

IFBB ANTIDOPING RULES 2015

In line with the

2015 World Anti-Doping Code.

Approved by WADA on May 26th, 2014

Ratified by IFBB Annual General Assembly on November 15th, 2014.

INTRODUCTION

Preface

At the IFBB Congress held on November 9, 2003 in Mumbai, India, the IFBB accepted the World Anti Doping Code (the '*Code*') and, on November 12, 2003 the IFBB became an official Signatory to the Code. The Code is implemented through these IFBB Anti Doping Rules (the '*Rules*') adopted at the IFBB Congress held on November 27, 2005 in Shanghai, China. These Rules are adopted and implemented in conformance with the IFBB responsibilities under the Code, and are in furtherance of the IFBB's continuing efforts to eradicate doping in the sports it governs.

Anti Doping Rules, like Competition Rules are sport rules governing the conditions under which sport is played. Athletes and other Persons accept these rules as a condition of participation and shall be bound by them. These sport-specific rules and procedures aimed at enforcing anti-doping rules in a global and harmonized way, are distinct in nature from criminal and civil proceedings. They are not intended to be subject to or limited by any national requirements and legal standards applicable to such proceedings, although they are intended to be applied in a manner which respects the principles of proportionality and human rights. When reviewing the facts and the law of a given case, all courts, arbitral hearing panels and other adjudicating bodies should be aware of and respect the distinct nature of the anti-doping rules in the Code and the fact that these rules represent the consensus of a broad spectrum of stakeholders around the world with an interest in fair sport.

Fundamental Rationale for the *Code* and the Rules

Anti doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as 'the spirit of sport'; it is the essence of Olympism, the pursuit of human excellence through the dedicated perfection of each person's natural talents. It is how we play true. The spirit of sport is celebration of the human spirit, body and mind, and is characterized by the following values:

- Ethics, fair play and honesty
- Health
- Excellence in performance
- Character and education

- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and other *Participants*
- Courage
- Community and solidarity

Doping is fundamentally contrary to the spirit of sport.

History

The IFBB first introduced doping control at the Men's World Championships in Tokyo, Japan. In 1987, controls were expanded to include the Women's World Championship and, in 1988, the Juniors & Masters World Championships became the final world-level competition to be controlled. By the early 1990's, anti doping programs were being implemented at the national, regional and continental levels.

Since 1986 the IFBB Anti-Doping program has been supervised by its medical Commission and guided by its Special Advisors: internationally renowned experts in field of doping control like the late Prof. Dr. Manfred Donike (Germany), Chairman of the IOC Doping Commission, and currently, Prof. Dr. Eduardo H. De Rose (Brazil), member of IOC Doping Commission.

In January 1996 a new completely revamped IFBB Anti Doping Program was implemented worldwide. This program was modeled on the *Olympic Movement Anti Doping Code* (OMADC) and doping control procedures employed by the Canadian Centre for Ethic in Sport (CCES), formerly the Canadian Centre for Drug Free Sport (CCDS), a founding member of the Drug Free Sport Consortium (DFSC).

In January 1998, under then IOC President Juan Antonio Samaranch, the IOC granted provisional recognition to the IFBB.

In November 2003 the IFBB became an official Signatory to the Code. In 2004, working closely with WADA, the IFBB Anti Doping Program was amended to conform to the provisions of the *Code*.

In July, 2005, the IFBB Anti Doping Program was amended again and renamed the *IFBB Anti Doping Rules*. On november 27, 2005, at its Annual General Meeting in Shangai, China, the IFBB International Congress officially adopted the IFBB Anti-Doping Rules, which took force and effect of January 1, 2006.

On March 4th 2008, WADA officially confirmed that the IFBB Anti-Doping Rules were in full compliance with the *Code*.

On November 4, 2009, in Doha, Qatar, the IFBB International Congress approved the new article 14.7 of the IFBB Constitution, about the duties and the responsibilities of the IFBB Anti-Doping Commission.

The IFBB Anti Doping Commission (Article 14.7 of the IFBB Constitution)

The Anti Doping Commission ('ADC') shall be comprised of three voting members, preferably chosen from among the elected members of the Executive Council, who shall be nominated by the President, appointed by the Executive Council and confirmed by the Congress for a four-year period, and two non voting external advisors (one a medical doctor with experience in doping/anti doping; the other an attorney at law). The ADC shall have the following duties and responsibilities:

1. To have overall control of the Results Management of all doping cases whereat the IFBB acts as *Anti-Doping Organization*.
2. To have authority to conduct investigations, to issue reports, to make findings in fact, and to make recommendations regarding all doping matters.
3. To have authority to impose *Provisional Suspensions*.
4. To have authority to impose suspensions on *Athletes* and other *Persons*, in accordance with the provisions of these Rules and the *Code* and to have authority to fine [*in an amount set by the Executive Council*] Affiliated or Recognized Federations for breaches of these Rules and/or the *Code*.
5. To act as the Hearing Body of first instance. The ADC shall establish rules for the conduct of such hearings based on the principles set out in these Rules and the *Code*.
6. To have authority to investigate, evaluate and decide upon requests for *TUE* for *Athletes* competing at the World Championships.
7. To manage the online *ADAMS* program.
8. To liaise with *WADA* on all issues related to the Anti-Doping Program, these Rules and/or the *Code*; to advise *WADA* of all anti-doping rule violations and the Results Management of same.
9. To cooperate with other *Anti-Doping Organizations* for the efficient and effective Results Management of IFBB *Athletes* and other *Persons* participating at events under control of these *Anti-Doping Organizations*.
10. To submit to *WADA* the *Doping Control* Annual Summary.
11. To assist the IFBB with its Anti-Doping Educational Program.
12. To perform any duty consistent with its mandate and in accordance with these Rules and/or the *Code*.
13. To fulfill any other duty that may be assigned to it by the Executive Council or its delegate authority.

Scope

These Rules shall apply to the IFBB, each recognized and/or affiliated Continental, Regional, National Federation of the IFBB, and each *Participant* or *Person* in the activities of the IFBB or its recognized and/or affiliated Continental, Regional, National Federations, by virtue of the *Participant's* membership, accreditation, or participation in IFBB or its recognized and/or affiliated Continental, Regional, National Federations or their activities or *Events*.

[Any *Person* who is not a member of a National Federation and who fulfills the requirements to be part of the IFBB *Registered Testing Pool* must become a member of the Person's National Federation and must take himself or herself available for *Testing*, at least 6 (six) months before participating in *International Events* or *Events* of his/her National Federation].

[To be eligible for participation in IFBB events a competitor must have an IFBB license issued by his or her National Federation and the IFBB international card, licensed by the same IFBB. The IFBB license and the IFBB international card will only be issued to competitors who have personally signed the doping test consent form, in the actual form approved by the IFBB Executive Council. All forms from under age applicants must be counter signed by their legal guardians.

The National Federation must guarantee that all *Athletes* registered for a IFBB License accept the rules of the IFBB, including these Rules.

It is the responsibility of each National Federation to ensure that all national-level *Testing* on the National Federation's athletes complies with these Rules. In some countries the National Federation itself will be conducting the *Doping Control* described in these Rules. In other countries, many of the *Doping Control* responsibilities of the National Federation have been delegated or assigned by statute or agreement to a *National Anti Doping Organization*. In those countries, reference in these Rules to the National Federation shall apply, as appropriate, to the *National Anti-Doping Organization*.

These Rules shall apply to all *Doping Controls* over which IFBB and its Continental, Regional National Federations have jurisdiction.

Other documents Available

(At the WADA website www.wada-ama.org)

International Standard for the Prohibited List
International Standard for Testing
International Standard for Therapeutic Use
International Standard for Laboratory Analysis

ARTICLE 1 - DEFINITION OF DOPING

Doping is defined as the occurrence of one or more of the anti-doping rule violations, set forth in Article 2.1 through Article 2.10 of these Rules.

ARTICLE 2 - ANTI-DOPING RULE VIOLATIONS

The purpose of Article 2 is to specify the circumstances and conduct which constitute anti-doping rule violations. Hearings in doping cases will proceed based on the assertion that one or more of these specific rules has been violated.

Athletes or other *Persons* shall be responsible for knowing what constitutes an anti-doping rule violation and the substances and methods which have been included on the *Prohibited List*.

The following constitute anti-doping rule violations:

2.1 Presence of a *Prohibited Substance* or its *Metabolites* or *Markers* in an *Athlete's Sample*

It is each *Athlete's* personal duty to ensure that no *Prohibited Substance* enters his or her body. *Athletes* are responsible for any *Prohibited Substance* or its *Metabolites* or *Markers* found to be present in their *Samples*. Accordingly, it is not necessary that intent, *Fault*, negligence or knowing *Use* on the *Athlete's* part be demonstrated in order to establish an anti-doping rule violation under Article 2.1.

2.1.1 Sufficient proof of an anti-doping rule violation under Article 2.1 is established by any of the following: presence of a *Prohibited Substance* or its *Metabolites* or *Markers* in the *Athlete's A Sample* where the *Athlete* waives analysis of the *B Sample* and the *B Sample* is not analyzed; or, where the *Athlete's B Sample* is analyzed and the analysis of the *Athlete's B Sample* confirms the presence of the *Prohibited Substance* or its *Metabolites* or *Markers* found in the *Athlete's A Sample*; or, where the *Athlete's B Sample* is split into two bottles and the analysis of the second bottle confirms the *Presence* of the *Prohibited Substance* or its *Metabolites* or *Markers* found in the first bottle.

2.1.2 Excepting those substances for which a quantitative threshold is specifically identified in the *Prohibited List*, the presence of any quantity of a *Prohibited Substance* or its *Metabolites* or *Markers* in an *Athlete's Sample* shall constitute an anti-doping rule violation.

2.1.3 As an exception to the general rule of Article 2.1, the *Prohibited List* or *International Standards* may establish special criteria for the evaluation of *Prohibited Substances* that can also be produced endogenously.

2.2 Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method

2.2.1 It is each *Athlete's* personal duty to ensure that no *Prohibited Substance* enters his or her body and that no *Prohibited Method* is *Used*. Accordingly, it is not necessary that intent, *Fault*, negligence or knowing *Use* on the *Athlete's* part be demonstrated in order to establish an anti-doping rule violation for *Use* of a *Prohibited Substance* or a *Prohibited Method*.

2.2.2 The success or failure of the *Use* or *Attempted Use* of a *Prohibited Substance* or *Prohibited Method* is not material. It is sufficient that the *Prohibited Substance* or *Prohibited Method* was *Used* or *Attempted* to be used for an anti-doping rule violation to be committed.

