



INTERNATIONAL FEDERATION OF SPORT CLIMBING

# IFSC BODY MASS INDEX SCREENING PROCEDURE RULES



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## Preamble

The Medical and Anti-doping Commission's mission is to provide a guiding reference on matters relating to the protection of the health of athletes. In undertaking this role the commission considers itself to have the responsibilities to supervise the provision of health care and doping control during the IFSC events, developing and promoting the adoption of ethical standards in sport science and medicine, delivering evidence-based education to athletes and their entourage.

This protocol focuses on protecting athletes from the risk of relative energy deficiency in sport (RED-S), as per the [IOC consensus statement updated in 2018](#).

Since years, the Medical and Anti-Doping Commission has been studying this health issue and performing BMI screenings at competitions to inform, educate, and raise awareness to a possible risk of RED-S in competitors. In 2021 the IFSC ran a survey to study the [Prevalence of Amenorrhea in Elite Female Competitive Climbers](#). This study showed some evidence of hormonal disturbances among elite female athletes.

According to the IOC RED-S Risk Assessment Model, participation in high level climbing competitions may represent a risk for the health of athletes and may distract them, in some cases, from devoting the necessary attention to treatment and recovery.

To improve the uptake by the stakeholders and to improve the validity of the BMI process, the IFSC Medical & Anti-Doping Commission will gradually implement these procedural rules collecting and scientifically analyzing data using a systematic methodology.

## 1 Introduction

1.1 These Body Mass Index procedure rules are referred to throughout this documents as the "BMI Procedure".

1.2 The BMI Procedure was approved by the IFSC board, following the instruction of the IFSC Medical & Anti-Doping Commission.

1.3 These BMI Procedure form a part of the IFSC Rules and Regulations.

## 2 Application

2.1 These BMI Procedure apply to all Athletes who hold an IFSC International Athlete License, and participate in any Boulder and/or Lead World Cup Event, authorised or recognised by the IFSC.

2.2 These BMI Procedure must be read and applied in conjunction with IFSC Rules and Regulations and all other applicable rules of the IFSC.

## 3. Roles and Responsibilities

3.1 It is the personal responsibility of Athletes and Athlete Team Personnel to familiarise themselves with all the requirements of these BMI Procedure.

### *Athlete Responsibilities*

3.2. The roles and responsibilities of Athletes include, without limitation, to:



- a) be knowledgeable of and comply with all applicable policies, rules and processes established by these BMI Procedure;
- b) participate at the BMI screening in good faith;
- c) cooperate with the IFSC concerning violations of these BMI Procedure; and
- d) actively participate in the process of education and awareness.

#### *Athlete Team Personnel Responsibilities*

3.3. The roles and responsibilities of Athlete Team Personnel include, without limitation, to:

- a) be knowledgeable of and comply with all applicable policies, rules and processes established by these BMI Procedure;
- b) use their influence on Athlete values and behaviour to foster a positive and collaborative attitude and communication;
- c) cooperate with the IFSC concerning violations of these BMI Procedure; and
- d) actively participate in the process of education and awareness.

#### **4 BMI Procedure Personnel**

4.1 The BMI Procedure Personnel are fundamental to the effective implementation of these BMI Procedure. The IFSC Medical and Anti-doping Commission will appoint, before the start of each season, a member of the Medical and Anti Doping Commission, each of whom will have a key role in the organisation, implementation and administration of the BMI Procedure for the IFSC.

4.2 The personnel shall:

- a) Conduct the Procedure in good faith and evaluate the BMI screening figures with professionalism, objectivity and transparency;
- b) Ensure that the screenings are properly delivered during the IFSC events;

#### **5 Body Mass Index Screening Procedure During Competition**

5.1 The BMI Procedure Personnel will deliver BMI-screenings before the Semifinals stage of each Lead and Boulder disciplines at each of the IFSC World Cup Events of the IFSC World Cup season.

