



CMAS

Medical and Anti-Doping Commission

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Following the events occurred on occasion of the Vertical Blue 2023 round in Bahamas, and without prejudice of the sanctions imposable under the WADA Code, CMAS has set in motion a disciplinary procedure in respect of the Croatian athletes Vitomir Maricic and Petar Klovar for violation of CMAS Code of Ethics.

The two athletes have been provisionally suspended, effective immediately, from any sport activities within CMAS, pursuant to the article 10.2 of CMAS Statutes.

Such interim measure shall be effective until review by the CMAS Board of Directors meeting, scheduled to be held on 23rd of September 2023, based on the findings of the said investigation.

In addition, CMAS has resolved to provisionally ban the use and possession both in or out-of-competition of any drugs, medications, or supplements which contain benzodiazepine and sildenafil or any similar molecules or active ingredients, until a full scientific report is delivered in this respect by the competent CMAS commissions.



“Viagra“ and other misused medications to enhance the performance

Responses attempt to frequent and various questions

By DR Michel Légliise

Summary: Due to the official document published by CMAS on August 2023, many legitimate questions have come to us. This document below aims to approach this crucial subject with detailed additional and much more information. CMAS has the mission and the duty in its rules but also according to its ethic and spirit to protect its athletes in terms of health and security with open access to a clean sport practice. Currently, some athletes are misleading their sports activities, taking huge risks using various substances to enhance their performance in an unfair and ashamed practice. These substances are made only for specific medical pathologies, not sports practice. It concerns medications still not listed as forbidden on the WADA list. For this reason, CMAS facing this crucial problem, took in a huge emergency the decision to provisionally forbid them as legally its rules, statutes and ethic allow it.

To enhance their performance, the imagination of the cheaters has no limit. Usually, they divert the medical indications regarding a specific pathology for which the medication was created by a laboratory after **long scientific research focusing on security, efficiency – posology, risks - side effects, allergy, and drug interaction. But only in the frame of the particular use for the said pathology in the classic condition of daily life, not at all in the specific condition of sports practice, and even less in the specific physiological constraints of free diving.**

This total lack of information can change all the data, the condition of use and risks. Despite this total lack of knowledge, it does not avoid the cheaters from assimilating and using the benefits of the product in the strict frame of pathology to use them in a totally another frame, sometimes a hostile environment. The use of **Sildenafil** (mainly distributed under the name **Viagra**), also similar molecules as Vardenafil – Tadalafil – Avanafil (class of Phosphodiesterase 5), is a typical illustration of this abusive and perverse misuse.

Mainly, Tadalafil, but also the other substances, medically work on the **Arterial Pulmonary Circulation** in pathologies due to cardiovascular or /and pulmonary diseases (**chronic obstructive pulmonary diseases = COPD**) to reduce pulmonary hypertension through a complex enzymatic mechanism; **it works in relaxing the “smooth muscle cells” of the lungs with dilatation of the pulmonary vessels - shortly... facilitating the cardiovascular circulation in the lungs. This rather quick shortcut makes cheaters interested by such apparent profit for their sports performance, assimilating the pulmonary physiologic “blockage “during apnea to the mechanic obstruction in pathology. This diversion of the strict medical indication of this substance can provide disturbance - risks - side effects... not foreseen, especially since the effects can be in the short term, medium and insidiously in the long term. As said above, we have behind important lab research focusing on a specific pathology but none at all on the diversion of use to apnea condition. Good health must be kept away from sorcerers’ apprentices and cheaters.**

Many medications have side effects, often more and less negative, even dangerous. But also some positive effects fortuitously discovered after practical use on the field for very different other pathologies. This is the case for Viagra. As you know, Viagra and generics are much more known and used to treat erectile dysfunction for their property of Vascular dilatation of the smooth muscles of the corpus cavernosum. Some women are using Viagra for the dilatation of their erectile sphere and vaginal lubrication. It means that they also can turn away for a perverse use trying to enhance their performance.

Viagra and some other medications like Benzodiazepines and some others popular with the cheaters are still not listed as forbidden by WADA.....

CMAS reminds that after many requests to WADA, Betablockers in and then out of competition are now forbidden in free diving (see more information on the official prohibited list of Wada 2023 point P1).

The procedure to include new substances often takes a long time, requiring very serious scientific documents for the WADA list committee. CMAS, however, has already launched the enquiry and procedure and works in close contact with WADA scientific committee. Another possibility also studied with ITA, and WADA is *that CMAS could definitely have its own list regarding the substances with privileged use in CMAS discipline as enhancing the performance.*

But anyway, the current situation is critical and unacceptable, and CMAS cannot tolerate such practices disregarding the health – security of its athletes and violating the principle of a clean sport. This is unfair to the vast majority of our clean athletes and a bad image for our sport. Therefore the CMAS president and collaborators were forced to take urgent provisional measures in perfect legality as the CMAS was in a critical situation; before finding a durable situation (see above). For the moment, this decision is provisional with provisional management and rules. These rules will strictly follow the directives and spirit of the WADA recommendation. Among them, as an example, a Therapeutic exemption could potentially be requested but strictly following the WADA rules. We mean if the healthy can be deeply affected in case of privation of the medication, never in case of a short medical or psychologic temporary discomfort like a privation or limitation of sexual activities in previous hours or a part of the day before the competition.

CMAS does its role and responsibilities regarding health, security and clean sport, but also trusts and thanks all the CMAS family, particularly the apnea divers family, for their strong support.

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