2.3 Evading, Refusing or Failing to submit to Sample Collection

Evading *Sample* collection, or without compelling justification refusing or failing to submit to *Sample* collection after notification as authorized in these Rules or other applicable anti-doping rules.

2.4 Whereabouts Failures

Any combination of three missed tests and/or filing failures, as defined in the International Standard for Testing and Investigations, within a twelve-month period by an *Athlete* in a *Registered Testing Pool*.

2.5 Tampering or Attempted Tampering with any part of Doping Control

Conduct which subverts the *Doping Control* process but which would not otherwise be included in the definition of *Prohibited Methods*. *Tampering* shall include, without limitation, intentionally interfering or attempting to interfere with a *Doping Control* official, providing fraudulent information to an *Anti-Doping Organization* or intimidating or attempting to intimidate a potential witness.

2.6 Possession of a Prohibited Substance or a Prohibited Method

2.6.1 *Possession* by an *Athlete In-Competition* of any *Prohibited Substance* or any *Prohibited Method*, or *Possession* by an *Athlete*

Out-of-Competition of any *Prohibited Substance* or any *Prohibited Method* which is prohibited *Out-of-Competition* unless the *Athlete* establishes that the *Possession* is consistent with a Therapeutic Use Exemption ("*TUE*") granted in accordance with Article 4.4 or other acceptable justification.

2.6.2 *Possession*, by an *Athlete Support Personnel In-Competition* of any *Prohibited Substance* or any *Prohibited Method*, or *Possession* by an *Athlete Support Personnel Out-of-Competition* of any *Prohibited Substance* or any *Prohibited Method* which is prohibited *Out-of-Competition* in connection with an *Athlete, Competition* or training, unless the *Athlete Support Personnel* establishes that the *Possession* is consistent with a *TUE* granted to an *Athlete* in accordance with Article 4.4 or other acceptable justification.

2.7 *Trafficking* or *Attempted Trafficking* in any *Prohibited Substance* or *Prohibited Method*

2.8 *Administration* or *Attempted Administration* to any *Athlete In-Competition* of any *Prohibited Substance* or *Prohibited Method*, or *Administration* or *Attempted Administration* to any *Athlete Out-of-Competition* of any *Prohibited Substance* or any *Prohibited Method* that is prohibited *Out-of-Competition*

2.9 *Complicity*

Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an anti-doping rule violation, *Attempted* anti-doping rule violation or violation of Article 10.12.1 by another *Person*.

2.10 *Prohibited Association*

Association by an *Athlete* or other *Person* subject to the authority of the IFBB and its recognized and/or affiliated Continental, Regional and National Federation, or of an *Anti-Doping Organization*, in a professional or sport-related capacity with any *Athlete Support Personnel* who:

2.10.1. If subject to the authority of the IFBB and its recognized and/or affiliated Continental, Regional and National Federation, or of an *Anti-Doping Organization*, is serving a period of *Ineligibility*, or

2.10.2 If not subject to the authority of the IFBB and its recognized and/or affiliated Continental, Regional and National Federation, or of an *Anti-Doping Organization*, and where *Ineligibility* has not been addressed in a results management process pursuant to the (WADA) *Code*, has been convicted or found in a criminal, disciplinary or professional proceeding to have engaged in

conduct which would have constituted a violation of anti-doping rules if Code-compliant rules had been applicable to such *Person*. The disqualifying status of such *Person* shall be in force for the longer of six years from the criminal, professional or disciplinary decision or the duration of the criminal, disciplinary or professional sanction imposed; or

2.10.3 Is serving as a front or intermediary for an individual described in Article 2.10.1 or 2.10.2.

In order for this provision to apply, it is necessary that the *Athlete* or other *Person* has previously been advised in writing by the IFBB, or by an Anti-Doping Organization, with jurisdiction over the *Athlete* or other *Person*, or by WADA, of the *Athlete Support Personnel's* disqualifying status and the potential *Consequence* of prohibited association and that the *Athlete* or other *Person* can reasonably avoid the association. The IFBB, or the *Anti-Doping Organization*, shall also use reasonable efforts to advise the *Athlete Support Personnel* who is the subject of the notice to the *Athlete* or other *Person* that the *Athlete Support Personnel* may, within 15 days, come forward to the IFBB, or the *Anti-Doping Organization*, to explain that the criteria described in articles 2.10.1 and 2.10.2 do not apply to him or her. (Notwithstanding Article 16, this article applies even when the *Athlete Support Personnel's* disqualifying conduct occurred prior the effective date provided in article 19.1).

The burden shall be on the *Athlete* or other *Person* to establish that any association with *Athlete Support Personnel* described in Articles 2.10.1 or 2.10.2 is not in a professional or sport-related capacity.

The IFBB and its recognized and/or affiliated Continental, Regional and National Federations and the *Anti-Doping Organizations* that are aware of *Athlete Support Personnel* who meet the criteria described in articles 2.10.1 2.10.2 , or 2.10.3 shall submit that information to WADA.

ARTICLE 3 PROOF OF DOPING

3.1 Burdens and Standards of Proof

The IFBB and its recognized and/or affiliated Continental, Regional and National Federations shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether the IFBB or its recognized and/or affiliated Continental, Regional and National Federations has established an anti-doping rule violation to the comfortable satisfaction of the hearing panel bearing in mind the seriousness of the allegation which is made. This standard of proof in all cases is greater than a mere balance of probability but less than proof beyond a reasonable doubt. Where these Rules place the burden of proof upon the *Athlete* or other *Person* alleged to have committed an anti-doping rule violation to rebut a presumption or establish specified facts or circumstances, the standard of proof shall be a balance of probability.

3.2 Methods of Establishing Facts and Presumptions

Facts related to anti-doping rule violations may be established by any reliable means, including admissions. The following rules of proof shall be applicable in doping cases:

Analytical methods or decision limits approved by *WADA* after consultation within the relevant scientific community and which have been the subject of peer review are presumed to be scientifically valid. Any *Athlete* or other *Person* seeking to rebut this presumption of scientific validity shall, as a condition precedent to any such challenge, first notify *WADA* of the challenge and the basis of the challenge. *CAS* on its own initiative may also inform *WADA* of any such challenge. At *WADA*'s request, the *CAS* panel shall appoint an appropriate scientific expert to assist the panel in its evaluation of the challenge. Within 10 (ten) days of *WADA*'s receipt of such notice, and *WADA*'s receipt of the *CAS* file, *WADA* shall also have the right to intervene as a party, appear amicus curiae or otherwise provide evidence in such proceeding.

3.1.13.2.1 *WADA*-accredited laboratories, and other laboratories approved by *WADA*, are presumed to have conducted *Sample* analysis and custodial procedures in accordance with the International Standard for Laboratories. The *Athlete* or other *Person* may rebut this presumption by establishing that a departure from the International Standard for Laboratories occurred which could reasonably have caused the *Adverse Analytical Finding*. If the *Athlete* or other *Person* rebuts the preceding presumption by showing that a departure from International Standard for Laboratories occurred which could reasonably have caused the *Adverse Analytical Finding*, then the *IFBB* or its recognized and/or affiliated Continental, Regional, National Federation shall have the burden to establish that such departure did not cause the *Adverse Analytical Finding*.

3.1.23.2.2 Departures from any other *International Standard* or other anti-doping rule or policy set forth in the *Code* or in these Rules which did not cause an *Adverse Analytical Finding* or other anti-doping rule violation shall not invalidate such evidence or results. If the *Athlete* or other *Person* establishes a departure from another *International Standard* or other anti-doping rule or policy which could reasonably have caused an anti-doping rule violation based on an *Adverse Analytical Finding* or other anti-doping rule violation, then the *IFBB* or its recognized and/or affiliated Continental, Regional, National Federation shall have the burden to establish that such departure did not cause the *Adverse Analytical Finding* or the factual basis for the anti-doping rule violation.

3.1.33.2.3 The facts established by a decision of a court or professional disciplinary tribunal of competent jurisdiction which is not the subject of a pending appeal shall be irrebuttable evidence against the *Athlete* or other *Person* to whom the decision pertained of those facts unless the *Athlete* or other *Person* establishes that the decision violates principles of natural justice.

3.1.43.2.4 The hearing panel in a hearing on an anti-doping rule violation may draw an inference adverse to the *Athlete* or other *Person* who is asserted to have committed an anti-doping rule violation based on the *Athlete's* or other *Person's* refusal, after a request made in a reasonable time in advance of the hearing, to appear at the hearing (either in person or telephonically as directed by the hearing panel) and to answer questions from the hearing panel or the IFBB or its recognized and/or affiliated Continental, Regional, National Federation asserting the anti-doping rule violation.

ARTICLE 4: THE PROHIBITED LIST

4.1 Incorporation of the *Prohibited List*

These Rules incorporate *the Prohibited List* which is published and revised by WADA as described in article 4.1 of the *Code*. The IFBB and each recognized and/or affiliated Continental, Regional, National Federation shall ensure that the current *Prohibited List*, as published at the WADA website www.wada-ama.org, is made available to its *Athletes* and constituents. Unless provided otherwise in the *Prohibited List* or a revision, *the Prohibited List* and revisions shall go into effect under these Rules three months after publication of the *Prohibited List* by WADA, without requiring any further action by the IFBB or its recognized and/or affiliated Continental, Regional, National Federations. All *Athletes* and other *Persons* shall be bound by the *Prohibited List*, and any revisions thereto, from the date they go into effect, without further formality. It is the responsibility of all *Athletes* and other *Persons* to familiarize themselves with the most up-to-date version of the *Prohibited List* and all revisions thereto.

4.2 *Prohibited Substances and Prohibited Methods* Identified on the *Prohibited List*

4.2.1 *Prohibited Substances and Prohibited Methods*

The *Prohibited List* shall identify those *Prohibited Substances* and *Prohibited Methods* which are prohibited as doping at all times (both *In-Competition* and *Out-of-Competition*), because of their potential to enhance performance in future *Competitions* or their masking potential and those substances and methods which are

prohibited *In-Competition* only. The IFBB may, upon the recommendation of its Medical Commission and its ADC, request that WADA expand the *Prohibited List* for the sport of BodyBuilding, Classic BodyBuilding, BodyFitness, Physique, Fitness and Bikini. The IFBB may also, upon the recommendation of its Medical Commission and its ADC, request that WADA include additional substances or methods which have the potential for abuse in the sport of BodyBuilding, Classic BodyBuilding, BodyFitness, Physique, Fitness and Bikini, in the monitoring program described in article 4.5 of the *Code*. As provided in the *Code*, WADA shall make the final decision on such request by the IFBB. *Prohibited Substances* and *Prohibited Methods* may be included in the *Prohibited List* by general category (e.g. anabolic agents) or by specific reference to a particular substance or method.

