

U20

Integrity Guide



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

Integrity issues can affect your career, your team, and your future. If something feels wrong, do not ignore it.



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

The AIU manages a range of integrity issues including:



Anti-Doping



Age manipulation



Competition manipulation



Breaches of betting rules



Transfers of allegiance



Safe sport



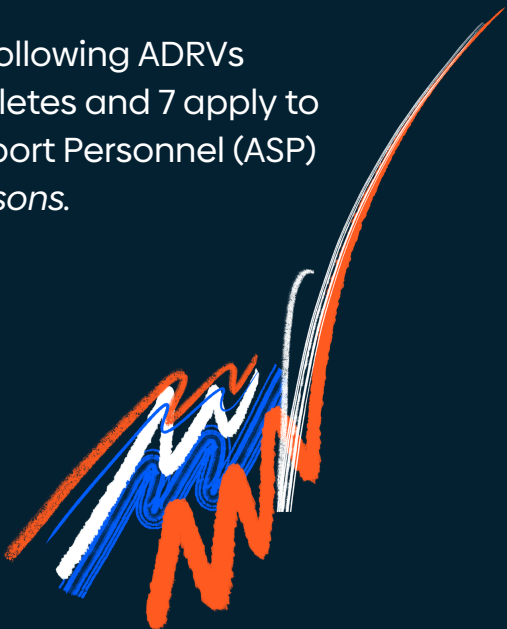
Bribery & corruption



What is **doping**?

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

All 11 of the following ADRV's apply to Athletes and 7 apply to Athlete Support Personnel (ASP) or other *persons*.



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

Prohibited List



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

Athletes are responsible for knowing what substances and methods are prohibited.

They are also personally liable for any prohibited substance found in their system, regardless of intent.

→ [Check the Prohibited List](#)



It is your personal responsibility to

Take precautions when using medication

1. Inform your doctor that you have to follow the WADA Code.
2. Check your medication for prohibited substances
→ Global DRO
3. Verify whether a Therapeutic Use Exemption (TUE) is applicable to you, and if so, submit the request as soon as possible.

Be very cautious while using supplements

1. Choose supplements from a trustworthy supplier.
2. Check if the supplements are certified and batch-tested.
→ Informed Sport, Hasta, NSF

- + Keep a record of all the medications and supplements you take.
- + Clearly declare them on the Doping Control Form.



What is 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.

Athletes, Officials and Athlete Support Personnel (ASP) must guard against age manipulation and therefore your behaviour 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 these documents on your behalf.
- Federations and ASP should check the date of birth or age is recorded accurately 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 the details 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. 🚨

What is Competition Manipulation ?



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

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



Rules for Athletes, Officials and ASP



Report an approach to manipulate a competition as soon as you are aware of it.



Co-operate with any investigations that are conducted.



DON'T bet on an competition within the sport of athletics.



DON'T share inside information.
(=Information that you, or a small number of people within athletics know, but the wider public does not)



DON'T agree to anything that attempts to change the result of a competition or gives you or someone else an unfair advantage.



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

What is a Transfer of Allegiance?



When an athlete officially changes the country they represent in international sports competitions, the process must follow a strict procedure regulated by World Athletics.

There are several integrity risks associated with this process that could lead to Transfers of Allegiance-related fraud: falsification of documents, premature representation, possible trafficking, forced doping, false and/or unfulfilled promises and athletes' post-transfer rights and general welfare being impacted.

Beware of these risks and before making any decisions, make sure you fully understand the rules.

Safe 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.

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.

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





Play your part by reporting any breach of the rules.

Share information **securely** with the AIU at any time. This can be done **anonymously**, and we will not see your contact details unless you chose to reveal them.



WhatsApp

Communicate with us anonymously in real time.
We cannot see your contact number, name or image!



Email

Remain anonymous if you prefer!



Web form

Submit the secure online form.
Remember your access key or opt-in for notifications to receive our replies.

“

You do not need a
“win at all cost” mindset to
have a champion’s mindset.

Katie Moon

World Champion, Olympic Champion



Write to us

We are here to support you!

If you have any concerns or questions, do not hesitate to reach out to the Athletics Integrity Unit.



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