

The Paris Pinnacle

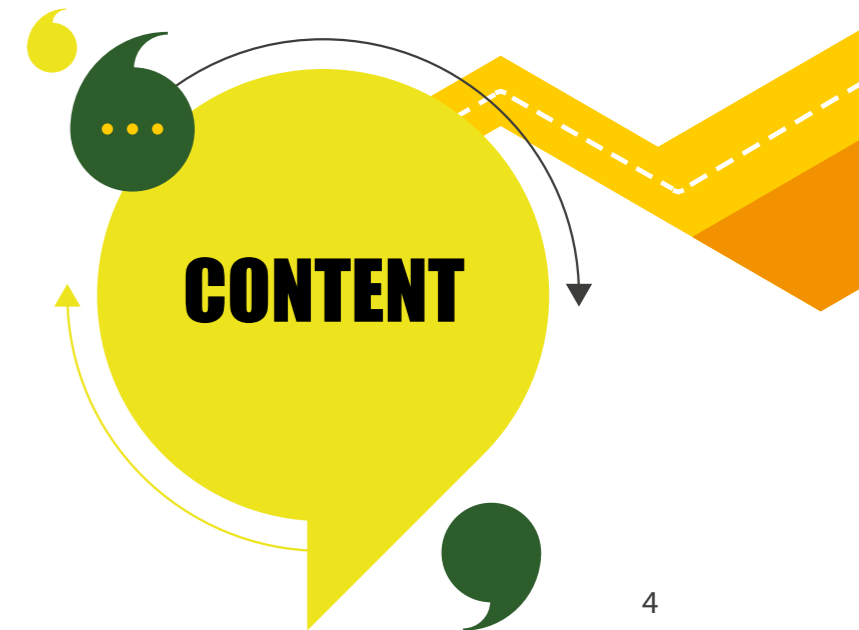
NADA's Guide to Ethical Sporting

An Anti-Doping Guide for Paris Olympic 2024
26 July - 11 August 2024



**CREDIBLE.
INCLUSIVE.
VISIBLE.**

NADA India creates a dope-free sporting environment and promote fair play in India.



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Congratulations!

Congratulations on your achievement!

We acknowledge the immense dedication, sacrifices and rigorous training that you, as athletes, have undergone to qualify for the Paris Olympic Games 2024.

Our mission is to inform and educate all Indian athletes, ensuring they are well-versed in their rights and obligations for the upcoming Games. Every athlete participating has the right to a fair and clean competition, and it is essential for them to understand how the anti-doping system protects not only them but also the Olympic oath, their nation, their competitors, and the integrity of the Games.

Coaches, your role in anti-doping extends beyond training. A significant aspect is prevention and your guidance is crucial in helping athletes fulfil their anti-doping obligations. Athletes may seek your support regarding the Prohibited List, Therapeutic Use Exemptions, Doping Control Procedures, Anti-Doping Regulations and Whereabouts requirements as they prepare for the Paris Olympic Games 2024.

We wish you best of luck and we hope the information contained in this booklet gives you every detail that you need for protecting yourself against doping and adhering to the principles of clean sports.

The Whole Nation Admires You.



FIRST THING FIRST



1.1. IMPORTANT DATES

For the Paris 2024 Olympic Games, the IOC's anti-doping rules and procedures are in force starting 18 April 2024, in addition to the existing IF and NADO anti-doping rules that binds athletes and coaches.

18 April - 17 July 2024

Pre-Games period

- This starts on 18 April 2024 until 17 July 2024 (one day before the opening of the Olympic Village).
- During this period, the International Testing Agency (ITA) can test athletes, on behalf of the IOC.

18 July 2024

Opening of the Olympic Village

The Olympic Village opens on 18 July 2024.

18 July - 11 August 2024

Period of the Games

This starts on 18 July 2024 with the opening of the Olympic Village until 11 August 2024, the day of the Closing Ceremony.

1.2. IN-COMPETITION PERIOD

Typically, the in-competition period begins at 11:59 pm the day before any competition an athlete is scheduled to compete in, up to and until the end of the competition and all testing associated with that competition.

Two summer Olympic IFs - the International Tennis Federation (ITF) and International Equestrian Federation (FEI) - use a different definition for the in-competition period. This definition, approved by the World Anti-Doping Agency (WADA), is the same for all of their competitions. Please check with your International Federation (IF) if you are not familiar with their definition.