~~4.1.14.2.2~~ *Specified Substances*

For purposes of the application of Article 10 (Sanctions on Individuals), all *Prohibited Substances* shall be *Specified Substances* except substances in the classes of anabolic agents and hormones and those stimulants and hormone antagonists and modulators so identified on the *Prohibited List*. The category of *Specified Substances* shall not include *Prohibited Methods*.

~~4.1.24.2.3~~ *New classes of Prohibited Substances*

In the event WADA expands the *Prohibited List* by adding a new class of *Prohibited Substances* in accordance with article 4.1 of the *Code*, WADA's Executive Committee shall determine whether any or all *Prohibited Substances* within the new class of *Prohibited Substances* shall be considered *Specified Substances* under Article 4.2.2.

4.3 Criteria for Including Substances and Methods on the *Prohibited List* and WADA's Determination of the *Prohibited List*

WADA shall consider the following criteria in deciding whether to include a substance or method in the *Prohibited List*:

4.1.34.3.1 A substance or method shall be considered for inclusion on the *Prohibited List* if WADA, in its sole discretion, determines that the substance or method meets any two of the following three criteria:

4.1.3.14.3.1.1 Medical or other scientific evidence, pharmacological effect or experience that the substance or method, alone or in combination with other substances or

methods, has the potential to enhance or enhances sport performance;

4.1.3.24.3.1.2 Medical or other scientific evidence, pharmacological effect or experience that the *Use* of the substance or method represents an actual or potential health risk to the *Athlete*;

4.1.3.34.3.1.3 *WADA's* determination that the *Use* of the substance or method violates the spirit of sport described in the introduction to the *Code*.

4.1.44.3.2 A substance or method shall also be included on the *Prohibited List* if *WADA* determines there is a medical or other scientific evidence, pharmacological effect or experience that the substance or method has the potential to mask the *Use* of other *Prohibited Substances* or *Prohibited Methods*.

4.1.54.3.3 *WADA's* determination of the *Prohibited Substances* and *Prohibited Methods* that will be included on the *Prohibited List*, the classification of substances into categories on the *Prohibited List*, and the classification of the substance as prohibited at all times or *In-Competition* only, is final and shall not be subject to challenge by an *Athlete* or other *Person* based on an argument that the substance or method was not a masking agent or did not have the potential to enhance performance, represent a health risk or violate the spirit of sport.

4.4 Therapeutic Use Exemptions ("TUEs")

4.2.14.4.1 The presence of a *Prohibited Substance* or its *Metabolites* or *Markers*, and/or the *Use* or *Attempted Use*, *Possession* or *Administration* or *Attempted Administration* of a *Prohibited Substance* or *Prohibited Method*, shall not be considered an anti-doping rule violation if it is consistent with the provisions of a *TUE* granted in accordance with the International Standard for Therapeutic Use Exemptions.

4.2.24.4.2 Subject to Article 4.4.3, *Athletes* included by IFBB in its *Registered Testing Pool* and other *Athletes* participating in any *International Event*, must obtain a *TUE* from IFBB ADC, regardless of whether the *Athlete* previously has received a *TUE* at National level. The application for a *TUE* must be made as soon as possible (in the case of an *Athlete* in the *Registered Testing Pool*, this would be when he/she is first notified of his/her inclusion in the pool) and in any event (save in emergency situations) no later than twenty-one (21) days before the *Athlete* participation's in the *Event*.

4.2.34.4.3 TUEs granted by IFBB ADC shall be reported to the *Athlete's* National Federation and to *WADA*. Other *Athletes* subject to *Testing* who need to use a *Prohibited Substance* or a *Prohibited Method* for therapeutic reasons must obtain a *TUE* from their *National Anti-Doping Organization* or other body designated by their National Federation, as required under the rules of the *National Anti-Doping Organization*/other body. National Federations shall promptly report any such *TUEs* to IFBB and *WADA*.

4.2.44.4.4 The IFBB ADC has the authority to investigate, evaluate, in accordance with the International Standard for Therapeutic Use Exemption, and decide upon requests for Therapeutic Use Exemptions for *Athletes* competing at International level. The decision to deny a *TUE* application must notify the *Athlete* and his or her *National Anti-Doping Organization*, with reasons.

4.2.54.4.5 *WADA*, at the request of an *Athlete* or an *Athlete's* *National Anti-Doping Organization* or on its own initiation, may review the granting, refusal to recognize or denial of any *TUE* by the IFBB ADC. If *WADA* determines that the granting or denial of a *TUE* did not comply with the International Standard for Therapeutic Use Exemption in force at the time, then *WADA* may reverse that decision. This request to *WADA* must be made within 21 days from the notification in Article 4.4.4.

4.2.64.4.6 Any *TUE* decision by the IFBB ADC (or by a National Anti Doping Organization where it has agreed to consider the application on behalf of the IFBB) that is not reviewed by *WADA*, or that is reviewed by *WADA*, but is not reversed upon review, may be appealed by the *Athlete* and/or the *Athlete's* National Federation exclusively to *CAS*.

4.2.74.4.7 A decision by *WADA* to reverse a *TUE* decision may be appealed by the *Athlete*, the *National Anti-Doping Organization* and/or the IFBB, exclusively to *CAS*.

4.2.84.4.8 A failure to take action within a reasonable time on a properly submitted application for grant/recognition of a *TUE* or for review of a *TUE* decision, shall be considered a denial of the application.

ARTICLE 5: TESTING AND INVESTIGATION

5.1 Purpose of *Testing* and *Investigations*

Testing and investigations shall only be undertaken for anti-doping purposes and shall be conducted in conformity with the provisions of the International Standard for Testing and Investigations and the specific protocols of the IFBB, if any, supplementing that International Standard.

5.2 Authority to conduct Testing

Subject to the jurisdictional limitations for *Event Testing* set out in Article 5.3 of the *Code*, all *Athletes* under jurisdiction of a National Federation shall be subject to *In-Competition Testing* by the IFBB ADC, the *Athlete's* National Federation, and any other *Anti-Doping Organization* responsible for *Testing* at a *Competition* or *Event* in which they participate. All *Athletes* under the jurisdiction of a National Federation, including *Athletes* serving a period of *Ineligibility* or *Provisional Suspension*, shall also be subject to *Out-of-Competition Testing* at any time or place, with or without advance notice by IFBB Anti Doping Commission, *WADA*, the *Athlete's* National Federation, the *National Anti-Doping Organization* of any country where the *Athlete* is present, the IOC during the Olympic Games and the IPC during Paralympic Games. Target testing will be made a priority.

The IFBB ADC may require any *Athlete* over whom it has *Testing* authority (including any *Athlete* serving a period of *Ineligibility*) to provide a *Sample* at any time and at any place.

WADA shall have *In-Competition* and *Out-of-Competition Testing* authority as set out in Article 20.7.8 of the *Code*.

5.3 Responsibility for IFBB Testing

The IFBB ADC shall be responsible for overseeing all testing conducted by the IFBB. Testing may be conducted by members of the IFBB ADC, and/or IFBB Medical Commission, or by other qualified persons so authorized by the IFBB ADC.

The IFBB ADC shall be responsible for drawing up a test distribution plan for the sport of BodyBuilding, Classic BodyBuilding, BodyFitness, Physique, Fitness and Bikini, in accordance with article 4 of the International Standard for Testing and for the implementation of that plan, including overseeing all Testing conducted by or on behalf of the IFBB. Testing may be conducted by members of the IFBB ADC and/or IFBB Medical Commission, or by other qualified persons so authorized by the IFBB ADC.

5.4 Testing Standards

Testing conducted by the IFBB or an affiliated Federation shall be in substantial conformity with the International Standard for Testing in force at the time of testing.

Blood (or other non-urine) samples may be used to detect *Prohibited Substances* or *Prohibited Methods*, for screening procedure purposes or for longitudinal hematological profiling ('the passport'). If the sample is collected for screening only, it will have no consequences for the *Athlete* other than to identify him/her for a urine test under these Rules. In these circumstances, the IFBB ADC may decide, at its own discretion, which blood parameters are to be measured in the screening sample and what levels of those parameters will be used to indicate that an *Athlete* should be selected for a urine test. If, however, the *Sample* is collected for longitudinal hematological profiling ('the passport') it may be used for anti-doping purposes in accordance with Article 2.1 of these Rules.

5.5 Coordination of Testing

Affiliated Federations shall promptly report completed tests to the IFBB ADC, who shall in turn report such tests, in addition to its own tests, through the *WADA* clearinghouse to avoid unnecessary duplication in testing.

5.6 Whereabouts, Retirement and Return to Competition

An *Athlete* who has been identified by the IFBB ADC for inclusion in its *Registered Testing Pool*, shall continue to be subject to these Rules, including the obligation to comply with the whereabouts requirements of the International Standard for Testing, unless and until the Athlete gives written notice to the IFBB ADC that he or she has retired or until he or she no longer satisfies the criteria for inclusion in the IFBB's *Registered Testing Pool* and has been so informed by the IFBB ADC.

5.6.1 An *Athlete* who has given notice of retirement to the IFBB may not resume competing unless he or she notifies the IFBB at least six months before he or she expects to return to competition and makes him/herself available for unannounced *Out-of-Competition Testing*, including (if requested) complying with whereabouts requirements of the International Standard for Testing at any time during the period before actual return to competition.

5.6.2 National Federations and *National AntiDoping Organizations* may establish similar requirements for retirement and returning to competition for *Athletes* in the national registered testing pool.

5.7 Selection of Athletes to be Tested

At the World Championships the IFBB ADC shall determine the number of finishing placement tests, random tests and target tests to be performed. The IFBB ADC shall target a certain number of *Athletes* not necessarily linked to final placements in order to maximize the diversity of *Athletes* tested.

5.7.1 At National, Regional and Continental Championships the Anti Doping Commission of each National, Regional or Continental Federation shall determine the number of *Athletes* selected for testing and the procedures for selecting the *Athletes* for testing.

5.7.2 In addition to the selection procedures set forth in Articles 5.7.1 and 5.7.2, the IFBB ADC, at the World Championships and the Anti Doping Commissions of each National, Regional and Continental Federation at National, Regional and Continental Championships, may also select *Athletes* for target testing so long as such target testing is not used for any purpose other than legitimate doping control purposes.

