

Drug Free Sport New Zealand

Softball New Zealand is committed to the advancement of clean sport that rejects cheating through the use of performance enhancing drugs and methods.

Softball New Zealand works in partnership with the national anti-doping organisation, Drug Free Sport New Zealand (DFSNZ) to:

- Promote a culture of clean sport
- Deliver anti-doping education |
- Organise and implement testing programmes
- Report doping and suspicious activity
- Support athletes to compete drug free

For full information about anti-doping, visit <http://www.drugfreesport.org.nz/>

The anti-doping rules

All members of Softball New Zealand are required to abide by [New Zealand's Sports Anti-Doping Rules](#). These rules reflect the World Anti-Doping Agency's World Anti-Doping Code.

In summary the ten rule violations are:

- The presence of a prohibited substance or its metabolites or markers in an athlete's sample
- The use or attempted use by an athlete of a prohibited substance or method
- Evading testing or refusing to provide a sample for drug testing
- Failing to provide accurate and up-to-date whereabouts information or missing a test
- Tampering or attempting to tamper with any part of the doping control process
- Possessing prohibited substances or methods
- Trafficking or attempting to traffic any prohibited substance or method
- Administering or attempting to administer a prohibited substance or method to an athlete
- Covering up an anti-doping rule violation
- An athlete associating with someone, such as a coach or medical professional, who has been found guilty of an anti-doping rule violation or equivalent

The Prohibited List

The Prohibited List is published by the World Anti-Doping Agency (WADA) every year and details all substances and methods which are prohibited or banned in sport. A substance or method may be included on the list if it meets any two of the following criteria:

- It has the potential to enhance sporting performance
- It presents an actual or potential health risk to the athlete
- It violates the spirit of sport

[Full WADA 2016 Prohibited List](#)

[Download the Prohibited List app](#)

Medications

Many medications contain substances which are prohibited in sport. Any athlete who is sick or injured needs to carefully consider the medications they take to ensure they avoid prohibited substances.

Contact DFSNZ for full information on medications that are not permitted in sport.

[DFSNZ's website](#) medication check

0800 DRUGFREE (378 437)

Request a copy of [DFSNZ's wallet guide](#) on the status of common medications.

Athletes can apply for a [Therapeutic Use Exemption \(TUE\)](#) if they need to take medication which is prohibited in sport. When competing at national or international level a TUE must be applied for before taking any medication.

Supplements

Many dietary or sports supplements are marketed as helping to improve performance, recovery, weight loss or muscle development, and, supplements can contain substances which are prohibited in sport and may not accurately label ingredients so you cannot be sure of exactly what's in them.

Athletes should carefully assess their need for supplements and carefully research the supplements they choose to take.

Lodging a [supplement query](#) with DFSNZ can provide some assessment of the level of risk associated with supplements and may be able to identify products which are known to be a problem.

The Athlete Whereabouts programme

Anti-doping organisations, including DFSNZ, conduct drug tests on athlete's out-of-competition with no advance warning. The [Athlete Whereabouts Programme](#) allows DFSNZ to locate athletes for testing.

Testing

Drug testing is one of the best ways to identify athletes who are doping and to protect athletes who are clean competitors. Athletes can be tested during an event (in-competition) or at any other time (out-of-competition) and will be asked to provide a urine sample, a blood sample or both. The [testing process](#) and sample collection for doping control will be carried out by a trained and accredited Drug Free Sport NZ official.

I need help!

If you have any questions please contact DFSNZ on 0800 DRUGFREE (378 437)

Softball New Zealand's point of contact for anti-doping matters is: Darren Smith,
darren@softball.org.nz

Resources/Education

[DFSNZ Education](#)

[DFSNZ Resources](#)

[DFSNZ E-learning](#)