1.3. OUT-COMPETITION PERIOD

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

1.4. WHO'S WHO DURING THE GAMES

Athletes may be used to their National Anti-Doping Organization (NADO) and/or International Federation (IF) being the face of anti-doping to them. During the Paris 2024 Olympic Games, these roles may be carried out by other Anti-Doping Organizations (ADOs).

International Olympic Committee



The IOC is the testing authority during the Games as they are the Major Event Organizer (MEO) – so anyone coming to the Games is bound by the IOC's anti-doping rules.

The IOC has agreed to delegate its anti-doping responsibilities in relation to the Olympic Games to the International Testing Agency (ITA).

International Testing Agency (ITA)



Amongst its delegated activities during the Games, the ITA:

- Conducts testing activities
- Manages the Therapeutic Use Exemption (TUE) process and TUE Committee (TUEC)
- Undertakes results management

The Anti-Doping Division of the Court of Arbitration for Sport (CAS ADD)

- Conducts hearings and makes decision on any case involving an Anti-Doping Rule Violation (ADRV) including disqualification of results or ineligibility for the Games
- Manages cases in an expedited way during the Games. This means cases will be dealt-with quickly
- Is fair and impartial
- International Federations (IFs) are responsible for deciding any period of ineligibility beyond the period of the Games. IFs may choose to delegate this responsibility to CAS

02

YOUR RESPONSIBILITIES

You have now been through the roles and responsibilities that different organizations have during the Games. In the same way, athletes and athlete support personnel have roles and responsibilities too.

2.1. THE 11 ANTI-DOPING RULE VIOLATIONS (ADRVs):

NADR- Article No.	Type of Violations	Applicable to
2.1	The presence of a prohibited substance in an athlete's sample	Athletes only
2.2	Use or attempted use by an athlete of a prohibited substance.	Athletes only
2.3	Evading, refusing, or failing to submit to sample collection.	Athletes only
2.4	Whereabouts failures are considered as any combination of three missed tests and/or filing failures within a 12-month period by an athlete in a registered testing pool.	Athletes only
2.5	Tampering or attempted tampering with any part of doping control.	Athletes, athlete support personnel and other Persons
2.6	Possession of a prohibited substance or prohibited method.	Athletes and athlete support personnel
2.7	Trafficking or attempted trafficking in any prohibited substance or prohibited method.	Athletes, athlete support personnel and other Persons
2.8	Administration or attempted administration to any athlete of any prohibited substance or prohibited method	Athletes and athlete support personnel
2.9	Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity or attempted complicity involving an ADRV or any attempted ADRV.	Athletes, athlete support personnel and other Persons
2.10	Associating in a professional or sport-related capacity with a person such as a coach, doctor, physio or trainer who is serving a ban or who has been found guilty of a criminal or disciplinary offence equivalent to a doping violation.	Athletes, athlete support personnel and other Persons
2.11	Acts that threaten or seek to intimidate another to discourage them from sharing information about doping (also referred to as whistleblowing), or retaliating against another for doing so.	Athletes, athlete support personnel and other Persons

All ADRVs apply to athletes, and 7 apply to athlete support personnel, such as coaches.



2.2. STRICT LIABILITY

Athletes are responsible for their performance during a competition. In the same way, athletes are responsible for any substance that is found in their body.

2.3. THE PRINCIPLE OF STRICT LIABILITY

Athletes are responsible for any banned substance they use or attempt to use, or that is found in their body, regardless of how the substance got there or whether they had an intention to cheat.

So, athletes need to know which substances and methods are banned in sport and how to protect themselves.

2.4. KNOW HOW TO CHECK WHICH SUBSTANCES AND METHODS ARE BANNED IN SPORT

Banned substances and methods are included in the Prohibited List (List). This List applies during the Games and at all times. The List contains substances and methods that are:

- Banned at all times (both in-competition and out-of-competition)
- Banned in-competition only
- Banned in specific sports (archery, golf and shooting)

- Conditional – athletes are allowed to take up to a specific dose or within a specific dosage range but outside of that dose or range it is banned (for example, some ingredients found in asthma inhalers). Other conditional substances are ones that are only banned by the way they are taken (route of administration) for example, applied as a cream, or swallowed, or inhaled.

2.5. PROHIBITED LIST

The 2024 Prohibited List is in force for the Paris 2024 Olympic Games. It is very important that athletes and their support personnel consult the correct version of the List and are aware of any changes.