5.7.3 Athletes included by the IFBB in its *Registered Testing Pool* shall be selected for *Out-of-Competition* testing by the IFBB ADC, or *Athletes* included in the *Registered Testing Pool* of National, Regional or Continental Federations, shall be selected by the respective Anti Doping Commissions of the National, Regional and Continental Federation, through a process that substantially complies with the International Standard for Testing in force at the time of selection.

5.7.4 The IFBB, and its recognized and/or affiliated Federations, and the organizing committees of National, Regional, Continental and World Championships, shall provide where applicable, access to *Independent Observers* at these events.

5.8 Investigations and Intelligence Gathering

The IFBB ADC obtains, assesses and processes anti doping intelligence from all available sources to inform the development of an effective, intelligent and proportionate test distribution plan, plans *Target Testing* and forms the basis of an investigation into a possible anti_doping rule violation(s) and:

5.8.1 Investigates *Atypical Findings* and *Adverse Passport Findings* in accordance with Articles 7.4 and 7.5 of the *Code* and:

5.8.2 Investigates any other analytical or non-analytical information or intelligence that indicates a possible anti_doping rule violation(s) in accordance with Articles 7.6 and 7.7 of the *Code*, in order either to rule out the possible violation or to

develop evidence that would support the initiation of anti-doping rule violation proceedings.

ARTICLE 6: ANALYSIS OF SAMPLES

Doping Control *Samples* collected under these Rules shall be analyzed in accordance with the following principles:

6.1 Use of Accredited and Approved Laboratories

For purposes of Article 2.1, the IFBB and its Recognized/or affiliated Federations shall send *Doping Control Samples* for analysis only to *WADA*-accredited laboratories, or laboratories otherwise approved by *WADA*. The choice of the *WADA*-accredited or *WADA*-approved laboratory used for the *Sample* analysis shall be determined exclusively by the IFBB or its Recognized and/or Affiliated Federations, as the case may be.

6.2 Purpose of Analysis of Samples

Samples shall be analyzed to detect *Prohibited Substances* and *Prohibited Methods* and other substances as may be directed by *WADA*, pursuant to the Monitoring Program described in Article 4.5 of the *Code*, or to assist the IFBB ADC in profiling relevant parameters in an *Athlete's* urine, blood or other matrix, including DNA, or genomic profiling, or for any other legitimate anti-doping purpose. *Samples* may be collected and stored for future analysis. The IFBB ADC shall ask laboratories to analyze *Samples* in conformity with Article 6.4 of the *Code* and Article 4.7 of the International Standard for Testing and Investigations.

6.3 Research on Samples

No *Sample* may be used for research without the *Athlete's* written consent. *Samples* used for purposes other than Article 6.2 shall have any means of identification removed such that they cannot be traced back to a particular *Athlete*.

6.4 Standard for Sample Analysis and Reporting

Laboratories shall analyze *Samples* and report results in conformity with the International Standard for Laboratories. To ensure effective *Testing*, the Technical Document referenced at article 5.4.1 of the *Code* will establish risk assessment-based *Sample* analysis menus appropriate for particular sports and sport disciplines, and laboratories shall analyze *Samples* in conformity with those menus, except as follows:

6.4.1 The IFBB ADC may request that laboratories analyze its *Samples* using more extensive menus than those described in the Technical Document.

6.4.2 The IFBB Anti-Doping Commission may request that laboratories analyze its *Samples* using less extensive menus than those described in the Technical Document only if it has satisfied *WADA* that, because on the particular circumstances of sport as set out in its test distribution plan, less extensive analysis would be appropriate.

6.4.3 As provided in the International Standard for Laboratories, laboratories at their own initiative and expense may analyze *Samples* for *Prohibited Substances* or *Prohibited Methods* not included on the *Sample* analysis menu described in the Technical Document or specified by the *Testing authority*. Results from any such analysis shall be reported and have the same validity and consequence as any other analytical result.

6.5 Further Analysis of Samples

A *Sample* may be stored and subsequently reanalyzed for the purposes described in Article 6.2 of these Rules at any time, at the direction of the IFBB ADC or *WADA*. The circumstances and conditions for the further analysis of *Samples* shall conform with the requirements of the International Standard for Laboratories and the International Standard for Testing and Investigations.

ARTICLE 7: RESULTS MANAGEMENT

7.1 Results Management for Tests Initiated by the IFBB and Adverse Analytical Findings

The IFBB ADC shall have responsibility for the result management of all anti-doping rule violations, including the review discussed in Article 7.1.2 and 7.1.8 and to review any potential violations of these Rules. The circumstances in which the IFBB ADC shall assume this responsibility are determined by reference to and in accordance with Article 7 of the Code.

Results management for tests initiated by the IFBB (including tests performed by *WADA* pursuant to agreement with the IFBB), shall proceed as set forth below:

7.1.1 All analytical results must be sent to the IFBB ADC in encoded form, in a report signed by an authorized representative of the laboratory. All communications must be conducted in such a way that the results are confidential and in conformity with *ADAMS*, a database management tool developed by *WADA*.

ADAMS is consistent with data privacy statutes and norms applicable to WADA and other organizations using it.

7.1.2 Upon receipt of an A sample *Adverse Analytical Finding*, the IFBB ADC shall conduct an immediate review to determine whether: (a) the *Adverse Analytical Finding* is consistent with an applicable TUE, or (b) there is any apparent departure from the International Standards for Testing or International Standard for Laboratories that caused the *Adverse Analytical Finding*.

7.1.2.1 If the review of an *Adverse Analytical Finding* under Article 7.2.2 reveals an applicable TUE or departure from the International Standard for Testing and Investigations or the International Standard for Laboratories that caused the *Adverse Analytical Finding*, the entire test shall be considered negative and the *Athlete*, the *Athlete's National Anti-Doping Organization* and *WADA* shall be so informed.

If the initial review under article 7.1.2 does not reveal an applicable TUE, or entitlement to a TUE, as provided in the International Standard for Therapeutic Use Exemption or departure from International Standard for Testing and Investigations or the International Standard for Laboratories in force at the time of testing or analysis that caused the *Adverse Analytical Finding*, the IFBB ADC shall promptly notify the *Athlete* of: (a) the *Adverse Analytical Finding*; (b) the anti-doping rule violated, or, in a case under articles 7.1.8, a description of the additional investigation that will be conducted as to whether there is an anti-doping rule violation; (c) the *Athlete's* right to promptly request the analysis of the B *Sample* or, failing such request, that the B *Sample* analysis may be deemed waived; (d) the scheduled date, time and place for the B *Sample* analysis if the *Athlete* or the IFBB ADC chooses to request an analysis of B *sample* (e) the opportunity for the *Athlete* and/or the *Athlete's* representative to attend the B *sample* opening and analysis within the time period specified in the International Standard for Laboratories if such analysis is requested; and (f) the right of the *Athlete* and/or the *Athlete's* representative to attend the B *Sample* opening and analysis if such analysis is requested; and (f) the *Athlete's* right to request copies of the A and B *sample* laboratory documentation package which includes information as required by the International Standard for Laboratories. The IFBB ADC shall also simultaneously notify the *Athlete's National Anti-Doping Organization* and *WADA*. If the IFBB ADC decides not to bring forward the *Adverse Analytical Finding* as an anti-doping rule violation, it shall so notify the *Athlete*, the *Athlete's National Anti Doping Organization* and *WADA*.

Arrangements shall be made for testing the B *sample* within twenty-one (21) days of the notification described above, and in accordance with the

International Standard for Laboratories. An *Athlete* may accept the A *Sample* analytical results by waiving the requirement for the B *Sample* analysis. The IFBB ADC may nonetheless elect to proceed with the B *Sample* analysis.

7.1.3 The *Athlete* and/or his or her representative may be present at the analysis of the B *Sample*. A representative of the *Athlete's* National Federation as well a representative of the IFBB may also be present.

7.1.4 If the B *Sample* does not confirm the A *Sample*, the entire test shall be considered negative and the *Athlete*, his or her *National Anti-Doping Organization*, *National Federation* and *WADA* shall be so informed.

7.1.5 If a *Prohibited Substance* or the Use of a *Prohibited Method* is identified, the findings shall be reported to the *Athlete*, his or her *National Anti-Doping Organization*, *National Federation*, and to *WADA*.

7.1.57.1.6 The IFBB ADC shall conduct any follow up investigation as may be required by the *Prohibited List*. Upon completion of such follow up investigation, the IFBB ADC shall promptly notify the *Athlete* regarding the results of the follow-up investigation and whether or not the IFBB ADC asserts that an anti-doping rule was violated.

7.1.67.1.7 For apparent Anti Doping Rule Violation that do not involve *Adverse Analytical Findings* or that are not covered by Articles 7.2 to 7.6, the IFBB ADC shall conduct any necessary follow up investigation and shall then promptly notify the *Athlete* of the anti-doping rule which appears to have been violated, and the basis of the violation.

7.2 Result Management for Atypical Findings

7.2.1 As provided in the International Standards for Laboratories, in certain circumstances laboratories are directed to report the presence of *Prohibited Substance*, that may also be produced endogenously, as *Atypical Findings*, i.e., as findings that are subject to further investigation.

7.2.2 If a laboratory reports an *Atypical Finding* to the IFBB, the IFBB ADC shall conduct a review to determine whether: (a) the *Atypical Finding* is consistent with an applicable *TUE* that has been or will be granted as provided in the International Standard for Therapeutic Use Exemption, or (b) there is any apparent departure from the International Standard for Testing and

Investigations or International Standard for Laboratories that caused the *Atypical Finding*.

7.2.3 If the initial review of an Atypical Finding under Article 7.2.2 reveals an applicable *TUE* or departure from the International Standard for Testing and Investigations or the International Standard for Laboratories that caused the Atypical Finding, the entire test shall be considered negative and the Athlete, his or her *National Anti-Doping Organization*, National Federation and *WADA* shall be so informed.

7.2.37.2.4 If the initial review of an *Atypical Finding* under the Article 7.2.2 does not reveal an applicable *TUE* or departure from the International Standard for Testing or the International Standard for Laboratories that caused the *Atypical Finding*, the IFBB ADC shall conduct the follow up investigation required by International Standards. If, once, that investigation is completed, it is concluded that the *Atypical Finding* should be considered an *Adverse Analytical Finding*, the IFBB ADC shall pursue the matter, in accordance with Article 7.1.2. The *Athlete*, the *Athlete's National Anti-Doping Organization* and *WADA* shall be notified if the *Atypical Finding* will not be brought forward as an *Adverse Analytical Finding*.

