



# CMAS

CONFÉDÉRATION MONDIALE  
DES ACTIVITÉS SUBAQUATIQUES

WORLD UNDERWATER FEDERATION

## **CMAS TECHNICAL RULES ON BENZODIAZEPINES - PDE5 INHIBITORS and BETA-BLOCKERS**

**Version 2024/01**

# CHAP I - CMAS TECHNICAL RULES ON BENZODIAZEPINES AND PDE5 INHIBITORS (PDE5 INHIBITORS).

## Introduction

In order to protect each diver's health and physical integrity and to ensure the safety of the competitions, **Benzodiazepines, Phosphodiesterase type-5 inhibitors ("PDE5 inhibitors"), and other substances with similar biological effect(s)** — hereinafter all referred to as the **"Substances"** are prohibited in-competition under the CMAS Medical Rules as of 1<sup>st</sup> March 2019.

## Examples

**Benzodiazepines** include, but are not limited to: alprazolam, bromazepam, brotizolam, chlordiazepoxide, cinolazepam, clobazam, clonazepam, clorazepate, clotiazepam, cloxazolam, delorazepam, diazepam, estazolam, ethyl loflazepate, etizolam, fludiazepam, flumazenil, flunitrazepam, flurazepam, flutazolam, flutoprazepam, haloxazolam, loprazolam, lorazepam, lormetazepam, medazepam, mexazolam, midazolam, nimetazepam, nitrazepam, nordazepam, oxazepam, oxazolam, phenazepam, pinazepam, prazepam, quazepam, remimazolam, temazepam, tetrazepam, tofisopam, and triazolam.

**Phosphodiesterase type-5 inhibitors** include, but are not limited to: avanafil, tadalafil, sildenafil, and vardenafil.

The CMAS Technical Rules on Benzodiazepines & PDE5 inhibitors ("**CMAS TR**") have the purpose of describing the general steps of Benzodiazepines & PDE5 inhibitors control from the notification of the diver to the report of the results to the CMAS Medical Director.

Departures from the CMAS TR or any other technical rules set forth in the CMAS Regulations does not invalidate the Benzodiazepines & PDE5 inhibitors control or the results of such control, unless it is established by a balance of probability that such departure did cause the positive results.

The CMAS Medical Director may delegate some of its tasks or activities under these regulations to a third- party entity.

The CMAS TR comes into effect on 1 February 2024.

## Article 1 — Testing

### Benzodiazepines & PDE5 inhibitors Control Officer

- a. The CMAS Medical Director or the CMAS President of Sport Committee shall appoint and authorize Benzodiazepines & PDE5 inhibitors Control Officer ("**BEPCO**") to conduct Benzodiazepines & PDE5 inhibitors controls.
- b. Each BEPCO shall have been trained for his/her assigned responsibilities, shall not have a conflict of interest in the outcome of the sample collection, and shall not be a minor.

### In Competition Prohibition of Benzodiazepines & PDE5 inhibitors

- c. For the purpose of the In-Competition Prohibition of Benzodiazepines & PDE5 inhibitors, "in-competition" is the period starting 72 hours before the beginning of the event the diver is scheduled to participate through the end of such event and through the end of the Benzodiazepines & PDE5 inhibitors Sample collection process related to such event. Should an athlete test positive, sanctions will be imposed irrespective of when the prohibited substances entered his/her body.

### **Benzodiazepines & PDE5 inhibitors Control Station**

- d. Unless otherwise specified, Benzodiazepines & PDE5 inhibitors control organized before or following an event (i.e. pre-testing and/or post-finish testing) takes place at the same location as the doping control.
- e. Otherwise, the Benzodiazepines & PDE5 inhibitors control can take place at any suitable place in accordance with these regulations.

### **Article 2 — Notification of Divers**

- a. Notification of divers starts when the BEPCO initiates the notification of the selected divers and ends when the diver arrives at the Benzodiazepines & PDE5 inhibitors Control Station or when the diver's possible violation of the ban on Benzodiazepines & PDE5 inhibitors (or of any of the provisions of these regulations) is brought to the CMAS Medical Director's attention or CMAS President of Sports Committee.

