

# **Annual report of the FIAS Medical and Anti-Doping Commission**

## **2022**



*January 2023*

The FIAS Medical and Anti-Doping Commission present the facts and figures related to the activity of the Commission during the calendar and competition year 2022. The health of our athletes, effective prevention of their injuries, safety at FIAS events, and high-quality Anti-Doping program are all key priorities for our daily work. The Commission is established in the following composition of experts:

Mrs. Tatjana TRIVIC– Chairman  
 Dr. Zurab KAKHABRISVILI – Expert Combat SAMBO  
 Mr. Yuriy OLIYNYK – Expert Women SAMBO  
 Dr. Said LATIF-IDRISSI – Expert Sport SAMBO  
 Dr. Paolo Alan TABAR – Expert Athletes with Different Abilities  
 Dr. Gerardo ARIZA PEÑA – Member  
 Dr. Miodrag DRAPSIN – Member  
 Dr. Alexander BARINOV – Member  
 Dr. George HELMRICH – Member

## Scope of the Commission work:

### 1. ANTI-DOPING: Coordination of FIAS test distribution plan 2022

The FIAS Medical and Anti-Doping Commission created Test Distribution Plan - a document giving guidance on which events doping controls are required. Based on FIAS Anti-Doping Rules, we are obligated to organize the Anti-Doping Programme at each World/Continental Championships, World Cup, and international competition level A. However, the FIAS event calendar is affected by the global situation and the recommendation of the IOC. Therefore, from twelve scheduled events, there were only seven on which the sample collection was performed:

In-Competition Testing Plan 2022							
Month /Dates	Country/City	Name of Event	Educational Program	Number of Samples	Type of Sample	Type of Analysis	Testing Authority
March 24-25	Russia/Moscow	Super World Cup	none	21	Blood	21GHs	FIAS
May 14-15	Dominican Republic	World Cup, Dominican Rep	Seminar	14	Urine	14 Standard + 2 ESAs+ 2 GHRFs	FIAS
May 26-30	Serbia / Novi Sad	European SAMBO Championships	Outreach	21	Urine	21 Standard + 3 ESAs+ 3 GHRFs	FIAS
June 2-4	Lebanon/ Jouheih	Asian SAMBO Championships	Outreach	21	Urine	21 Standard + 3 ESAs+ 3 GHRFs	FIAS
June 18-19	Casablanca/Morocco	World Cup, Morocco	Seminar	14	Urine	14 Standard + 2 ESAs+ 2 GHRFs	FIAS
July 15-17	Yaounde/Cameroon	African SAMBO Championships	Outreach	14	Urine	14 Standard + 2 ESAs+ 2 GHRFs	FIAS
July 22-24	Puntarenas/Costa Rica	Pan American SAMBO Championships	Outreach	14	Urine	14 Standard + 2 ESAs+ 2 GHRFs	FIAS
August 19-22	Bishkek/Kyrgyzstan	World Cup, Kyrgyzstan	Seminar	14	Urine	14 Standard + 2 ESAs+ 2 GHRFs	FIAS
August 27-28	Bat Yam/Israel	World Beach SAMBO Championships	Seminar	10	Urine	10 urine	FIAS
September 17-19	Novi Sad/Serbia	World Cup, Serbia	Seminar	14	Urine	14 Standard + 2 ESAs+ 2 GHRFs	FIAS
October 14-16	Yerevan / Armenia	Youth and Junior World SAMBO Championships	Outreach	21	Urine	21 Standard + 3 ESAs+ 3 GHRFs	FIAS
November 11-13	Bishkek/Kyrgyzstan	World SAMBO Championships	Outreach	30	Urine	30 Standard + 3 ESAs+ 3 GHRFs	FIAS
<b>TOTAL</b>		<b>12 events</b>		<b>208</b>		<b>208 standard + 24 ESAs+ 24 GHRFs+21 GHs</b>	