7.2.47.2.5 The IFBB ADC will not provide notice of an *Atypical Finding* until it has completed its investigation and has decided whether it will bring the *Atypical Finding* forward as an *Adverse Analytical Finding*, unless one of the following circumstances exists:

7.2.5.1. If the IFBB ADC determines the B *Sample* should be analyzed prior to the conclusion of its follow-up investigation, it may conduct the B *Sample* analysis after notifying the *Athlete*, with such notice to include a description of the *Atypical Finding* and the information described in Article 7.3.1 (d)-(f).

7.2.5.2. If the IFBB ADC receives a request either from a *Major Event Organization* shortly before one of its *International Events* or from a sports organization responsible for meeting an imminent deadline for selecting team members for an *International Event*, to disclose whether any *Athlete* identified on a list provided but the *Major Event Organization* or sports organization has a pending *Atypical Finding*, the IFBB ADC shall so identify any such athlete after first providing notice of the *Atypical Finding* of the *Athlete*.

7.3 Results Management for Tests initiated During Other International Events

Results Management and the conduct of hearings from a test by a *Major Event Organization* e.g. World Games shall be managed, as far as sanctions beyond disqualification from the event or the results of the event, by the IFBB ADC.

7.4 Results Management for Tests Initiated by National, Regional and Continental Federation

Result management conducted by National, Regional and Continental Federations shall be consistent with the general principles for effective and fair results management which underlie the detailed provisions set forth in Article 7. National, Regional and Continental Federations shall report the results of all doping controls to the IFBB ADC and *WADA* within 14 days of the conclusion of the National, Regional or Continental Federation's result management process.

7.4.1 Any apparent anti-doping rule violation by an *Athlete* who is a member of that National Federation shall be promptly referred to an appropriate hearing panel established pursuant to the rules of the National Federation or national law.

7.4.2 Any apparent anti-doping rule violations by an *Athlete* who is a member of another National Federation shall be referred to the *Athletes's* National Federation for hearing.

7.5 Results Management for Whereabouts Violations

7.5.1 Results management in respect of potential filing failure as defined in the International Standard for Testing and Investigations, *Athletes* in the IFBB *Registered Testing Pool* shall be conducted by the IFBB ADC in accordance with Article 11.6.2 of the International Standard for Testing and Investigations (unless it has been agreed in accordance with Article 5.5.4 that the National Federation or National Anti-Doping Organization shall take such responsibility).

7.5.2 Result management in respect of a potential missed test as defined in the International Standard for Testing and Investigations, by an *Athlete* in IFBB's *Registered Pool*, as a result of an attempt to test the *Athlete* by or on behalf IFBB, shall be conducted by the IFBB ADC in accordance with Article 11.6.3 of the International Standard for Testing and Investigations. Results management in respect of a potential missed test, as defined in the International Standard for Testing and Investigations, by such

Athlete as a result of an attempt to test the *Athlete* by or on behalf another *Anti-Doping Organization* shall be conducted by that other *Anti-Doping Organization* in accordance with Article 11.7.6 (c) of the International Standard for Testing and Investigations.

7.5.3 Where, in any eighteen month period, an *Athlete* in IFBB's *Registered Testing Pool* is declared to have three filing failures or three missed test or any combination of filing failures or missed tests adding up to three in total, whether under these Rules or under the rules of any other *Anti Doping Organization*, the IFBB ADC will bring them forward as an anti-doping rule violation. The IFBB ADC shall promptly give the *Athlete* (and simultaneously the *Athlete's National Anti-Doping Organization* and *WADA*) notice that it is asserting an anti-doping rule violation and the basis of that assertion.

7.6 Provisional Suspensions

7.6.1 If analysis of an A *Sample* has resulted in an *Adverse Analytical Finding* for a *Prohibited Substance* that is not a *Specified Substance* and a review in accordance with Article 7.1.2 does not reveal an applicable *TUE* or departure from International Standard for Testing and Investigations or the International Standard for Laboratories that caused the *Adverse Analytical Finding*, the IFBB ADC shall impose a Provisional Suspension upon the Athlete, pending the hearing panel's determination of whether he or she has committed an anti-doping rule violation.

7.6.2 In any case not covered by Article 7.6.1, the IFBB ADC may impose a *Provisional Suspension* upon the *Athlete* or other *Person* against whom the anti-doping rule violation is asserted, pending the hearing panel's determination of whether he or she has committed an anti-doping rule violation.

7.6.3 Where a *Provisional Suspension* is imposed, whether pursuant to article 7.6.1 or Article 7.6.2, the *Athlete* shall be given either: (a) an opportunity for a *Provisional Hearing* before imposition of the *Provisional Suspension* or on a timely basis after imposition of a the *Provisional Suspension*; or (b) an opportunity for an expedited hearing in accordance with Article 8 (Right to a Fair Hearing) on a timely basis after imposition of a *Provisional Suspension*. National Federations shall impose *Provisional Suspensions* in accordance with the principles set forth in this Article 7.6. Furthermore, the *Athlete* or other *Person* has a right to appeal from the *Provisional Suspension* in accordance with Article 13.2.

7.6.4 If a *Provisional Suspension* is imposed based on an *Adverse Analytical Finding* in respect of an A Sample, and any subsequent analysis of the B *Sample* does not confirm the A Sample analysis, then the *Athlete* shall not be subject to any further *Provisional Suspension* on account of a violation of Article 2.1 of these Rules. In circumstances where the *Athlete* has been removed from a *Competition* based on a violation of Article 2.1, and the subsequent B *Sample* analysis does not confirm the A Sample finding, if, without otherwise affecting the *Competition*, it is still possible for the *Athlete* or *Team* to be reinserted, the *Athlete* or *Team* may continue to take part in *Competition*.

7.7 Retirement from Sport

If an *Athlete* or other *Person* retires while a result management process is underway, the IFBB ADC retains jurisdiction to complete its results management process. If an *Athlete* or other *Person* retires before any results management process has begun, and the IFBB ADC would have had results management authority over the *Athlete* or other *Person* at the time the *Athlete* or other *Person* committed an anti-doping rule violation, the IFBB ADC has authority to conduct results management in respect of that anti-doping rule violation.

ARTICLE 8: RIGHT TO A FAIR HEARING

8.1 Hearing Arising out of IFBB Testing at International Events

8.1.1 When it appears, following the result management process described in Article 7, that these Rules have been violated in connection with IFBB *Testing*, or *Testing* at a World Championship, then the IFBB ADC will investigate, will evaluate and will decide the case.

8.1.2 The IFBB Anti Doping Commisison shall determine the procedure to be followed at the hearing.

8.1.28.1.3 Hearings pursuant to this article shall be completed expeditiously following the completion of the result management process described in Article 7. Hearings held in connection with events may be conducted on an expedited basis.

8.1.38.1.4 The National Federation of the *Athlete* or other *Person* alleged to have violated these Rules, may attend the hearing as an observer. WADA shall have the right to attend the IFBB Hearings as an observer.

8.1.48.1.5 The IFBB ADC shall keep WADA fully apprised as to the status of pending cases and the results of all hearings.

~~8.1.58.1.6~~ An *Athlete* or other *Person* may forego a hearing by acknowledging the anti-doping rule violation and accepting consequences consistent with Articles 9 and 10 as proposed by the IFBB ADC. The right of a hearing may be waived either expressly or by the *Athlete* or other *Persons's* failure to challenge IFBB ADC's assertion that an anti-doping rule violation has occurred, within the period of one month. Where no hearing occurs, the IFBB ADC shall submit to the persons described in Article 13.2.3 a reasoned decision explaining the action taken.

~~8.1.68.1.7~~ Decisions of the IFBB ADC may be appealed pursuant to Article 13.

Every *Athlete* or other *Person* who stands accused and/or convicted of an anti doping rule violation and who elects to exercise his or her right of appeal, shall first exhaust all avenues of appeal available within the IFBB, pursuant to Article 13 of these Rules, before appealing to *CAS*.

8.2 Hearings Arising Out of National, Regional and Continental Testing

8.2.1 When it appears, following the results management process described in Article 7, that these Rules have been violated in connection with *Testing* other than in connection with IFBB *Testing* or *Testing* at a World Championship, the *Athlete* or other *Person* involved, shall be brought before a anti-doping panel of the *Athlete* or other *Person's* National, Regional or Continental Federation for a hearing to adjudicate whether a violation occurred and if so, what *Consequences* should be imposed.

8.2.2 The anti-doping panel of the *Athlete* or other *Person's* National, Regional or Continental Federation shall determine the procedure to be followed at the hearing.

8.2.3 Hearings pursuant to this Article shall be completed expeditiously and in all cases, within three months of completion of the results management process described in Article 7. Hearings held in connection with events may be conducted by an expedited process. If the completion of the hearing is delayed beyond three months, the IFBB ADC will decide the case.

8.2.4 National, Regional and Continental Federations shall keep the IFBB ADC and *WADA* fully apprised as to the status of pending cases and the results of all hearings

8.2.5 The IFBB and *WADA* shall have the right to attend National, Regional and Continental Federation hearings as an observer.

8.2.6 The *Athlete* or other *Person* may forego a hearing by acknowledging the violation and accepting *Consequences* consistent with Articles 9 and 10 as proposed by the National, Regional and Continental Federations. The right to a hearing may be waived either expressly or by the *Athlete's* or other *Person's* failure to challenge National, Regional or Continental Federations' assertion that an anti-doping rule violation has occurred within the period of one month. Where no hearing occurs, the National, Regional or Continental Federations shall submit to the persons described in Article 13.2.3 a reasoned decision explaining the action taken.

8.2.7 Decisions by National, Regional and Continental Federations, whether as the result of hearing or the *Athlete* or other *Person's* acceptance of *Consequences* may be appealed as provided in Article 13.

8.2.8 Hearing decisions by the National, Regional or Continental Federations shall not be subject to further administrative review, except as provided in Article 13 or as required by applicable law.

8.3 Principles for a Fair Hearing

All hearings pursuant to either article 8.1 or 8.2 shall respect the following principles:

- a timely hearing;
- a fair and impartial hearing panel;
- the right to be represented by counsel at the person's own expense;
- the right to be informed in a fair and timely manner of the asserted anti-doping rule violation;
- the right to respond to the asserted anti-doping rule violation and resulting consequences;
- the right of each party to present evidence, including the right to call and question witnesses (subject to the hearing panels' discretion to accept testimony by telephone or written submission);
- the person's right to an interpreter at the hearing, with the IFBB ADC to determine the identity and responsibility for the cost of the interpreter; and
- a timely written reasoned decision that includes the full reasons for the decision and for any period of *Ineligibility* imposed, including (if applicable) a justification for why the greatest potential *Consequences* were not imposed.