### **Means of Notification and the Divers' Obligations**

- b. The diver shall be notified of his selection for a Benzodiazepines & PDE5 inhibitors Control either in person, through his/her support personnel or by any other means.

### **Time-limit and Permissible Delays**

- c. The diver shall report immediately to the Benzodiazepines & PDE5 inhibitors Control Station, unless compelling justification exists (e.g. obtaining necessary medical treatment, participation in official protocols, fulfilment of media commitment, doping control or diving equipment check).

### **Article 3 — Sample Collection Session**

- a. The sample collection session will be conducted in a manner that ensures the integrity, security and identity of the Sample and respects the privacy and dignity of the diver.
- b. The BEPCO shall ensure that the diver has been informed of his/her rights and responsibilities and shall provide the necessary explanations on the sample collection process.
- c. The diver shall only leave the Benzodiazepines & PDE5 inhibitors Control Station with the approval of the BEPCO and once the sample collection is terminated.

### **Article 4 — Rights and responsibilities**

- a. The diver selected to undergo a Benzodiazepines & PDE5 inhibitors Control shall have the right to:
  - (i) to have a representative and, if available, an interpreter accompanying him/her,
  - (ii) to see official and valid proof of identity as well as accreditation of the BEPCO,
  - (iii) to ask for additional information on the Benzodiazepines & PDE5 inhibitors sample collection process,
  - (iv) to request a delay in reporting to the Benzodiazepines & PDE5 inhibitors Control Station for valid reasons (as provided under Article 2.c. of these regulations),
  - (v) to document any concerns he/she may have about how the sample collection session was conducted,
  - (vi) to check that the sampling kits are correctly sealed.

- b. The diver selected to undergo a Benzodiazepines & PDE5 inhibitors control shall be responsible to:
  - (i) Report immediately to the Benzodiazepines & PDE5 inhibitors Control Station, unless there are valid reasons for a delay as provided in these regulations.
  - (ii) Produce an official and valid ID.
  - (iii) Comply with the sample collection process and the BEPCO's instructions.
  - (iv) Remain within continuous observation of the BEPCO at all times from the point initial contact is made by the BEPCO until the completion of the sample collection process;.

#### **Article 5 — Sample Collection Method**

- a. Urine samples will be analysed to detect presence of Benzodiazepines, while Dried blood droplets or urine samples will be used for detecting the presence of PDE5 inhibitors.
- b. The samples will be collected using specifically designated devices for the collection, transportation and storage of human urine and Dried blood droplets or urine samples.

#### **Article 6 — Benzodiazepines & PDE5 inhibitors Control Form**

- a. The Benzodiazepines & PDE5 inhibitors Control Form shall be in paper.
- b. Any behavior by the diver and/or persons associated with the diver or anomalies with potential to compromise the sample collection shall be recorded in detail by the BEPCO.
- c. The diver shall be granted with the opportunity to document any concerns he/she may have about how the sample collection session was conducted.

#### **Article 7 — Sample Collection Process**

- a. The collection of a sample begins upon the arrival of the diver at the Benzodiazepines & PDE5 inhibitors Control Station by ensuring the diver is informed of the sample collection requirements.
- b. The key steps are then the following:
  - i. The BEPCO fills in the Benzodiazepines & PDE5 inhibitors Control Form with the required information.
  - ii. For Benzodiazepines, the diver chooses the sampling kit of his/her choice among those made available.
  - iii. The diver checks that the chosen sampling kit is correctly sealed.
  - iv. The BEPCO proceeds with collecting the sample of urine for benzodiazepines tests. The Diver has the right to ask for collection and testing of an additional sample for one more test if the first one tests positive.
  - v. The BEPCO proceeds with collecting sample A and sample B of Dried blood droplets or urine for PDE5 inhibitors tests.
  - vi. The Benzodiazepines & PDE5 inhibitors Control Form is completed and signed.