		Urine tests	Blood Tests	ESAs Tests	GHS	GHRFs
FIAS	In Competition tests	131	0	18	0	18
	Out of Competition tests	24	0	0	0	
	Negative Results	148	0	18	0	18
	Positive Results	7	0	0	0	0
NADOs	In Competition test	70	0	N.A.	N.A.	N.A.
	Out of Competition tests	92	5	N.A.	N.A.	N.A.
	Negative Results	TBA	2	N.A.	N.A.	N.A.
	Positive Results	3	TBA	N.A.	N.A.	N.A.
<b>TOTAL NUMBER OF SAMPLES COLLECTED IN 2022</b>				322		

## 2. ANTI-DOPING: FIAS Out of Competition plan 2022

FIAS is also taking care of out-of-competition tests (OCT). Each year after the World Championships, the elite athletes were selected for the International Testing Pool (TP), and 4 of them were transferred to International Registered Testing Pool (RTP). Those athletes shall provide FIAS whereabouts information quarterly. Coordinating competition Anti-Doping Programs is necessary to comply with WADA Code. More details about FIAS OCT are below:

Number of athletes in FIAS TP 2022	Nationality of athletes	Number of tests for year 2022
21	8 different/from 3 continents	24

## 3. ANTI-DOPING: Educational Program to FIAS stakeholders

Like previous years we have organized educational seminars for coaches, athletes, and athlete supports personnel. FIAS Anti-Doping Educational Plan had and organised face-to-face seminars for our athletes and coaches as well as online webinars. The online webinars were held on three topics: Therapeutic Use Exemption, Anti-Doping Education for Elite Coaches, The prohibited list, and TUE 2022. In addition, on-site seminars were organized at the Continental Championships and at the World Championships (youth and adults).

During the World SAMBO Championships 2022 in Bishkek (Kyrgyzstan), FIAS, in collaboration with ComplexCore, presented a seminar for all SAMBO stakeholders with the technic of supporting to prevent of injuries and applying a healthier approach to sports training and balancing muscle training with compensation exercises. During three days of championships, everyone in the warm-up zone could join the two-hours seminar and receive general and individual recommendations for improving the training process. Based on the specifics of the SAMBO technique, the specialists paid attention to the specific muscle groups necessary for our martial art. The seminar was attended by coaches, medical workers, volunteers of local SAMBO schools, as well as athletes and titled sambists.

## 4. ANTI-DOPING: List of ADRV and Provisionally suspended athletes

To ensure a clean environment for our athletes, the FIAS Anti-Doping Hearing panel evaluated one case – when our members violated the FIAS Anti-Doping Rules, and FIAS was testing authority. Since September 2022, in connection with the transfer of most of the functions of the International Testing Agency (ITA), they have been in response to other cases. The complete table of sanctions as of 23 January 2023 is below:

## A. List of athletes currently serving period of ineligibility:

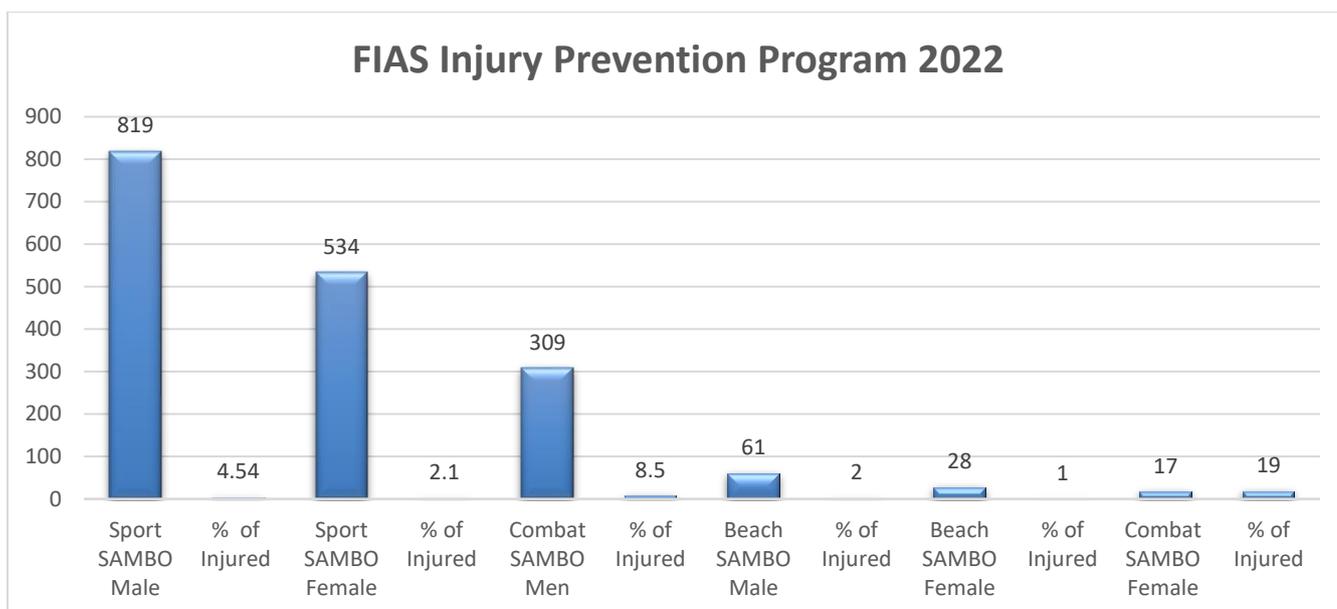
ATHLETE	NATION	PROHIBITED SUBSTANCE	ADRV BASED ON ARTICLE	ADRV DATE	SANCTION	INELIGIBILITY UNTIL
Zhanybek AMATOV	KGZ	5-methylhexan-2-amine (1,4-dimethylpentylamine)	2.1 of FIAS Anti-Doping Rules	January 25, 2021	2 years	January 24, 2023
Umed KHASANBEKOV	TJK	Stanozolol and its metabolite 3-hydroxystanozolol, 4-hydroxystanozolol, 16 $\beta$ -hydroxystanozolol	2.1 of FIAS Anti-Doping Rules	February 7, 2019	4 years	February 6, 2023
Eduard MURAVITSKI	BLR	Furosemide	2.1 of FIAS Anti-Doping Rules	March 15, 2019	4 years	March 14, 2023
Dmitry MEDVEDEV	RUS	Meldonium	2.1 .2.2 of RUSADA Anti-Doping Rules	March 24, 2022	1 year	March 23, 2023
Samat SAGATBEKOV	KAZ	Furosemide	2.1 of FIAS Anti-Doping Rules	April 6, 2021	2 years	April 5, 2023
Ali TABAROV	RUS	Dehydrochloromethyl-testosterone	2.1 of FIAS Anti-Doping Rules	May 24, 2019	4 years	May 23, 2023
Mihail Lyubov NIKOLOV	BUL	Ephedrine	2.1 of FIAS Anti-Doping Rules	June 18, 2021	2 years	June 17, 2023
Vladislavs CERNAVSKIS	LAT	Refusal to be tested	2.3 of FIAS Anti-Doping Rules	June 19, 2019	4 years	June 18, 2023
Omar REGUIGUI	TUN	boldenone and its metabolite 5 $\beta$ -androst-1-en-17 $\beta$ -ol-3-one and cocaine metabolites Benzoyllecgonine, Methylecgonine	2.1. of FIAS Anti-Doping Rules	July 25, 2019	4 years	July 24, 2023
Yusup ISMAILOV	TKM	meldonium	2.1 of FIAS Anti-Doping Rules	August 8, 2019	4 years	August 7, 2023
Nurgeldy KIALBEKOV	KAZ	drostanolone metabolite 2 $\alpha$ -methyl-5 $\alpha$ -androstan-3 $\alpha$ -ol-17-one.	2.1. of FIAS Anti-Doping Rules	September 2, 2019	4 years	September 1, 2023
Sanjeev KADIAN	IND	boldenone metabolite 5 $\beta$ -androst-1-ene-17 $\beta$ -ol-3-one	2.1. of FIAS Anti-Doping Rules	October 4, 2019	4 years	October 3, 2023
Vlada GLAZYRINA	RUS	furosemide	2.1 , 2.2. of FIAS Anti-Doping Rules	November 9, 2021	2 years	November 8, 2023
Yerbolat TULYEK	MGL	Refusal to be tested	2.3. of FIAS Anti-Doping Rules	December 4, 2019	4 years	December 3, 2023