At the discretion of the Anti Doping Review Board, and where circumstances warrant, a hearing may be conducted by written

submission so long as the right of the Athlete or other Person as detailed in these Rules are respected.

8.4 Single Hearing before CAS

Anti-doping rule violations asserted *against International Level Athletes* or *National Level Athletes* may, with the consent of the *Athlete*, the IFBB ADC, WADA and any other *Anti-Doping Organization* that would have had a right to appeal a first instance hearing decision to CAS, be heard directly at CAS, with no requirement for a prior hearing.

ARTICLE 9: AUTOMATIC DISQUALIFICATION OF INDIVIDUAL RESULTS

An anti-doping rule violation in *Individual Sports* in connection with an *In-Competition* test, automatically leads to *Disqualification* of the results obtained in that *Competition* with all resulting *Consequences*, including forfeiture of any medals, points and prizes.

ARTICLE 10 SANCTIONS ON INDIVIDUALS

10.1 Disqualification of Results in the Event during which an Anti-Doping Rule Violation Occurs

An anti-doping rule violation occurring during or in connection with an *Event*, may, upon decision of the ruling body of the *Event*, lead to *Disqualification* of all of the *Athlete's* individual results obtained in that *Event* with all *Consequences*, including forfeiture of all medals, points and prizes, except as provided in the article 10.1.1.

Factors to be included in considering whether to *Disqualify* other results in an *Event*, might include, for example, the seriousness of the *Athlete's* anti-doping rule violation and whether the *Athlete* tested negative in the other *Competitions*.

If the *Athlete* establishes that he or she bears *No fault or Negligence* for the violation, the *Athlete's* individual results in the other *Competitions* shall not be *Disqualified*, unless the *Athlete's* results in *Competitions* other than the *Competition* in which the anti-doping rule violation occurred, were likely to have been affected by the *Athlete's* anti-doping rule violation.

10.2 Ineligibility for Presence, Use or Attempted Use or Possession of a Prohibited Substance or Prohibited Method

The period of *Ineligibility* for a violation of Articles 2.1, 2.2 or 2.6 shall be as follows, subject to potential reduction or suspension, pursuant to Article 10.4, 10.5 or 10.6:

10.2.1 The period of *Ineligibility* shall be four years where:

10.2.1.1 The anti-doping rule violation does not involve a *Specified Substance*, unless the *Athlete* or other *Person* can establish that the anti-doping rule violation was not intentional.

10.2.1.2 The anti-doping rule violation involves a *Specified Substance* and the IFBB can establish that the anti-doping rule violation was intentional.

10.2.2 If Article 10.2.1 does not apply, the period of *Ineligibility* shall be two years.

10.2.3 As used in Articles 10.2 and 10.3, the term "intentional" is meant to identify those *Athletes* who cheat. The term, therefore, requires that the *Athlete* or other *Person* engaged in conduct which he or she knew constituted an anti-doping rule violation or knew that there was a significant risk that the conduct might constitute or result in an anti-doping rule violation and manifestly disregarded that risk. An anti-doping rule violation resulting from an *Adverse Analytical Finding* for a substance which is only prohibited *In-Competition* shall be rebuttably presumed to be not "intentional" if the substance is a *Specified Substance* and the *Athlete* can establish that the *Prohibited Substance* was *Used Out-of-Competition*. An anti-doping rule violation resulting from an *Adverse Analytical Finding* for a substance which is only prohibited *In-Competition* shall not be considered "intentional" if the substance is not a *Specified Substance* and the *Athlete* can establish that the *Prohibited Substance* was *Used Out-of-Competition* in a context unrelated to sport performance.

10.3 *Ineligibility* for Other Anti-Doping Rule violations

The period of *Ineligibility* for anti-doping rule violations other than as provided in Article 10.2 shall be as follows, unless Article 10.5 or 10.6 are applicable:

10.3.1 For violations of Article 2.3 or Article 2.5 the period of *Ineligibility* shall be four years unless, in the case of failing to submit to *Sample* collection, the *Athlete* can establish that the commission of the anti-doping rule violation was not intentional [as defined in the Article 10.2.3], in which case the period of *Ineligibility* shall be two years.

10.3.2 For violations of Article 2.4 the period of *Ineligibility* shall be two years, subject to reduction down to a minimum of one year, depending on the Athlete's degree of *Fault*. The flexibility between two years and one year of *Ineligibility* in this Article is not available to Athletes where a pattern of last minute whereabouts changes or other conduct raises a serious suspicion that the *Athlete* was trying to avoid being available for *Testing*.

10.3.3 For violations of Article 2.7 or 2.8 the period of *Ineligibility* shall be a minimum of four years up to lifetime *Ineligibility*, depending on the seriousness of the violation. An Article 2.7 or 2.8 violation involving a *Minor* shall be considered a particularly serious violation and, if committed by *Athlete Support Personnel* for violations other than for *Specified Substances*, shall result in lifetime *Ineligibility* for *Athlete Support Personnel*. In addition, significant violations of Article 2.7 or 2.8 which may also violate non-sporting laws and regulations, shall be reported to the competent administrative, professional or judicial authorities.

10.3.4 For violations of Article 2.9, the period of *Ineligibility* imposed shall be a minimum of two years, up to four years, depending on the seriousness of the violation.

10.3.5 For violations of Article 2.10, the period of *Ineligibility* shall be two years, subject to reduction down to a minimum of one year, depending on the *Athlete* or other *Person's* degree of *Fault* and other circumstances of the case.

10.4 Elimination of the Period of *Ineligibility* where there is *No fault or Negligence*

If an *Athlete* or other *Person* establishes in an individual case that he or she bears *No fault or Negligence*, then the otherwise applicable period of *Ineligibility* shall be eliminated.

10.5 Reduction of the Period of *Ineligibility* based on *No Significant Fault or Negligence*

10.5.1 Reduction of Sanctions for *Specified Substances* or *Contaminated Products* for Violations of Article 2.2, 2.2 or 2.6.

10.5.1.1 *Specified Substances*

Where the anti-doping rule violation involves a *Specified Substance* and the *Athlete* or other *Person* can establish *No Significant Fault or Negligence*, then the period of *Ineligibility* shall be, at a minimum, a reprimand and no

period of *Ineligibility*, and at a maximum, two years of *Ineligibility*, depending on the *Athlete's* or other *Person's* degree of *Fault*.

10.5.1.2 *Contaminated Products*

In cases where the *Athlete* or other *Person* can establish *No Significant Fault or Negligence* and that the detected *Prohibited Substance* came from a *Contaminated Product*, then the period of *Ineligibility* shall be, at a minimum, a reprimand and no period of *Ineligibility*, and at a maximum, two years *Ineligibility*, depending on the *Athlete's* or other *Person's* degree of *Fault*.

10.5.2 Application of *No Significant Fault or Negligence* beyond the Application of Article 10.5.1

If an *Athlete* or other *Person* establishes in an individual case where article 10.5.1 is not applicable, that he or she bears *No significant Fault or Negligence*, then, subject to further reduction or elimination as provided in Article 10.6, the otherwise applicable period of *Ineligibility* may be reduced based on the *Athlete* or other *Person's* degree of *Fault*, but the reduced period of *Ineligibility* may not be less than one-half of the period of *Ineligibility* otherwise applicable. If the otherwise applicable period of *Ineligibility* is a lifetime, the reduced period under this article may be no less than eight years.

10.6 Elimination, Reduction or Suspension of Period of *Ineligibility* or other *Consequences* for Reasons other than *Fault*

10.6.1 *Substantial Assistance* in Discovering or Establishing Anti-Doping Rule Violations.

The IFBB ADC, with results management responsibility for an anti-doping rule violation may, prior to a final appellate decision under Article 13 or the expiration time to appeal, suspend a part of the period of *Ineligibility* imposed in an individual case where the *Athlete* or other *Person* has provided *Substantial Assistance* to the IFBB ADC, an *Anti-Doping Organization*, criminal authority or professional disciplinary body which results in: (I) the IFBB ADC or an *Anti-Doping Organization* discovering or bringing forward an anti-doping rule violation by another *Person*, or (II) which results in a criminal or disciplinary body discovering or bringing forward a criminal offense or the breach of professional rules committed by another *Person* and the information provided by the *Person* providing *Substantial Assistance* is made available to the IFBB ADC with results management responsibility. After a final appellate

decision under Article 13 or the expiration of time to appeal, the IFBB ADC may only suspend a part of the otherwise applicable period of *Ineligibility* with the approval of *WADA*. The extent to which the otherwise applicable period of *Ineligibility* may be suspended shall be based on the seriousness of the anti-doping rule violation committed by the *Athlete* or other *Person* and the significance of the *Substantial Assistance* provided by the *Athlete* or other *Person* to the effort to eliminate doping in sport. No more than three-quarters of the otherwise applicable period of *Ineligibility* may be suspended. If the otherwise applicable period of *Ineligibility* is a lifetime, the non-suspended period under this Article must be no less than eight years. If the *Athlete* or other *Person* fails to continue to cooperate and to provide the complete and credible *Substantial Assistance* upon which a suspension of the period of *Ineligibility* was based, the IFBB ADC shall reinstate the original period of *Ineligibility*. If the IFBB ADC decides to reinstate a suspended period of *Ineligibility* or decides not to reinstate a suspended period of *Ineligibility*, that decision may be appealed by any *Person* entitled to appeal under Article 13.

To further encourage *Athletes* and other *Persons* to provide *Substantial Assistance* to the IFBB Anti-Doping Commission and *Anti-Doping Organizations*, at the request of the IFBB ADC, conducting results management, or at the request of the *Athlete* or other *Person* who has, or has been asserted to have committed an anti-doping rule violation, *WADA* may agree at any stage of the results management process, including after a final appellate decision under article 13, to what it considers to be an appropriate suspension of the otherwise applicable period of *Ineligibility* and other *Consequences*. In exceptional circumstances *WADA* may agree to suspensions of the period of *Ineligibility* and other *Consequences* for *Substantial Assistance* greater than those otherwise provided in this Article or even no period of *Ineligibility* and/or no return of prize money or payment of fines or costs. *WADA's* approval shall be subject to reinstatement of sanction as otherwise provided in this article. Notwithstanding Article 13, *WADA's* decisions in the context of this Article may not be appealed by any other *Anti-Doping Organization*.