Here are some important things you need to remember:

1. An athlete's medication may contain a banned substance. **Before** using any medication, **seek medical advice and check** the medication. Before the start of the Games Period, athletes may check their medication through NADA India's Know Your Medicine (KYM) app <https://kym.nadaindia.yas.gov.in> (also available for download in Google Play store).

During the Games Period, the status of medication purchased **IN FRANCE** should be checked on the Agence Française de Lutte contre le Dopage (AFLD)

<https://medicaments.afld.fr/> (available in French only)

and not your home country's database as the ingredients may be different in the two countries.

- It doesn't matter when a substance is taken. If a substance banned only in-competition is taken out-of-competition, it can still result in a **positive test** if it is still in the athlete's system and they are selected for an in-competition test.
- Review the relevant customs advice for any medication brought from a home country into France. This information is also usually provided in the Customs and Freight Guide which is distributed by the Games Organizing Committee. If you are unsure, ask your Indian Olympic Association (IOA).

Don't forget, you should disclose any medication that you are taking to your team doctor so that they can advise you.

2.6. RISKS ASSOCIATED WITH SUPPLEMENT USE

Supplements can:

- Contain a banned substance
- Be contaminated with a banned substance during the manufacturing process
- Contain ingredients that are named differently to how they appear on the List
- Make false claims such as "approved by WADA" or "safe for athletes"
- Exclude some ingredients from their labels
- Be sold as fake products over the internet
- Athletes need to ensure that they fully understand the risks associated with supplement use and how to minimize these risks
- Supplements that are not batch-tested increase the risk of inadvertent doping
- Athletes must undertake thorough research before using a supplement

If you use a supplement

- Keep a small amount - if you test positive, you at least have the option of having your leftover sample scientifically tested to see if it was contaminated
- Keep the batch-test certificate - if you do take a supplement, lower your risk by choosing a batch-tested product
- Keep the proof of purchase, like a receipt

2.7. THERAPEUTIC USE EXEMPTION

An athlete's health is important

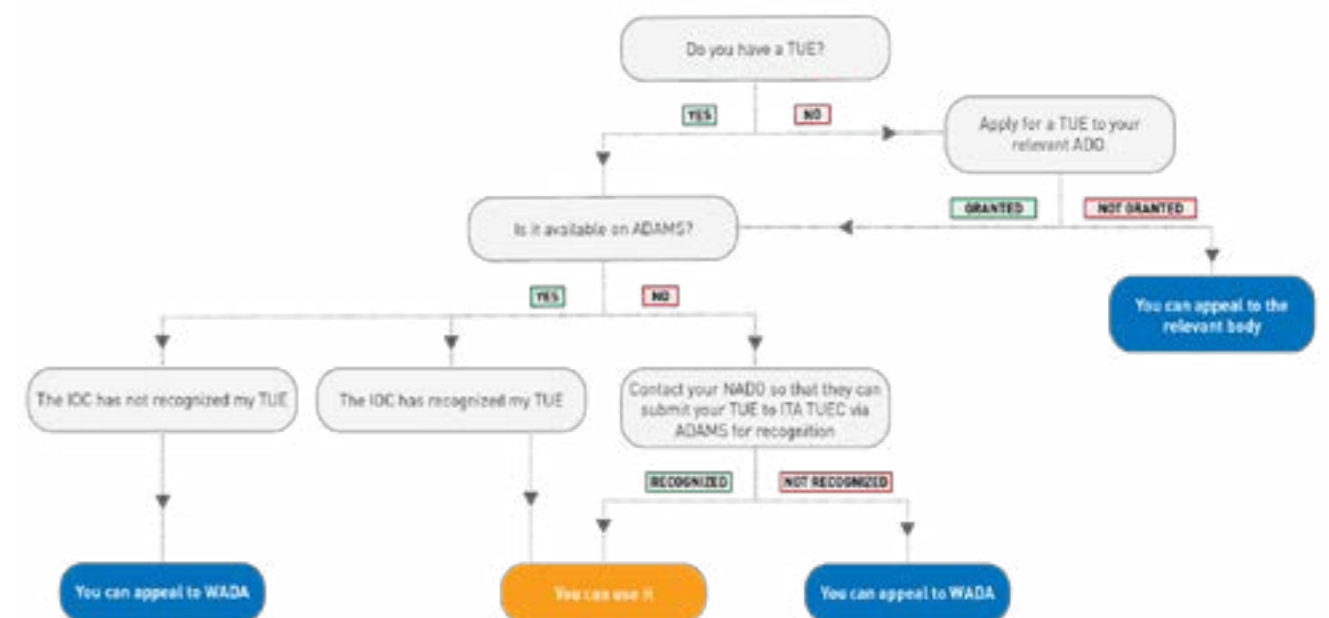
An athlete who, for legitimate medical reasons, needs to use a medication that contains a banned substance or use a banned method **may** be able to do so.

