

Recreational Drugs

Cannabinoids

Marijuana (marihuana) and hashish are drugs composed of the leaves and flowers or resin of plants in the genus *Cannabis*. Their active ingredient is tetrahydrocannabinol (THC).

Marijuana is known by a variety of other names, including pot, grass, and weed. The leaves and flowers are usually dried and crushed and formed into cigarettes (joints) for smoking but can also be eaten.

Hashish is also known by bhong and ganja and is far more potent than marijuana. It can be smoked or eaten, too.

The main reason for cannabis consumption may be the experience of a mild euphoria. Considering possible side effects, the sensation of this euphoria is not worth the risk.

Side effects of cannabis consumption may include

- impaired coordination and balance, drowsiness, unsteadiness
- slowed reaction time
- increase in the rapidity of the heartbeat, tightness of the chest
- dryness of the mouth and throat

Long term risks include

- visual hallucinations, paranoid reactions and psychoses
- anxiety, depression and extreme variability of mood
- Memory impairment
- Increased risk of mouth, tongue, throat and lung cancer

Cannabinoids are listed under S8 on the WADA prohibited list (2019) and are prohibited in-competition only. Players can test positive even if the use of cannabinoids was days or weeks prior to the competition because THC binds to fatty tissue where it is released only slowly. Detection of cannabinoids can lead to a suspension of two years.

Cocaine

Cocaine is a drug obtained from the leaves of the coca plant and is one of the most addictive and abusive illegal drugs. Other names for cocaine are coke, snow and crack. Application routes vary and include insufflation, smoking, eating and injection.

Cocaine acts directly on the central nervous system and produces feelings of well-being and euphoria, along with a decreased appetite, relief from fatigue, and increased mental alertness. However, the initial rush is short-lived and leaves the consumer with an abrupt comedown after about 30 minutes which triggers addiction.

Use of cocaine can produce weight loss, increased temperature, heart rate and blood pressure.

Long term effects may include:

- mental confusion, paranoia, hallucinations
- depression, anxiety, irritability
- sleep problems, chronic fatigue
- headaches and nausea
- convulsions, strokes and heart attacks that can cause death

Cocaine is defined as a non-specified stimulant under S6 in the WADA prohibited list (2019) and is therefore prohibited in-competition. Detection of cocaine metabolites in the body is possible even several days after application and can lead to a sanction of up to four years.

Methamphetamine

Methamphetamine, byname speed, is a potent and addictive synthetic stimulant drug that affects the central nervous system. It is prescribed for the treatment of certain diseases, including attention-deficit/hyperactivity disorder (ADHD), narcolepsy, and obesity.

As a recreational drug, methamphetamine may be taken in form of pills or, as a crystalline powder (“crystal meth”) and sniffed through a hollow tube. It may also be taken intravenously and thereby enhancing the chances of infections (HIV, Hepatitis).

Methamphetamine increases physical activity and suppresses appetite.

The use of Methamphetamine may produce powerful side effects, including

- aggression and paranoia
- schizophrenia
- kidney and lung disorders
- brain and liver damage
- chronic depression
- immune deficiency disorders
- convulsions

Methamphetamine (Metamfetamine(d-)) is listed as a non-specified stimulant under S6 in the WADA prohibited list (2019). Its use is prohibited in-competition only, but detection can occur several days after application. Evidence for methamphetamine use can result in a ban of 4 years.

Ecstasy (MDMA)

Ecstasy or MDMA (Methylenedioxymethamphetamine) is a euphoria-inducing stimulant and hallucinogen. It is a derivative of the amphetamine family and a relative of the stimulant methamphetamine. Ecstasy, which is taken in pill or powder form, also has a chemical relationship to the psychedelic drug mescaline.

A significant portion of what is sold as Ecstasy is mixed with other substances, such as ketamine, caffeine, cocaine or even rat poison, increasing the health risk to users.

Ecstasy directly affects the central nervous system by increasing the production of the neurotransmitters serotonin and dopamine. This stimulation gives users feelings of increased energy, feelings of happiness and euphoria which is followed by a rapid comedown.

MDMA use leads to the following short- and long-term effects:

- increased blood pressure
- dehydration
- severe muscle tension
- confusion
- depression and paranoia
- impaired memory
- liver damage

Methylenedioxymethamphetamine is listed as a specified stimulant under S6 in the WADA prohibited list (2019). It can be detected several days after application and proof of metabolites in-competition leads to suspensions of up to two years.

Source: www.britannica.com