

Doping policy STN

The Taijiquan Netherlands Foundation (STN) adheres to the doping regulations in accordance with the NOC*NSF (Dutch Olympic Committee).

For more information see: <https://www.dopingwaaier.nl/> or <https://nocnsf.nl/antidoping>

The Taijiquan Foundation Netherlands (STN) has been organizing competitions for 40 years. Despite the fact that Taiji is a movement theory that promotes health, there is a need to implement a clear doping policy at this time. And especially during competitions, it is important to keep the sport clean. Nobody wants to play a game against someone who uses doping. And probably nobody in the Taiji world, consciously or unconsciously, wants to gain or lose advantage in an unfair way.

But unconscious doping use is also much more common than people think. How is that possible? Doping can occur in all kinds of substances, for example in food and drink, but also in medicines and food supplements. The STN has made a lot of information available on this subject in an easy and clear manner.

We think it is very important that all our members and participants in competitions are well aware of the doping rules and how you can prevent an unconscious violation.

Doping list 2019

The WADA Doping List 2019 will come into effect on 1 January. This list contains a number of adjustments compared to the Doping List 2018. The Doping Authority draws attention to the most important points here.

Doping regulations ISR

Doping list

As an athlete you are always responsible for what is in your body. It is therefore important to carefully check all medicines and nutritional supplements in advance for the presence of doping. Whether it's something prescribed by a doctor or a drug bought at the drugstore: both can contain doping substances.

The extensive 2019 doping list is available on request

Doping App

The Doping Fan has always been one of the most important resources in the education of top athletes and sports coaches. Previously, this - as the name implies - was released as a plastic-coated impeller. As of 2014, the Doping Range has been adapted and converted into an App (iOS and Android) and a mobile website (for the other systems).



Doping waaier app

Drug use

If you use medicines that are on the doping list for medical reasons, you can apply for an exemption. In the Netherlands this is called a dispensation, abroad the term Therapeutic Use Exemption (TUE) is often used. So make plans for doping controls, go to <https://www.dopingautoriteit.nl/GDS> where you need to arrange the dispensation.

Questions??

If you still have questions after reading the above information, please send an email to: dopingvragen@dopingautoriteit.nl. Emails will be answered within one business day.

Sources

<https://www.dopingautoriteit.nl/>

<https://www.dopingwaaier.nl/>

<https://nocnsf.nl/antidoping>

<https://www.jbn.nl/kenniscentrum/topsport/antidoping>

<https://www.ndbdarts.nl/thema-s/dopingbeleid>