

## DOPING REGULATIONS IN INTERNATIONAL SPORT

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**Abstract:** This article examines the global regulatory framework designed to combat doping in modern sports. As athletic performance reaches unprecedented levels, the use of performance-enhancing substances has become a major threat to fair competition. The study explores the historical evolution of anti-doping efforts, the structure of the World Anti-Doping Agency (WADA), implementation of the World Anti-Doping Code, and the disciplinary mechanisms used to ensure compliance. The paper also analyzes testing procedures, athlete rights, doping technologies, and ethical challenges faced by international sport organizations. Findings show that a strong, transparent, and science-based anti-doping system is essential for protecting athlete health, maintaining integrity, and preserving trust in global sport.

**Key Words:** Anti-doping, WADA, World Anti-Doping Code, prohibited list, biological passport, fair play, compliance, CAS, testing procedures, athlete rights.

### Introduction

Doping has become one of the most complex and pressing issues in international sports governance. While sport promotes values such as fairness, excellence, and respect, the use of prohibited substances undermines the very foundation of athletic integrity. The commercialization of sport, increased pressure to win, and rapid development of biomedical technologies have created new challenges

for regulators. To ensure fairness and athlete safety, international sport organizations have developed legal, scientific, and administrative mechanisms to detect and prevent doping. The World Anti-Doping Agency (WADA), founded in 1999, coordinates global efforts and sets unified rules for all sports and nations. Understanding how anti-doping regulations operate is essential for strengthening transparency, discipline, and justice in modern sport.

## **Materials and Methods**

This study is based on a comparative analysis of anti-doping policies, international legal frameworks, and institutional governance. Key materials include:

- The World Anti-Doping Code
- WADA Technical Documents
- IOC and FIFA anti-doping regulations
- CAS case studies
- Academic literature on ethics, medicine, and sports law

The analysis identifies eight key regulatory categories that shape the global anti-doping system.

1. **Historical Development of Anti-Doping Regulation.** Early concerns about doping date back to the 1920s, but no formal regulations existed until the 1960s, when the IOC introduced the first banned substance list after several athlete deaths. The 1998 Festina scandal in cycling exposed widespread doping networks, prompting the formation of WADA in 1999. Since then, anti-doping regulation has evolved into a highly sophisticated global legal regime incorporating biological passports, intelligence gathering, and international arbitration.

### **2. The World Anti-Doping Code**

The World Anti-Doping Code is the constitutional framework of global anti-doping governance. It standardizes lists of prohibited substances, testing procedures, sanctions, and athlete rights. All Olympic sports and most international federations are signatories. Regular revisions ensure that emerging doping threats are addressed.

3. Prohibited List and Doping Classifications. WADA updates the Prohibited List annually. Substances fall into categories such as anabolic agents, stimulants, hormones, beta-2 agonists, narcotics, cannabinoids, masking agents, and gene doping.

4. Testing Procedures and Biological Passport. Anti-doping testing includes urine and blood sampling, out-of-competition testing, and intelligence-led investigations. The Athlete Biological Passport tracks long-term physiological values. Abnormal fluctuations may indicate doping even without detecting a specific substance.

5. Athlete Rights, Responsibilities, and TUE System. Athletes are strictly liable for substances found in their bodies. They also have rights to hearings, legal representation, and privacy. The TUE system allows athletes with medical conditions to use necessary medications.

#### 6. Anti-Doping Investigations, Sanctions, and CAS

Sanctions range from warnings to lifetime bans. The Court of Arbitration for Sport (CAS) handles appeals and ensures fairness.

#### 7. Ethical Challenges and Emerging Doping Technologies

New threats include microdosing, gene editing, and designer drugs. Ethical issues involve privacy, distinguishing therapy from enhancement, and preventing state-sponsored doping.

#### 8. Education, Prevention, and Global Cooperation

Modern policy emphasizes prevention and education. Cooperation among agencies, laboratories, and federations is essential.

### Results and Discussion

Anti-doping regulations strengthen transparency and fairness. However, challenges remain: economic disparities, laboratory corruption, and rapid technological changes. Reforms focus on intelligence-based investigations, sample storage, and athlete representation.

### Conclusion

Doping threatens the integrity of modern sport. Effective regulation requires strong legal frameworks, scientific innovation, and ethical governance. Updating policies and promoting fair play are essential to maintaining trust in sport.

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