



9th January 2011

To the National Judo Federations,

On 6th November 2010 with the occasion of the IJF Medical Commission Meeting from Budapest, the IJF Medical Commission unanimously recommend to the IJF EC to decide that:

“In IJF Competitions the maximal number of samples that can be taken from an athlete in an Anti-doping Session is 3 (three), even if the last sample does not meet the criteria of the International Standard for Testing. In such a case the IJF Medical Commission may decide on doing target testing or Out of Competition Test.”

The IJF Executive Committee agreed to the above modification by vote from 23rd December 2010 to 6th January 2011 (13 votes for it from 20 votes).

This decision was done according:

- the WADA Code, Article 20.3.1 (Roles and Responsibilities of International Federations to adopt and implement anti-doping policies and rules which conform with the Code) and Part One of the Code which sets forth specific anti-doping rules and principles that are to be followed by organizations responsible for adopting, implementing or enforcing antidoping rules within their authority;
- Annex D from the International Standard for Testing, D.1.a): “the health and safety of the Athlete and Sample Collection Personnel are not compromised”;
- International Standard for Laboratories, Article 5.2.2.5: “In cases where the Laboratory receives more than two Samples, which are linked to a single Athlete according to the Doping control form(s), the Laboratory should prioritize the analysis of the first and last Samples collected.”

Rationale of IJF Medical Commission for the limitation to 3 (three) samples for an Anti-doping control in one Athlete in IJF Competitions:

1. Since Judo is a weight category sport and the weighting procedures happens at the beginning of the event (in the morning), our athletes are at risk of hypo-hydration or even dehydration. Knowing the negative effects on health, (e.g. Hydration and Physical Performance, Journal of the American College of Nutrition, Vol. 26, No. 5, 542S–548S) the IJF Medical Commission supports their Athletes to hydrate regularly and sufficiently during the whole event.
2. Since the laboratory will prioritize the analysis of the first and last sample in case of dilute samples and since the laboratory can concentrate the urine the Medical Commission of the IJF decides that only 3 tests per Athlete will be conducted in case of not adequate specific gravity.
3. On the last two years (2009 and 2010) the IJF Doctors had some situations when the doping control was longer than the competition itself (10/11 hours! - with 11 or 12 samples for one athlete!) and all these cases were negative.

THIS NEW RULE WILL BE APPLIED STARTING WITH THE WORLD MASTER BAKU –AZE!