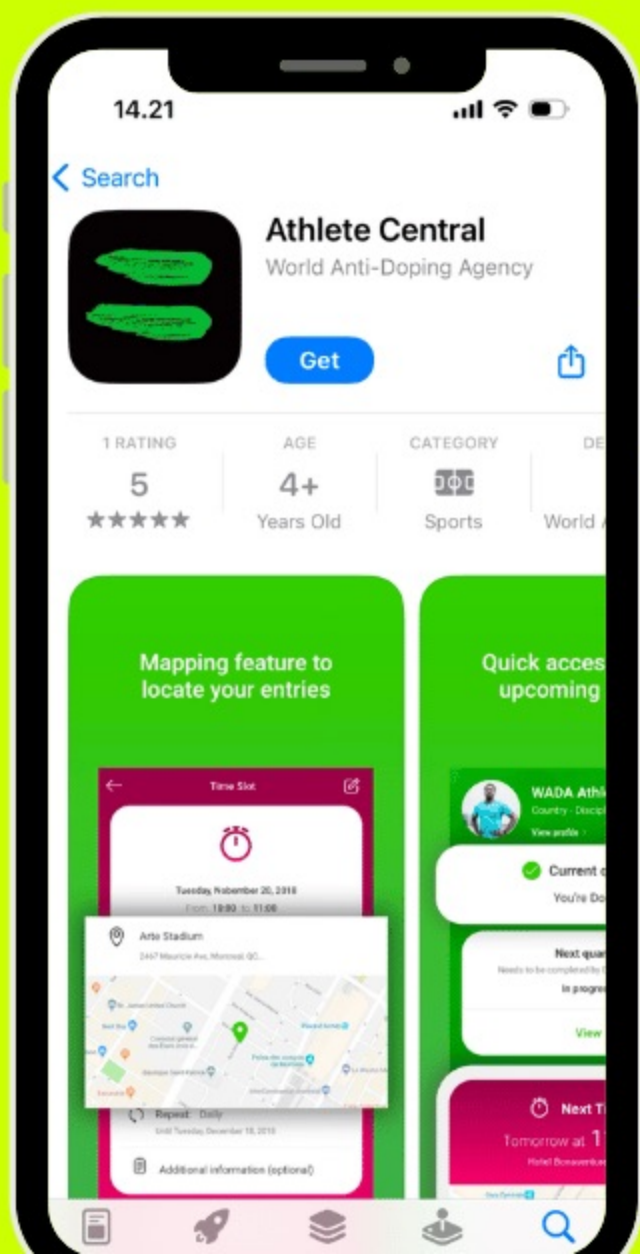
After submission, you shall update your Whereabouts as soon as you become aware of a change in your circumstances.

How to submit your Whereabouts

[ADAMS Website](#) or Athlete Central App.

If ADAMS and Athlete Central is down when you need to make an update, send the update to

whereabouts@athleticsintegrity.org



[Download on](#)
[App Store](#)



[Download on](#)
[Google Play](#)

Prohibited List

The World Anti- Doping Agency (WADA) Prohibited List outlines and defines Substances and Methods banned In-Competition, as well as those banned at all times. It is updated at least annually, and effective from 1 January each year.

As an athlete you have the responsibility to consult with your doctor to understand what is prohibited and what is not.

- Be very cautious while using supplements. Even an “all natural” supplement could contain a prohibited substance.
- Using supplement is at an athlete’s own risk. Seek medical advice and only use **batch-tested** products, if at all.



Therapeutic Use Exception (TUE)



A Therapeutic Use Exception (TUE) allows you to use a Prohibited Substance or Method when you can provide genuine, documented medical proof that it is required.

Athletes must ensure they have a valid TUE prior to using a prohibited substance or method.

All international-level athletes must apply for a TUE by completing a TUE application form, and submitting it to the AIU at least 30 days in advance.