Under certain conditions and specific criteria (including if there are no suitable alternatives) an athlete may be granted a Therapeutic Use Exemption (TUE).

A TUE ensures that athletes can be treated for medical conditions even if the treatment involves using a prohibited substance or method, while avoiding the risk of being sanctioned. A TUE is granted for:

- A diagnosed medical condition
- A set period of time
- A set dose and frequency of use
- A set route of administration

Applying for a TUE or having an existing TUE recognized before the Games

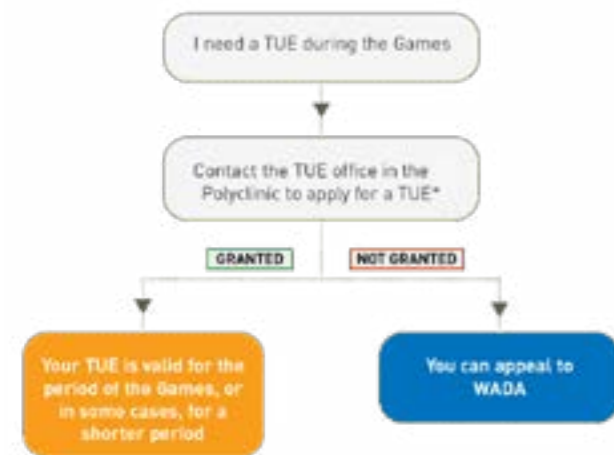




Remember

Existing TUEs must be valid for the entire period of the Games. If it is due to expire during the Games period, and the athlete requires the medication for the entire Games period, the athlete should apply for a new TUE from their relevant Anti-Doping Organization (ADO) in advance of the Games.

Applying for a TUE during the Games



If an athlete, who does not already have a TUE, needs a TUE during the Games, they must contact the TUE office in the Polyclinic to apply for a TUE. The full process is described here - <https://ita.sport/tue-paris-2024/>

All applications, decisions and supporting documentation regarding TUEs must be applied for, managed, and notified as soon as possible through ADAMS.

TUEs granted by the International Testing Authority (ITA) TUE Committee (TUEC) during the Games are only applicable for the Games.

It can also be valid for a shorter period (for example 2 days, “inside” the period of the Games).

2.8. ATHLETE WHEREABOUTS

Whereabouts is information that allows athletes to be located for testing. It is information used by those who have authority to test athletes. Not providing the information or providing inaccurate or misleading information can result in consequences.

RTP Athletes

Athletes in a Registered Testing Pool (RTP) know all about providing Whereabouts. During the Games, Whereabouts requirements still apply. This means RTP athletes must continue submitting Whereabouts, including providing details to be easily located (e.g. Olympic Village building, floor and room number), and updating information when things change.

Furthermore, athletes in an RTP will need to provide to their National Olympic Committees (NOCs) Games-time information such as accommodation and rooming information details for the period of the Games.

Athletes should speak with IOA for any questions around Games-time Whereabouts information.

Non-RTP Athletes

For testing purposes, athletes not in an RTP will need to provide Games-time Whereabouts information to IOA who will then share this with the IOC/ITA. IOA may collect this information on behalf of the athlete. Athletes should check with IOA what their Whereabouts responsibility is and what they need to do. Games-time Whereabouts information may include:

- Arrival and departure dates

- Accommodation details during the Games such as:
 - o Location, name of the building and room number in the Olympic Village
 - o Hotel name, address and room number (if not staying in the Olympic Village)
 - o Training and competition schedule including venues/location
- Not providing this information may have consequences. Athletes should speak with IOA for any questions around Games-time Whereabouts information.

TIPS!