Turabek ISMOILOV	UZB	Meldonium, Furosemide	2.1 of FIAS Anti-Doping Rules	December 10, 2020	3 years	December 9, 2023
Farrukh MIRKHAKIMOV	KAZ	meldonium	2.1 of FIAS Anti-Doping Rules	January 8, 2020	4 years	January 7, 2024
Elaman GENZHEBAEV	KGZ	boldenone metabolite 5 $\beta$ -androst-1-ene-17 $\beta$ -ol-3-one, boldenone, 1-androstenedione, 1-androsterone (3 $\alpha$ -hydroxy-5 $\alpha$ -androst-1-ene-17-one)	2.1. of FIAS Anti-Doping Rules	May 7, 2021	3 years	May 6, 2024
Olimjon NOMURODOV	UZB	methasterone metabolite 2 $\alpha$ ,17 $\alpha$ -dimethyl-5 $\alpha$ -androstane-3 $\alpha$ ,17 $\beta$ -diol	2.1 of FIAS Anti-Doping Rules	June 3, 2022	2 years	June 2, 2024
Shakhriyorbek MAMATKULOV	UZB	furosemide	2.1 of FIAS Anti-Doping Rules	June 4, 2022	2 years	June 3, 2024
Arthur POLEYAN	RUS	meldonium, trenbolone metabolite epitrenbolone, drostanolone metabolite, oxandrolone and its metabolites epioxandrolone, letrozole metabolite Bis-(4-cyanophenyl)methanol	2.1. of FIAS Anti-Doping Rules	October 19, 2020	4 years	October 18, 2024
Ahmed IBRAGIMOV	RUS	meldonium	2.1 of FIAS Anti-Doping Rules	October 19, 2020	4 years	October 18, 2024
Akhroljon FARMONOV	UZB	meldonium	2.1 of FIAS Anti-Doping Rules	April 7, 2021	4 years	April 6, 2025
Dilshod CHORIEV	UZB	meldonium	2.1. of FIAS Anti-Doping Rules	May 7, 2021	4 years	May 6, 2025
Debora GEORDIEVA	BUL	amphetamine	2.1. of FIAS Anti-Doping Rules	May 26, 2021	4 years	May 25, 2025
Nizami MAMMADOV	AZE	Methasterone metabolite (S1.1 AAS)	2.1 of FIAS Anti-Doping Rules	June 16, 2021	4 years	June 15, 2025
Hadis IBRAGIMOV	RUS	boldenone, Peptide Hormones, Growth Factors, Related Substances and Mimetics/human Chorionic Gonadotrophin	2.1 of FIAS Anti-Doping Rules	April 15, 2021	5 years	April 14, 2026
Karen POGOSYAN	RUS	Refusal to be tested	2.2,2.3, 2.5 of RUSADA Anti-Doping Rules	July 13, 2022	5 years	July 12, 2027
Ivan GRACHEV	RUS	dehydrochloromethyl-testosterone, SARMS S-23	2.1, 2.2. of FIAS Anti-Doping Rules	May 30, 2022	6 years	May 29, 2028