If the IFBB ADC suspends any part of an otherwise applicable sanction because of *Substantial Assistance*, then notice providing justification for the decision shall be provided to the other *Anti-Doping Organizations* with a right to appeal under Article 13.2.3 as provided in Article 14.2. In unique circumstances, where *WADA* determines that it would be in the best interest of anti-doping, *WADA* may authorize the IFBB ADC to enter into appropriate confidentiality agreements limiting or delaying the disclosure of

the *Substantial Assistance* agreement or the nature of *Substantial Assistance* being provided.

10.6.2 Admission of An Anti-Doping Rule Violation in the Absence of Other Evidence.

Where an *Athlete* or other *Person* voluntarily admits the commission of an anti-doping rule violation before having received notice of a *Sample* collection which could establish an anti-doping rule violation [or, in the case of an anti-doping rule violation other than Article 2.1, before receiving first notice of the admitted violation pursuant to Article 7] and that admission is the only reliable evidence of the violation at the time of admission, then the period of *Ineligibility* may be reduced, but not below one-half of the period of *Ineligibility* otherwise applicable.

10.6.3 Prompt Admission of an Anti-Doping Rule Violation after being confronted with a violation sanctionable under Article 10.2.1 or Article 10.3.1

An *Athlete* or other *Person* potentially subject to a four year sanction under Article 10.2.1 or 10.3.1 [for evading or refusing *Sample Collection* or *Tampering with Sample Collection*], by promptly admitting the asserted anti-doping rule violation after being confronted by the IFBB ADC, and also upon the approval and at the discretion of both *WADA* and the IFBB ADC with results management responsibility, may receive a reduction in the period of *Ineligibility* down to a minimum of two years, depending on the seriousness of the violation and the *Athlete* or other *Person's* degree of *Fault*.

10.6.4 Application of Multiple Grounds for Reduction of a Sanction

Where an *Athlete* or other *Person* establishes entitlement to reduction in sanction under more than one provision of Article 10.4, 10.5 or 10.6, before applying any reduction or suspension under article 10.6, the otherwise applicable period of *Ineligibility* shall be determined in accordance with Articles 10.2, 10.3, 10.4 and 10.5. If the *Athlete* or other *Person* establishes entitlement to a reduction or suspension of the period of *Ineligibility* under Article 10.6, then the period of *Ineligibility* may be reduced or suspended, but not below one-fourth of the otherwise applicable period of *Ineligibility*.

10.7 Multiple Violations

10.7.1 For an *Athlete* or other *Person's* second anti-doping rule violation, the period of *Ineligibility* shall be greater of:

- (a) six months;
- (b) one-half of the period of *Ineligibility* imposed for the first anti-doping rule violation without taking into account any reduction under Article 10.6 or
- (c) twice the period of *Ineligibility* otherwise applicable to the second anti-doping rule violation treated as if it were a first violation, without taking into account any reduction under article 10.6

The period of *Ineligibility* established above, may then be further reduced by the application of Article 10.6.

10.7.2 A third anti-doping rule violation will always result in a lifetime period of *Ineligibility* except if the third violation fulfills the condition for elimination or reduction of the period of *Ineligibility* under Article 10.4 or 10.5, or involves a violation of Article 2.4. In these particular cases, the period of *Ineligibility* shall be from eight years to lifetime *Ineligibility*.

10.7.3 An anti-doping rule violation for which an Athlete or other Person has established *No Fault or Negligence* shall not be considered a prior violation for purposes of this Article.

10.7.4 Additional Rules for Certain Potential Multiple Violations

For purposes of imposing sanctions under article 10.7, an anti-doping rule violation will only be considered a second violation if the IFBB ADC can establish that the *Athlete* or other *Person* committed the second anti-doping rule violation after the *Athlete* or other *Person* received notice pursuant to Article 7, or after the IFBB ADC made reasonable efforts to give notice of the first anti-doping rule violation. If the IFBB ADC cannot establish this, the violations shall be considered together as one single first violation, and the sanction imposed shall be based on the violation that carries the more severe sanction.

If, after the imposition of a sanction for a first anti-doping rule violation, the IFBB ADC discovers facts involving an anti-doping rule violation by the *Athlete* or other *Person* which occurred prior to notification regarding the first violation, then the IFBB ADC shall impose an additional sanction based on the sanction that could have been imposed if the two violations had been adjudicated at

the same time. Results in all *Competitions* dating back to the earlier anti-doping rule violation will be *Disqualified*, as provided in Article 10.8

~~10.7.4~~**10.7.5** For purposes of Article 10.7, each anti-doping rule violation must take place within the same ten (10) year period in order to be considered multiple violations.

10.8 *Disqualification of Results in Competitions Subsequent to Sample Collection or Commission of an Anti-Doping Rule Violation*

In addition to the automatic *Disqualification* of the results in the *Competition* which produced the positive *Sample* under Article 9, all other competitive results of the *Athlete* obtained from the date a positive *Sample* was collected (whether *In-Competition* or *Out-of-Competition*), or other anti-doping rule violation occurred, through the commencement of any *Provisional Suspension* or *Ineligibility* period, shall, unless fairness requires otherwise, be *Disqualified* with all of the resulting *Consequences* including forfeiture of any medals, points and prizes.

10.9 *Allocation of CAS Cost Awards and Forfeited Prize Money*

The priority for repayment of *CAS* cost awards and forfeited prize money shall be: first, payment, of costs awarded by *CAS*; second, reallocation of forfeited prize money to other *Athletes*; and third reimbursement of the expenses of the IFBB or *Anti-Doping Organization* that conducted results management in the case.

10.10 *Financial Consequences*

The IFBB may, in its own rules, provide for proportionate recovery of costs or financial sanctions on account of anti-doping rule violations. However, anti-doping organizations may only impose financial sanctions in cases where the maximum period of *Ineligibility* otherwise applicable has already been imposed. Financial sanctions may only be imposed where the principle of proportionality is satisfied. No recovery costs or financial sanction may be considered a basis for reducing the *Ineligibility* or other sanction which would otherwise be applicable under these Rules or the *Code*.

10.11 *Commencement of Ineligibility Period*

Except as provided below, the period of *Ineligibility* shall start on the date of the final hearing decision providing for *Ineligibility*, or if the hearing is waived or there is no hearing, on the date *Ineligibility* is accepted or otherwise imposed.

10.11.1 Delays not attributable to the *Athlete* or other *Person*

Where there have been substantial delays in the hearing process or other aspects of *Doping Control* not attributable to the *Athlete* or other *Person*, the IFBB Anti Doping Commission or the *Anti-Doping Organization* imposing the sanction may start the period of *Ineligibility* at an earlier date commencing as early as the date of *Sample* Collection or the date on which another anti-doping rule violation last occurred. All competitive results achieved during the period of *Ineligibility*, including retroactive *Ineligibility*, shall be *Disqualified*.

10.11.2 Timely Admission

Where the *Athlete* or other *Person* promptly (which, in all events, for an *Athlete* means before the *Athlete* competes again) admits the anti-doping rule violation after being confronted with the anti-doping rule violation by the IFBB ADC, the period of *Ineligibility* may start as early as the date of *Sample* collection or the date on which another anti-doping rule violation last occurred. In each case, however, where this Article is applied, the *Athlete* or other *Person* shall serve at least one-half of the period of *Ineligibility* going forward from the date the *Athlete* or other *Person* accepted the imposition of a sanction, the date of a hearing decision imposing a sanction, or the date the sanction is otherwise imposed. This Article shall not apply where the period of *Ineligibility* already has been reduced under Article 10.6.3.

10.11.3 Credit for *Provisional Suspension* or Period of *Ineligibility* Served

10.11.3.1 If a *Provisional Suspension* is imposed and respected by the *Athlete* or other *Person*, then the *Athlete* or other *Person* shall receive a credit for such period of *Provisional Suspension* against any period of *Ineligibility* which may ultimately be imposed. If a period of *Ineligibility* is served pursuant to a decision that is subsequently appealed, then the *Athlete* or other *Person* shall receive a credit for such period of *Ineligibility* served against any period which may ultimately be imposed on appeal.

10.11.3.2 If an *Athlete* or other *Person* voluntarily accepts a *Provisional Suspension* in writing from the IFBB ADC, and thereafter respects the *Provisional Suspension*, the *Athlete* or other *Person* shall receive a credit for such period of voluntary *Provisional Suspension* against any period of *Ineligibility* which may be ultimately imposed. A copy of the *Athlete* or other *Person's* voluntary acceptance of a *Provisional Suspension* shall be provided promptly to

each party entitled to receive notice of an asserted anti-doping rule violation.

10.11.3.3 No credit against a period of *Ineligibility* shall be given for any time period before the effective date of the *Provisional Suspension* or voluntary *Provisional Suspension*, regardless of whether the Athlete elected not to compete, or was suspended by his or her team.

10.11.3.4 In *Team Sports*, where a period of *Ineligibility* is imposed upon a team, unless fairness requires otherwise, the period of *Ineligibility* shall start on the date of the final hearing decision providing for *Ineligibility* or, if the hearing is waived, on the date *Ineligibility* is accepted or otherwise imposed. Any period of team *Provisional Suspension* (whether imposed or voluntary accepted) shall be credited against the total period of *Ineligibility* to be served.

10.12Status during *Ineligibility*

10.12.1 Prohibition Against Participation during *Ineligibility*

No *Athlete* or other *Person* who has been declared *Ineligible* may, during the period of *Ineligibility*, participate in any capacity in a *Competition, Event*, or activity (other than authorized anti-doping education or rehabilitation programs) authorized or organized by IFBB or by any of its recognized and/or affiliated Continental, Regional, National Federations, or a club, or other member organization of IFBB or any Continental, Regional, National Federation, or in *Competitions* authorized or organized by any professional league or any international or national level *Event* organization or any elite or national-level sporting activity funded by a governmental agency.

An *Athlete* or other *Person* subject to a period of *Ineligibility* longer than four years, may, after completing four years of the period of *Ineligibility* participate as an *Athlete* in local sport events in a sport other than sports subject to the jurisdiction of IFBB and its recognized and/or affiliated Continental, Regional, National Federations or other *Signatories* or members of *Signatories*, but only so long as the local sport event is not at a level that could otherwise qualify such *Athlete* or other *Person*, directly or indirectly, to compete in (or accumulate points toward) a national championship or *International Event*, and does not involve the *Athlete* or other *Person* working in any capacity with *Minors*.

An Athlete or other Person subject to a period of *Ineligibility* shall remain subject to *Testing*.