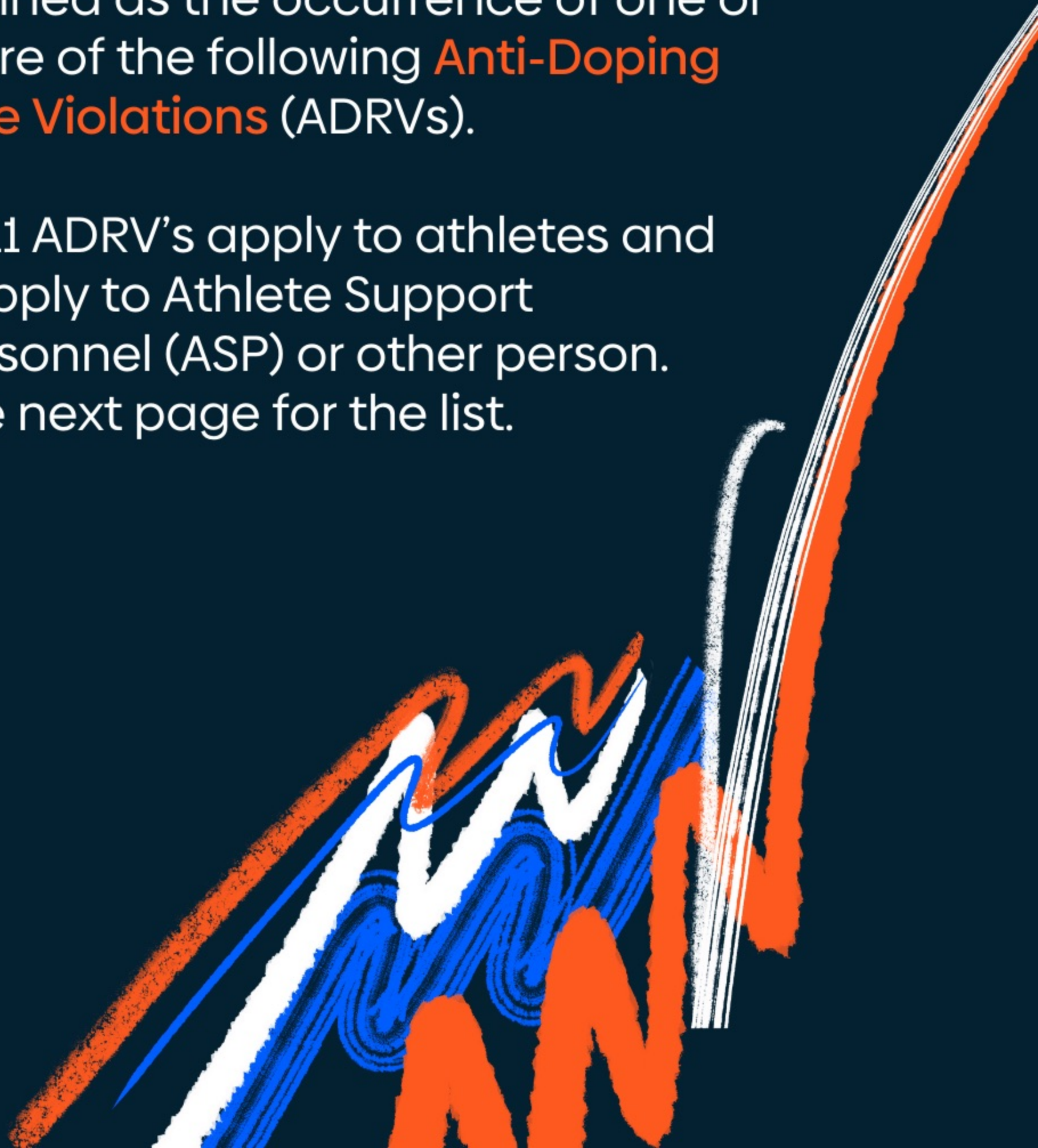
If you have any TUE-related questions, please contact:

tue@athleticsintegrity.org

What is **doping**?

Doping is not just a positive test. It is defined as the occurrence of one or more of the following **Anti-Doping Rule Violations** (ADRVs).

All 11 ADRV's apply to athletes and 7 apply to Athlete Support Personnel (ASP) or other person. See next page for the list.