## B. List of athletes provisionally suspended.

ATHLETE	NATION	PROHIBITED SUBSTANCE DETECTED	POTENTIAL ADRV BASED ON ARTICLE	PROVISIONALLY SUSPENDED
Aleksey ORLOV	RUS	meldonium	2.1 .2.2 of RUSADA Anti-Doping Rules	August 5, 2022
Mariya KANDRATSYEVA	BLR	meldonium	2.1 of NADA Anti-Doping Rules	September 23, 2022
Ramil VALIYEV	AZE	meldonium and stanozolol/ ADRV: attempted to tamper	2.1/2.2 and/or Article 2.5 of the FIAS ADR	October 28, 2022
Subhiddini KHALILZODA	TJK	Methasterone and metabolite	2.1 and/or Article 2.2 of the FIAS ADR	December 5, 2022
Farzinhoh KHUSENOV	TJK	Methasterone and metabolite	2.1 and/or Article 2.2 of the FIAS ADR	December 5, 2022
Muhammet KOSSEKOV	TKM	Anabolic Androgenic Steroids	7.4.1 of the FIAS Anti-Doping Rules	January 18, 2023

## 5. MEDICAL: Injury reports statistics

The Commission launched in the year 2015 the prevention program for athlete injuries. Part of this program is an annual evaluation of the injuries at our main FIAS events. To gain the most valuable information, FIAS assigned a Medical Delegate, a representative of the FIAS Medical and Anti-Doping Commission, per each major event to help FIAS identify the type and the location of the athlete's injury. To collect standardised information from each event, FIAS created a special report form in two languages (English and Russian). The Injury Report Form is based on a comparative study of the Faculty of Physical Education, University of Rzeszow, Poland, "Injury in Martial Arts and Combat Sports," published on 14th of November 2008. The study draws attention to frequent injuries, explains the cause, and advises the best prevention. The FIAS Injury Report is related to the type of injuries happening during the FIAS events and should give feedback on possible risks linked to FIAS Competition Rules. Data and statistics were collected and shared with FIAS Technical Commission and were used for amendments to FIAS Rules and Regulations.



The table above is a summary of the information collected for the period 2022. Relative to previous years, new disciplines appeared in this table: Beach SAMBO (Men & Female) and Combat SAMBO Female.

## 6. MEDICAL: Medical delegate program 2022

This year, most countries hosting the championships have partially or entirely abandoned covid restrictions, wearing masks and PCR tests. In this regard, the developed bubble system, successfully implemented earlier, lost its relevance to the relief of the participants. FIAS medical delegates oversaw all seven competitions under the auspices of FIAS. All events were held at a decent level, mostly with only a few remarks. Below you can find the main remarks of our delegates.

Dr. Paolo Alan TABAR, in his report after Asian Continental Championship in Jouneih (Lebanon), indicated a few topics:

*Language barre is difficult. It hampers the treatment. Orientation of the local medical staff on the day of the tournament must be done to check for supplies, venues, and schedule on duty.*

*The most common injuries are contusions to the face and knees. One injury was a fractured mandible with tooth impaction. Most athletes go back to play after first aid treatment.*

Zurab KAKHABRISHVILI evaluated medical services during the African Sambo Championships in Yaounde (Cameroon) as a good one. He mentioned that there was 14 medical personnel and 4 qualified doctors.

The Pan American Sambo Championships in Alajuela (Costa Rica) was accompanied by George HELMRICH. He described the tournament *from a medical perspective as an equal success. The support from the local medical providers was very good. The emergency medical responders in attendance (4 on the 9th and 5 on the 10th) were knowledgeable and helpful.*

*Most of the medical time was spent managing bloody noses during Combat Sambo events. There were several small lacerations easily managed. There were the usual number of muscular and ligamentous sprains and strains in both disciplines. Two blackened eyes without fracture were managed. There was a likely grade III shoulder separation sent to the hospital. One presumed and one possible concussion were sent to the hospital. One significant nasal fracture was sent to the hospital. This list is not complete but rather more of a highlight.*

*All athletes received appropriate care. The only opportunity for improvement was greater accessibility to ice. It did not impede care.*

At the European Youth and Junior Sambo Championships Novi Sad (Serbia) Miodrag DRAPSIN was *satisfied with all aspects of the competition and organisation, good communication with the referees.*

*The medical team was doing well and completely fulfilled all tasks. Had all necessary equipment. There were no severe injuries during the competition.*