- **RTP athletes should download WADA Athlete Central so it is easier to manage and update Whereabouts**
- **When arriving at the Games, athletes must update their Whereabouts to provide accommodation details**
- **Athletes should always let the Chef de Mission/Head of Delegation or Team Leader know the dates they are arriving and leaving the Olympic venues or Olympic Village**
- **Remember, athletes must provide Whereabouts even if they have finished competing, or decide to leave the Olympic Village**



03

DOPING CONTROL AT THE GAMES



Testing is in place to protect athletes, your hard work and the integrity of sport.

Who can test athletes at the Games

- The ITA can conduct in-competition and out-of-competition testing during the period of the Games.
- ADOs with testing authority over athletes can test outside the event venues - in coordination with, and subject to approval from the ITA.
- WADA has authority to test in exceptional circumstances.

REMEMBER!

- Testing can take place **ANY TIME** and at **ANY PLACE**

3.1. DOPING CONTROL

When athletes are selected for doping control (testing), they will go through the following process:



3.2. ATHLETES HAVE THE RIGHT TO:

- Have a representative present
- Ask for an interpreter
- Ask questions about the sample collection process
- Ask for modifications
- Ask for a delay in reporting to the doping control station for a **valid reason**

3.3. ATHLETES HAVE THE RESPONSIBILITY TO:

- Stay within direct observation of the DCO/ chaperone at all times from the point of notification until the end of the sample collection process
- Show valid identification (accreditation)
- Respect the sample collection procedures (failure to do so may constitute an Anti-Doping Rule Violation (ADRV))
- Report immediately for sample collection, unless there are valid reasons for a delay

3.4. FOR URINE SAMPLE COLLECTION

- Athletes will choose a sample collection vessel – make sure that it is sealed and intact.
- A DCO who is the same gender as the athlete will witness the sample being provided.
- Athletes will choose a sample collection kit - make sure that it is sealed, intact and that the numbers (codes) are the same on both bottles.
- Athletes will divide the urine sample into “A” and “B” bottles and seal them.
- Athletes will review the information on the Doping Control Form (DCF) and add in some detail such as the name of their coach, the medications and supplements they have taken in the last 7 day - a copy will be sent to their email address.

3.5. FOR BLOOD SAMPLE COLLECTION

Sometimes blood is collected. The process is very similar:

- Blood will be collected by a Blood Control Officer (BCO) who is trained in taking blood and has adequate qualifications.
- Athletes will choose a blood sample collection kit - make sure that it is sealed, intact and that the numbers on all vials are the same.

- Athletes need to be seated for 10 minutes (at rest) before blood can be taken.
- When an Athlete Biological Passport (ABP) blood test is collected, athletes must not have competed or trained in the two hours prior. So, an athlete may need chaperoning for an extended period of time if they have recently been active.

3.6. DRIED BLOOD SPOT (DBS) SAMPLE COLLECTION

During the Olympic Games, DBS samples may also be collected.

DBS is a method that collects a few drops of blood by pricking athlete’s fingertip. The drops are placed into special filter paper cards to be analysed in WADA-accredited laboratories. A DCO or BCO who is trained in taking capillary blood samples and has adequate qualifications will collect the sample.

REMEMBER!

If there are any concerns about the doping control process, write them down on the DCF or on a supplementary report form.

3.7. WHAT HAPPENS AFTER THE TEST?

- Samples will be sent to a WADA accredited laboratory confidentially; this means they do not know the athlete's name or nationality - just the sample number
- The A sample is opened and analysed
- If the A sample is negative, it is the end of the process
- Samples can be stored for up to 10 years and can be further analysed
- The B sample is securely stored

If the A sample tests positive

- The ITA will notify the athlete and state the date, time and place for the opening of the B sample if requested by the athlete
- The athlete can choose not to have the B sample analysed
- The athlete and/or their representative should have the opportunity to attend the B sample opening
- The athlete can also waive their right to be present during the opening of the B sample.

If the B sample tests positive

- If the B sample confirms the finding of the A sample, or if the athlete decides not to have the B sample analysed, the finding of the A sample is considered an alleged ADRV.

3.8. CONSEQUENCES

Anyone committing an ADRV knows they may face a ban from sport. But there are other consequences too.

- Disqualification of competition results
- Exclusion and loss of accreditation from the Games
- Loss of all medals, points, prizes
- Target testing and possible investigations of the team in a team sport
- In some cases, loss of points, disqualification from a competition or from the entire Games **for the team**
- Athlete support personnel may be investigated, and if the athlete is a minor then an investigation is mandatory

REMEMBER!