1. **Presence** of a prohibited substance, its metabolites or markers in an athlete's sample
2. **Use** or attempted use of a prohibited substance or method by an athlete
3. **Refusing, evading or failing to submit to sample** collection by an athlete
4. **Failure** to file whereabouts information and/or missed tests by an athlete
5. **Tampering** or **attempted tampering** with the doping control process by an athlete or other person
6. **Possession** of a prohibited substance or method by an athlete or Athlete Support Personnel (ASP)
7. **Trafficking** or **attempted trafficking** of a prohibited substance or method by an athlete or other person
8. **Administering** or **attempting to administer** a prohibited substance or method to an athlete
9. **Complicity** or **attempted complicity** in an ADRV by an athlete or other person
10. **Prohibited Association** by an athlete or other person with a sanctioned ASP
11. **Acts to discourage** or **retaliate** against reporting to authorities



Competition Manipulation

It is any attempt to control the outcome of a competition or alter the natural course of a sporting event, or part of it. Competition Manipulation can be committed for sporting or financial gains, and sometimes via illegal betting or gambling activities.

This can include result alteration, sport-fixing, corruption, under-performing, or sharing inside information with unauthorized individuals.



Report any approaches you are aware of at the first opportunity



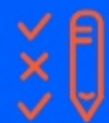
Co-operate with any investigations that are conducted.



DON'T bet on your own event or on any other competition within the sport of athletics where you are participating.



DON'T enter into an arrangement, act or omit to act aimed at improperly altering the result or course of an event or competition with a view to obtaining an undue benefit for you and/or for others.



DON'T give, seek or receive benefits related to the manipulation of a competition or any other form of corruption.



DON'T share inside information.



Age Manipulation

Age manipulation is when an athlete changes their age in some way, to appear either older or younger to gain a competitive and financial advantage. This is also known as age cheating, age fabrication, and age fraud.

Athletes, Officials and Athlete Support Personnel (ASP) can guard against age manipulation and therefore your behavior matters.





What can you do to prevent age manipulation?

- Be honest about your age and date of birth. Do not attempt to obtain falsified documents or allow others to obtain documents on your behalf.
- Federations and ASP should check the date of birth or age is correctly recorded when entering an athlete into an event or official databases (e.g., Accreditation for competitions).
- Federations and ASP should conduct thorough and regular checks of registered athletes' identification documents and ensure they align with the data already held.

If anyone asks you to change your date of birth or age at any time, refuse to be complicit and report it to the AIU. 🚨