The widest picture was described at the principal World SAMBO Championships for youth and adults. After the Youth and the World SAMBO Championships, Dr. HELMICH reported:

*1) The care of medical personal provided at the venue was outstanding. A well respected, local orthopaedist was the lead, local physician. He also brought his orthopaedic fellow. Both were there the full time of the competition. We had 4 other physicians that participated at various times during the competition as a testament to the orthopaedist's care, he followed up on an x-ray from the local hospital that was read as negative. There, in fact, was a fracture present and he addressed with the athlete.*

*2) Athletes' injuries: Overall, there were an expected number of injuries. The most serious was a dislocated wrist sustained as the athlete posted during a fall. It was able to be reduced at the hospital and the athlete was released the same evening. A nasal fracture was corrected at the hospital.*

*My only concern was the significant number of elbow injuries in sport Sambo on 14/10/22. They constituted 14 of the 19 injuries on that day. On 15/10, there were 6 of 12. No elbow injuries requiring treatment on 16/10. This one subset seems excessive. I have no direct opinion as to whether this is age, training, or technique related. My suspicion is it is likely a combination. Of the total of 20 (out of 36 total injuries), only 1 was serious. It was the fracture noted on the x-ray in the growth plate. This is a legitimate medical concern in the younger athletes. I am not proposing drastic changes but ask it to be looked at.*

*3) Other comments/ suggestions:*

*a. Ice- This venue, like others, didn't have adequate ice. The medical teams used cold packs but limited ability to truly keep them at the desired temperature. Ice (in sufficient quantity, maybe 10-15 kg per day) with plastic bags would be of great benefit b. Athlete roster by country- There is a great amount of time expended trying to figure out an athlete's name in the acute setting. Language barriers, acute pain, and medical evaluation make it challenging. Were the medical staff have a printed copy of all athletes by country, it would greatly simplify the process. c. Interpreters- Local high school and university students volunteered for the event. Having a dedicated interpreter was of great help.*

After the Wolds SAMBO Championships in Bishkek (Kyrgyzstan) he summarised:

*Overall, the medical care was good. We briefly had a second doctor on the first day (not included in count). He did not return after the morning of the first session. The primary doctor provided good care but didn't understand his responsibilities (primary responsibility is to the athlete currently on the mat barring a major injury). Given the number of athletes that participated, there were very few injuries. None of the injuries were avoidable.*

*Most notable injuries:*

- *Nasal septal fracture x 2. One significant one sent to hospital for imaging and follow up care once he returned to Belarus. Another refused transport (Said Saidov). He will also seek care upon return home.*
- *Elbow hyperextension x 1. Reduced on its own. Sent to hospital for imaging to rule out avulsion fracture. X-ray negative*
- *Mandibular dislocation. Reduced on site. No further treatment required. Follow up once home.*
- *One withdrawal due to mild concussion*

*There was adequate ice for most of the tournament. This was a huge plus. And I was able to use a youth volunteer as an interpreter again. Another big plus.*

George also gave a broader recommendation based on his great experience as a medical delegate this year: *Medical personnel typically show up at 10:00 on the opening morning (Costa Rica, Armenia, and Bishkek). I suggest they arrive no later than 9:00 for a MANDATORY meeting to set expectations for responsibilities. For larger tournaments, 2 local doctors are necessary.*

## CONCLUSION

The Commission is taking care of FIAS Anti-Doping Program and Medical Policies and fully understands its work's importance, strictly following all WADA's recommendations, regulations, and relevant International Standards.

The focus for the year 2023 will remain the Education and Prevention Campaign organized at FIAS major events, increasing integrity and support to the event organizers to fulfil the recommendations of WHO and IOC and successfully use the FIAS Anti-Doping Rules 2021 and FIAS Education Guide for Sambists against Sport Manipulations.

After FIAS achieved IOC recognition, we are responsible for ensuring high-quality medical assistance at our events. Therefore, the Commission proposes to continue with the Medical Delegate program in 2023.

Sincerely yours,

FIAS Medical and Anti-Doping Commission Members