It only takes one athlete in a team sport/event to test positive for the consequences to impact the entire team such as, losing medals or even disqualification. Team sports include basketball, rugby etc., and team events include 4x400m relay, team competitions, etc.

An ADRV goes well beyond the individual athlete or athlete support personnel.

- It has an impact on those who have been supporting athletes all the way: Family, friends, teammates, sponsors, etc.
- An athlete's reputation as well as their country and sport's reputations are affected.
- An athlete's physical and mental health could be at risk

3.9. SPEAKING UP

Everyone has a duty to protect clean sport. Taking part in clean sport requires those involved in sport to speak up when they suspect doping. If athletes or coaches suspect, witness, or know of an activity that goes against clean sport, it is their responsibility to report it. There are different ways to report and share information to protect clean sport.

Reveal - ITA's reporting platform

REVEAL is the International Testing Agency's (ITA) platform that enables you to report what you have seen, heard or experienced in a completely anonymous and secure manner – during the Olympic Games or at any other time.

All information is treated as important in a confidential and sensible manner.

Speak Up - WADA's reporting platform

WADA's Speak Up platform allows the reporting of any information about an individual or organization in a strictly confidential way. You can report suspected doping - any Anti-Doping Rule Violation (ADRV) or any act or omission that could go against clean sport. Many National Anti-Doping Organizations (NADOs) and International Federations (IFs) provide a way to share information. Contact them or visit their website to find out if they have any tools to share concerns about clean sport and report doping.



04

FINAL WORD



You have made it this far. It's not worth taking risks so be vigilant.

- Ingredients in similar brands of medicine can vary among countries.
 - Even over the counter medication for colds and headaches can contain banned substances.
 - Before taking any medication, check the ingredients and ask a doctor or go to the Polyclinic.
- We understand athletes may want to celebrate when they've finished competing!
 - Celebratory activities should not risk an athlete's health, medals, prizes, or their reputation.
 - Remember, athletes can be tested any time during the Games, even if they've finished their events!

4.1. FIND OUT MORE:

- **Paris 2024 Olympic Games** Official website **PARIS 2024**
- **IOC's dedicated platform for athletes** **ATHLETE 365**

- **ADEL for International-Level Athletes** If you want to learn more about TUEs, Whereabouts, Testing, Prohibited List and more. **ADEL**
- **ADEL course for Paris Olympic 2024** If you want to learn more **ADEL**
- **IOC's Anti-Doping Rules for Paris 2024 Olympic Games ANTI-DOPING RULES**

4.2. STAY CONNECTED: EXPLORE NADA INDIA'S VIBRANT SOCIAL MEDIA LANDSCAPE

Stay updated on the latest anti-doping initiatives, athlete education, and sports integrity. Discover exclusive content, engage in discussions and behind-the-scenes glimpses of our efforts to promote fair play in sports. Join us in our collective attempt to create a dope-free future and follow us on our social media handles today!

NADA India's commitment to transparency and awareness extends to our thriving online community together, let's champion the cause of clean sportsmanship in the digital age.

From educating athletes to promoting anti-doping initiatives, we're committed to fostering a community of integrity and fair play and therefore various campaigns are run by us on our social media handles, some of them are given here below:

• **ADRV Alert:**

The campaign on social media focused on raising awareness about the consequences of violating anti-doping rules and emphasizing the importance of adhering to the guidelines set by NADA India.

• **Whereabouts Campaign:**

The 'Whereabouts Campaign' is designed to educate athletes on the critical importance of submitting accurate and timely whereabouts information. This initiative provides athletes with

essential information, including deadlines and reminders, to ensure full compliance with the requirements related to their whereabouts.

• **TUE Campaign:**

TUE stands for Therapeutic Use Exemption. The campaign on social media aimed to inform athletes about the process of obtaining TUEs, the conditions under which they are applicable, and the importance of seeking medical approval for necessary medications.

• **11 Pillars of NADA:**

The '11 Pillars of NADA' encompass various foundational principles and key aspects of NADA India's operations. This campaign focused on individually highlighting each pillar, explaining its significance, and showcasing NADA's unwavering commitment to these principles.