Safe Sport

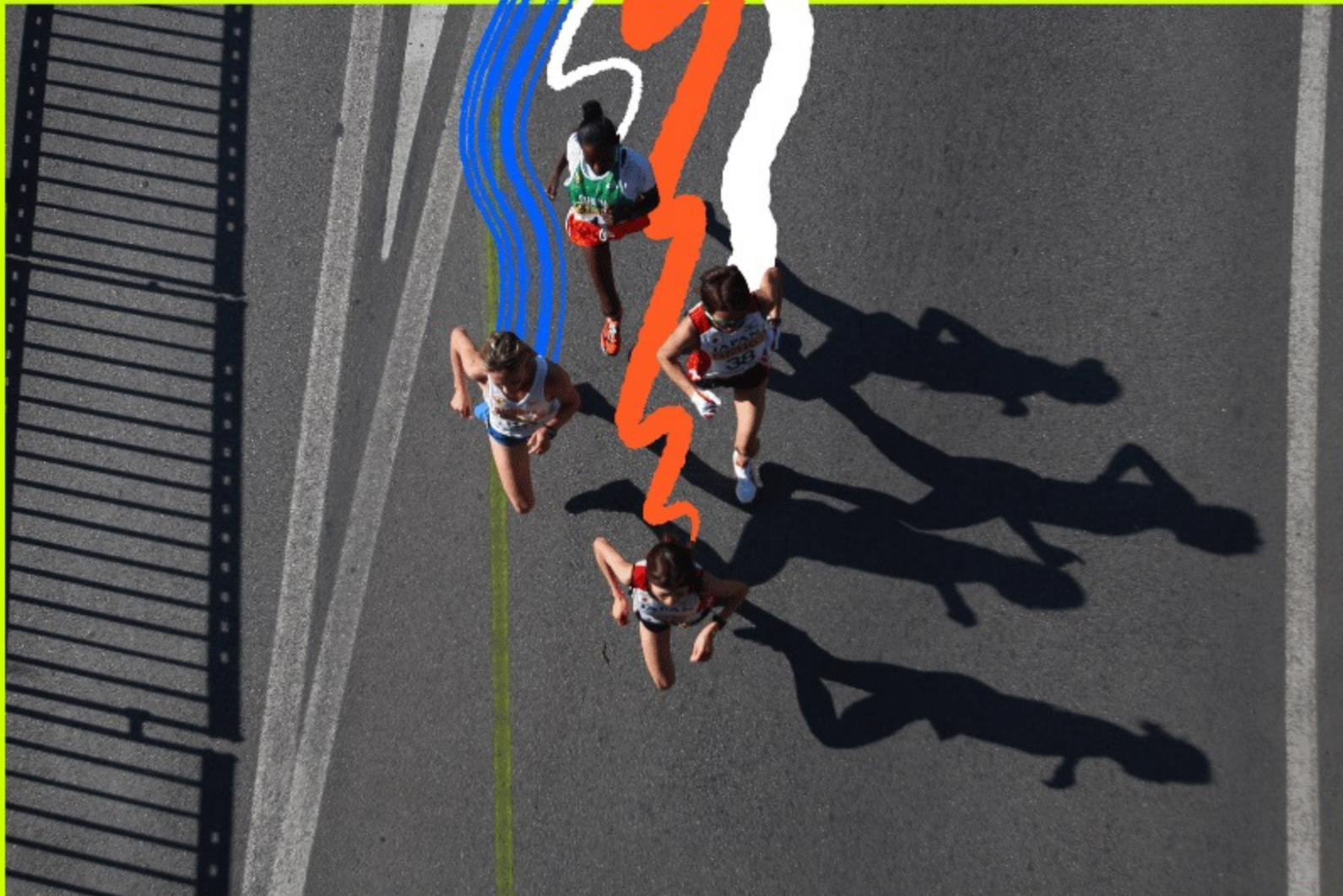


Creating a safe and welcoming environment where everyone is respected and valued is at the heart of safeguarding.

Everyone involved in athletics has a role to play in actively preventing abuse, harassment or exploitation from happening to those around them in the sport.

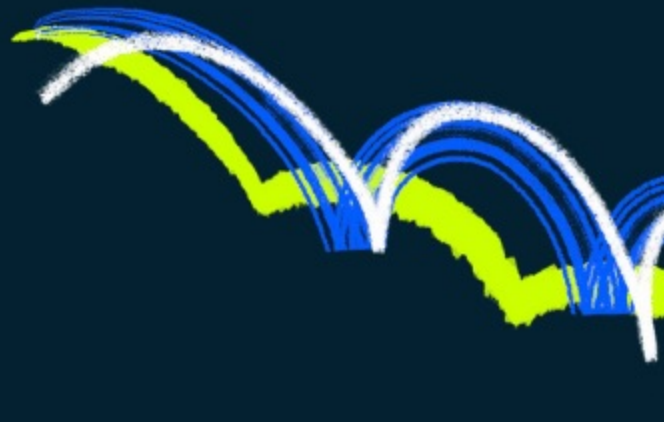
The World Athletics Safeguarding Rules provide a framework for Athletes and Athlete Support Personnel to ensure a safe and supportive environment for all Participants in the sport of Athletics.





Whether you are an athlete or ASP, take the time to familiarise yourself with the [World Athletics Safeguarding Policy and the World Athletics Safeguarding Rules](#).

Being aware of your rights and responsibilities will keep you and others safe.



Shoe regulations

The [World Athletics Athletic Shoe Regulations](#) govern which shoes you can wear during the World Athletics Series Events.

👟 Check the [Approved Shoes List](#)

You may only wear shoe models authorised by World Athletics. You should familiarise yourself with the name and model of the shoe you will be wearing ahead of time.

Please note that Development and Bespoke shoes are not allowed to be worn.

👣 Health-Related Adjustments

Should you need to modify your shoes for medical reasons, like using orthotics, apply for an approval in advance.

In advance of the competition, you may be required by World Athletics to provide a shoe declaration. This is to confirm: 1) the shoe model you will be wearing and 2) that you have verified that this shoe is on the authorised shoe list.

✅ Post-Competition Check

After your race, you may undergo shoe control. Always keep your athletic shoes with you after completing your race.

See [frequently asked questions](#) about the Athletic Shoe Regulations.

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Running clean means to embody the values of respect and integrity to inspire others.

Faith Kipyegon

3-time Olympic Champion



Play your part by reporting



You can make an anonymous integrity report to AIU at any time.

Report online:

athleticsintegrity.org/make-a-report

Write to us



community@athleticsintegrity.org

athleticsintegrity.org



[aiu_athletics](https://www.instagram.com/aiu_athletics)



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