5.2. The BMI screening will be delivered in Isolation. Screenings shall take place in a discrete location area.

5.3 The BMI screening shall be delivered with the tools explained in more detail in the Annex 1.

#### **6. Body Mass Index screening figure**

6.1 Once the BMI screening procedure is completed, the National Federation will receive within three (3) days from the relevant World Cup where the screening took place, an information letter regarding its Athletes' status if the BMI screening figure is within the following observation frame:

- a) For Men BMI fixed observation frame: between 18,5 and 19,0 kg/m<sup>2</sup>
- b) For Women BMI fixed observation frame: between 17,5 and 18,0 kg/m<sup>2</sup>



6.2 Once the BMI screening procedure is completed, the National Federation will be ordered by the IFSC Medical and Anti-Doping Commission to send the results of medical examinations (explained in Annex 1) within twenty (20) days from such notification if its Athletes shows a BMI/MI screening figure within the following observation frame:

- a) For Men BMI fixed observation frame: below 18,5 kg/m<sup>2</sup>
- b) For Women BMI fixed observation frame: below 17,5 kg/m<sup>2</sup>

6.5 If other particular medical examination are needed to complete the evaluation, the IFSC Medical & Anti-Doping Commission will communicate the full list to the Athlete and/or Athlete Team Personnel.

## 7. Evaluation

7.1 The IFSC Medical & Anti Doping Commission shall evaluate the documentation within fifteen (15) days of its receipt.

7.2 The IFSC Medical and Anti-Doping Commission, after the evaluation of all the medical examinations as per point 6.2, shall require further medical examination to better evaluate the athlete health status.

7.3 The IFSC Medical & Anti Doping Commission must appoint a panel to evaluate such medical documentations.

## 8 Use of Athlete information

8.1 The IFSC may only Process screening Data if such Data is considered necessary to conduct the BMI screening Procedure.

8.2 All screening Data Processed by the IFSC must be accurate, complete and kept up-to-date.

8.3 By signing the IFSC Athlete License, the Athlete give the consent to use the Data collected during the BMI screening for the BMI Procedure.

8.4 The IFSC must:

- a) Protect Screening Data by applying appropriate security safeguards, including physical, organisational, technical and other measures to prevent the loss, theft or unauthorised access, destruction, use, modification or disclosure of Screening Data; and
- b) Take reasonable steps to ensure that any other party provided with Screening Data uses that Screening Data in a manner consistent with these BMI Procedure Rules.

8.5 The IFSC may disclose screening Data to other parties only if such disclosure is in accordance with these Procedure Rules and permitted by National Laws.

8.6 The IFSC must ensure that Screening Data is only retained for as long as it is needed for the purpose it was collected. If Screening Data is no longer necessary for BMI Procedure purposes, it must be deleted, destroyed or permanently anonymised.

8.7 Athletes may request from the IFSC at any time a copy of the BMI screening data that is held.

8.8 A request may be made by an athlete or a National Federation on an Athlete's behalf and must be complied with within a reasonable period of time.

## Annex. 1

### List of Medical examination

#### Sport medical evaluation

- plicometry (preferable after Jackson Pollock 7 Equation)

#### Psychological attest:

Psicological attest must includes:

- eating behaviour questions
- including questions for the female athlete triad

#### Eating disorder laboratory evaluation and diagnostic testing:

- Bone mineral dencity: DXA (dual energy X-ray absorptiometry)
- Anthropometry (BMI, MI)
- Haemoglobin, haematocrit, ferritin, iron, transferrin, transferrin saturation index
- Electrolytes: Sodium, calcium, potassium, magnesium, phosphorus
- Blood lipids: Cholesterol, triglycerides
- Proteins: Albumin, total blood protein
- Hormone values: TSH, LH, FSC, cortisol
- Renal function: blood urea nitrogen (BUN), kreatinin

### BMI screening tools

Mobile stadiometer with integrated level:

- Measuring range in cm: 20 – 205 cm
- Measuring range in inch: 8 – 81"
- Graduation: 1mm / 1/ 8"

Flat scale with foot pedal:

- Capacity: 200kg
- Graduation (g): 100 g < 150 kg > 200 g
- CE: CE0109, 0123