Social Media Links

- Instagram: <https://www.instagram.com/nadaindiaoffice?igsh=OHVrZWp5YjlsamE1>
- LinkedIn: <https://www.linkedin.com/company/national-anti-doping-agency-india/>
- Twitter (X): <https://x.com/NADAIndiaOffice?t=U0562KQpl2eFpXbUBEE-wg&s=09>
- Facebook: <https://www.facebook.com/NADAIndiaOfficial?mibextid=ZbWKwL>

4.3. DIGITAL GATEWAY TO CLEAN SPORTS: EXPLORE NADA INDIA'S OFFICIAL WEBSITE

NADA India's official website stands as the digital cornerstone of clean sportsmanship, offering a comprehensive repository of information. More than just a platform, NADA India's website is a dynamic hub empowering athletes, support personnel, and sports enthusiasts to embrace the principles of fair competition.

Explore various verticals, including athlete testing, results management, adjudication, education, Therapeutic Use Exemption (TUE), media, and other resources.

Visit the website at <https://nadaindia.yas.gov.in/> to access this wealth of information and contribute to a culture of clean and ethical sports.



National Anti-Doping Agency, India is an autonomous body under the Ministry of Youth Affairs & Sports, Government of India. NADA India implements the Anti-Doping Program in India and works towards promoting clean sport practices across the country. The key areas of functioning include Sample Collection (SC), Results Management (RM), Anti-



4.4 CHECKLIST FOR ASP & ATHLETES

• Clean Sports Checklist for ASP

YES NO

- I know our team values and what we stand for
- I know where to find the Prohibited List
- I know how to support my athletes when they need to check a medication
- I promote good decision-making when it comes to supplement use
- I know what to do if one of my athletes needs a TUE from 18 July and through to the end of the Games period
- I know the 11 ADRVs and the seven that apply to me
- I understand the principle of Strict Liability
- I am aware of the potential consequences of an ADRV for myself, my athletes and the rest of my team
- I know my role and responsibilities as ASP
- I know the Doping Control process, both for a urine and a blood test
- I know the important dates of the Games and I understand the difference between in-competition and out-of-competition periods
- I know my role if a doping-related situation should arise in the lead up to or during the Games
- I know where to go to report doping or any suspicious activity
- My athletes and I know where to go to for more information and to ask questions

• Clean Sports Checklist for Athletes

YES NO

- I know my values and what I stand for
- I know where to find the Prohibited List
- I know how to check a medication
- I know how to make good decisions about supplement use
- I know what to do if I need a Therapeutic Use Exemption from 18 July and through to the end of the Games period
- I know the 11 ADRV
- I understand the principle of Strict Liability
- I am aware of the potential consequences of an ADRV for both myself and my team
- I know my rights and responsibilities as an athlete
- I know what to expect in Doping Control, both for a urine and a blood test
- I know my responsibilities as an athlete included in a Registered Testing Pool (RTP)
- I know my whereabouts requirements and will update my information for the Games-time period
- I know the important dates of the Games and I understand the difference between in-competition and outof-competition periods
- I know where to go to report doping or any suspicious activity
- I know where to go to for more information and to ask questions



4.5. ACKNOWLEDGEMENT

We extend our sincere appreciation to the Adel Word Anti-Doping Agency (ADEL WADA) & International Testing Agency (ITA) for their invaluable contributions to the development of The Paris Pinnacle: NADA's Guide to Ethical Sporting, particularly in relation to the Paris Olympic Games 2024. The depth of their knowledge and abundant resources has markedly enriched the content within these pages. We are genuinely grateful for their support and cooperation, which has played a pivotal role in upholding the accuracy and integrity of the information presented in this guide.

4.6. CONTACT US

National Anti Doping Agency India

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Email: info.nada@nic.in, edu-nadaindia@gov.in

QR Code for Prohibited List 2024

<https://www.wada-ama.org/en/resources/world-anti-doping-code-and-international-standards/prohibited-list>



QR Code for Link Tree

<https://linktr.ee/NadaIndiaLinks>



QR Code for KYM App

<https://kym.nadaindia.yas.gov.in>



A close-up photograph of a boxer's right hand in a red and black boxing glove, positioned in a boxing ring. The ring has red ropes and black corner pads. In the background, a blurred crowd of spectators is visible under bright arena lights. Overlaid on the right side of the image is the text "# PLAY FAIR" in a bold, yellow, sans-serif font. The hash symbol is stylized with a horizontal bar.

**# PLAY
FAIR**



NATIONAL
ANTI DOPING
AGENCY
INDIA

**#SAYNO
#TODOPING**
TODAY & EVERYDAY



#PlayFair

#SayNoToDoping