- c. At the conclusion of the sample collection session the diver and BEPCO shall sign the appropriate documentation to indicate their satisfaction that the documentation accurately reflects the details of the diver's sample collection session, including any concerns expressed by the diver. The diver's representative (if any) and the diver shall both sign the documentation if the diver is a Minor.
- d. By appending his/her signature on the Benzodiazepines & PDE5 inhibitors Control Form, the diver confirms that, subject to any concern recorded by the diver:
  - i. the Sample collection was conducted in accordance with applicable regulations;
  - ii. any subsequent complaint is excluded;
  - iii. he/she received a copy of the records of the sample collection session that have been signed by him/her.

## **Article 8 — Testing the samples**

### **Benzodiazepines Sample Analysis**

- a. The analyses of Benzodiazepines are performed by using BZD Urine Tests, by Narcocheck, Reference DOA-BZD-1S, after proper extraction of the samples.
- b. Once the procedures are completed, the Sample A collected is then tested in the presence of the diver concerned and should it test positive, the diver may request to have Sample B tested as well. Should also Sample B test positive, the diver is immediately excluded from the competition by the BEPCO should he/she test positive before the event takes place, or disqualified and deprived of any titles and results should he/she test positive after the competition (suspension shall apply as well). In both events, the diver is suspended from any sport activities until the final decision issued by the Disciplinary Committee of CMAS.

### **PDE5 inhibitors Sample Analysis**

- a. The analyses have to be performed in the laboratory designated by the CMAS Medical Director, using the validated method for the detection of PDE5 inhibitors.
- b. The results will be then reported by the laboratory to the CMAS Medical Director. The diver is immediately excluded from the competition by the BEPCO should he/she test positive before the event takes place, or disqualified and deprived of any titles and results should he/she test positive after the competition (suspension shall apply as well). In both events, the diver is suspended from any sport activities until the final decision issued by the competent disciplinary bodies of CMAS.
- c. The WADA Code shall apply *mutatis mutandis* as to the sample reception, chain of custody, handling of b-samples and second tests.

## **Article 9 — Evaluation of the results of the testing procedure**

- a. All samples showing the presence of the parent compound of either Benzodiazepines or PDE5 inhibitors (or both) and/or any of their metabolites shall be reported as "*presence of [either or both Benzodiazepines & PDE5 inhibitors]*". All other samples will be reported as "*absence of [either or both Benzodiazepines & PDE5 inhibitors]*". A picture of the sample shall be taken by the BEPCO and attached to the report form.
- b. All samples with the presence of PDE5 inhibitors ~~or both~~, and/or any of their metabolites, which have been confirmed upon completion of the testing procedure, shall be sealed and stored by the laboratory. All other samples shall be destroyed.

- c. When a sample revealed the presence of either Benzodiazepines or PDE5 inhibitors or both, and/or any of their main metabolites, it shall be reported on an individual test report, together with the relevant analytical documentation.
- d. Upon the conclusion of the review, a final report established as a certificate of analysis will be sent to the CMAS Medical Director through a safe electronic channel.

#### **Article 10 — Notification to the diver**

- a. Upon receipt of the notification of samples reporting the “*presence of [either or both Benzodiazepines & PDE5 inhibitors]*”, CMAS Medical Director, or its delegate, shall notify both the concerned diver and his/her National Federation accordingly by email. Should the email address of the diver be unknown or unreachable, the notification to the National Federation shall however serve the scope of rendering the diver aware that his/her sample tested positive.
- b. As of the date of notification, the diver that tested positive is automatically suspended and may not participate to any sport competitions both at a national and international level.
- c. CMAS Medical Director shall forward the case file to CMAS Sport Prosecutor for the disciplinary proceedings to be set in motion in accordance with the provisions contemplated in the CMAS Disciplinary Code.
- d. The applicable sanctions, without prejudice of the interim measures contemplated in these rules, shall be:

First violation: two (2) year suspension

Second violation: four (4) year suspension

Third or further violations: life ban

## **CHAP II - BETA-BLOCKERS**

Regarding the inclusion of P1 BETA-BLOCKERS in the INTERNATIONAL PROHIBITED LIST, beta-blockers are prohibited in- and out-of-competition in the following CMAS sports:

All sub-disciplines of freediving, spearfishing, and Target shooting.

To protect the health and physical integrity of each diver and to ensure the safety of competitions, CMAS does not accept any TUEs regarding the use of beta-blockers for any reason.