10.12.2 Return to Training

As an exception to article 10.12.1, an *Athlete* may return to train with a team or to use the facilities of a club or other member organization of a *Signatory's* member organization during the shorter of: (1) the last two months of the *Athlete's* period of *Ineligibility*, or (2) the last one-quarter of the period of *Ineligibility* imposed.

10.12.3 Violation of the Prohibition of Participation during *Ineligibility*

Where an *Athlete* or other *Person* who has been declared *Ineligible* violates the prohibition against participation during *Ineligibility* described in Article 10.12.1, the results of such participation shall be *Disqualified* and a new period of *Ineligibility* equal in length to the original period of *Ineligibility* shall be added to the end of the original period of *Ineligibility*. The new period of *Ineligibility* may be adjusted based on the *Athlete* or other *Person's* degree of *Fault* and other circumstances of the case. The determination of whether an *Athlete* or other *Person* has violated the prohibition against participation and whether an adjustment is appropriate, shall be made by the IFBB ADC and/or the *Anti-Doping Organization*, whose results management led to the imposition of the initial period of *Ineligibility*. This decision may be appealed under Article 13.

Where *Athlete Support Personnel* or another *Person* assists a *Person* in violating the prohibition against a participation during *Ineligibility*, the IFBB ADC and/or the *Anti-Doping Organization* with jurisdiction over such *Athlete Support Personnel* or other *Person* shall impose sanctions for a violation of Article 2.9 for such assistance.

10.12.4 Withholding of Financial Support During *Ineligibility*

In addition for any anti-doping rule violation not involving a reduced sanction as described in Article 10.4 or 10.5, some or all sport-related financial support or other sport-related benefits received by such *Person* will be withheld by *Signatories*, *Signatories* member organizations and governments.

10.13 Automatic Publication of Sanction

A mandatory part of each sanction shall include automatic publication, as provided in Article 14.4.

ARTICLE 11: CONSEQUENCES TO TEAMS

11.1 Testing of Team Sports

When more than one member of a team in a *Team Sport* has been notified of an anti-doping rule violation under Article 7 in connection with an *Event*, the IFBB ADC or other ruling body for the *Event* shall conduct appropriate *Target Testing* of the team during the *Event Period*.

11.2 Consequences for Team Sports

If more than two members of a team, in a *Team Sport* are found to have committed an anti-doping rule violation during an *Event Period*, the IFBB ADC, or other ruling body for the *Event* shall declare the results of the entire team invalid or impose another appropriate sanction to the team, in addition to any *Consequences* imposed upon the individual *Athletes* committing the anti-doping rule violation.

11.3 IFBB or Event Ruling Body may Establish Stricter Consequences for Team Sports

The IFBB ADC or other ruling body for the *Event* may elect to establish rules for the *Event* which impose *Consequences* for *Team Sports* stricter than those in Article 11.2 for purposes of the *Event*.

ARTICLE 12: SANCTIONS & COSTS ASSESSED AGAINST SPORTING BODIES AND AFFILIATED FEDERATIONS

12.1 The IFBB Executive Council has the authority to withhold some or all funding or other non-financial support to affiliated federations that are not in compliance with these Rules.

12.2 affiliated federations shall be obliged to reimburse the IFBB for all costs (including but not limited to laboratory fees, hearing expenses and travel) related to a violation of these Rules committed by an *Athlete* or other *Person* affiliated with that federation.

12.3 The IFBB ADC may elect to take additional disciplinary action against a National, Regional or Continental Federation, with respect to recognition, the eligibility of its officials and *Athletes* to participate in *International Events*, and fines based on the following:

12.3.1 If four or more violations of these Rules (other than violations involving Article 2.4) are committed by *Athletes* or other *Persons* affiliated with a National Federation within a 12-month period in *Testing* conducted by the IFBB ADC or *Anti-Doping Organizations* other than the National Federation or its national

Anti Doping Organization, then, the IFBB ADC, may, in its discretion elect to: (a) ban all officials from that National Federation for participation in IFBB activities (including at the national, regional, and continental levels) for a period of up to two years and/or (b) fine the National Federation in an amount as determined from time to time by the IFBB Executive Council (for purposes of this rule, any fine paid pursuant to Rule 12.3.2 shall be credited against any fine assessed).

12.3.2 If four or more violations of these Rules (other than violations involving Article 2.4) are committed in addition to the violations described in Article 12.3.1 by *Athletes* or other person affiliated with a National Federation within a 12 month period in *Testing* conducted by the IFBB ADC or *Anti-Doping organizations* other than the National Federation or its National *Anti-Doping Organization*, then the IFBB ADC may suspend that National Federation's membership for a period up to four (4) years.

12.3.3 If an *Athlete* or other *Person* from a National Federation commits an anti-doping rule violation during a World Championship or *International Event*, then the IFBB ADC may fine that National Federation in an amount as determined from time to time by the IFBB Executive Council.

12.3.4 If a National Federation fails to make diligent efforts to keep the IFBB ADC informed about an *Athlete's* whereabouts after receiving the IFBB ADC's request for that information, then the IFBB ADC may fine the National Federation in an amount as determined from time to time by the IFBB Executive Council per *Athlete*, in addition to all IFBB costs incurred in *Testing* that National Federation's *Athletes*.

ARTICLE 13: APPEALS

13.1 Decisions Subject to Appeal

Decisions made under these Rules may be appealed as set forth below in Articles 13.2 through 13.7 or as otherwise provided in these Rules, the *Code* or *International Standards*. Such decisions shall remain in effect while under appeal unless the appellate body orders otherwise. Before an appeal is commenced, any post-decision review provided in these Rules must be exhausted, provided that such review respects the principles set forth in Article 13.2.2. (except as provided in Article 13.1.3).

13.1.1 Scope of Review Not Limited

The scope of review on appeal includes all issues relevant to the matter and is expressly not limited to the issues or scope of review before the initial decision maker.

13.1.2 CAS Shall not Defer to the Findings Being Appealed

In making its decision, CAS need not give deference to the discretion exercised by the body whose decision is being appealed.

13.1.2 ~~13.1.2~~ **13.1.3** WADA not Required to Exhaust Internal Remedies

Where WADA has a right to appeal under article 13 and no other party has appealed a final decision within the IFBB or its Continental, Regional, National Federation's process, WADA may appeal such decision directly to CAS without having to exhaust other remedies in the IFBB or its Continental, Regional, National Federation process

13.2 Appeals from Decision Regarding Anti-Doping Rule Violations, Consequences, Provisional Suspensions, Recognition of Decisions and Jurisdiction

A decision that an anti-doping rule violation was committed, a decision imposing *Consequences* or not imposing *Consequences* for an anti-doping rule violation, or a decision that no anti-doping rule violation was committed; a decision that an anti-doping rule violation proceeding cannot go forward for a procedural reasons (including, for example, prescription); a decision by WADA not to grant an exception to the six months notice requirement for *Athlete* to return to *Competition* under Article 5.7.1 of the *Code*; a decision by WADA assigning results management under article 7.1 of the *Code*; a decision by IFBB or its Continental, Regional, National Federations or any National Federation not to bring forward an *Adverse Analytical Finding* or an *Atypical Finding* as an anti-doping rule violation, or a decision not to go forward with an anti-doping rule violation after an investigation under Article 7 of these Rules; a decision to impose a *Provisional Suspension* as a result of a *Provisional Hearing*; the IFBB and its Continental, Regional, National Federations' failure to comply with Article 7.6 of these Rules; a decision that the IFBB and its Continental, Regional, National Federations lacks jurisdiction to rule on alleged anti-doping rule violation or its *Consequences*; a decision to suspend or not suspend a period of *Ineligibility* or to reinstate, or not reinstate a suspended period on *Ineligibility* under article 10.6.1 of these Rules; a decision under Article 10.12.3 of these Rules; and a decision by the IFBB or another *Anti-Doping Organization* not to recognize another *Anti-Doping Organization's* decision under Article 15 may be appealed exclusively as provided in Articles 13.2 to 13.7.

13.2.1 Appeals Involving *International-Level Athletes* or *International Events*

In cases arising from participation in an *International Event* or in case involving *International Level Athletes*, the decision may be appealed exclusively to *CAS*.

13.2.2 Appeals Involving Other *Athletes* or Other *Persons*

In cases where article 13.2.1 is not applicable, each of the IFBB's Continental, Regional and National Federations shall have in place an appeal procedure that respects the following principles: a timely hearing, a fair impartial hearing panel; the right to be represented by a counsel at the person's expenses; and a timely, written reasoned decision. If the Continental, Regional, National Federations do not establish such a procedure, the decision may be appealed to *CAS*, in accordance with the provisions applicable before such court. The IFBB's right of appeal with respect to these cases, are set forth in Article 13.2.3 below.

13.2.3 *Persons* Entitled to Appeal

In cases under Article 13.2.1 the following parties shall have the right to appeal to *CAS*: (a) the *Athlete* or other *Person* who is the subject of the decision being appealed; (b) the other party to the case in which the decision was rendered; (c) IFBB and any other *Anti-Doping Organization* under whose rules a sanction could have been imposed; (d) the *National Anti-Doping Organization* of the *Person's* country of residence or countries where the *Person* is a national or license holder; (e) the International Olympic Committee or International Paralympic Committee, as applicable, where the decision may have an effect in relation to the Olympic Games or Paralympic Games, including decisions affecting eligibility for the Olympic Games or Paralympic Games, and (f) *WADA*.

In cases under Article 13.2.2 the parties having the right to appeal to the IFBB's Continental, Regional and National Federation's appeal body shall be as provided in the *National Anti-Doping Organization's* rules, but at a minimum, shall include the following parties: (a) the *Athlete* or other *Person* who is the subject of the decision being appealed; (b) the other party to case in which the decision was rendered; (c) IFBB; (d) the *National Anti Doping Organization* of the *Person's* country of residence; (e) the International Olympic Committee or International Paralympic Committee, as applicable where the decision may have an effect in relation to the Olympic Games or Paralympic Games, including decisions affecting eligibility for the Olympic Games or Paralympic

Games, and (f) *WADA*. For cases under Article 13.2.2 *WADA*, the International Olympic Committee, the International Paralympic Committee and the IFBB shall also have the right to appeal to *CAS* with respect to the decision of the IFBB's Continental, Regional and National Federation's appeal body. Any party filing an appeal shall be entitled to assistance from *CAS* to obtain all relevant information from the *Anti-Doping Organization* whose decision is being appealed and the information shall be provided if *CAS* so directs.

Notwithstanding, any other provision herein, the only Person who may appeal from a *Provisional Suspension* is the *Athlete* or other *Person* upon whom the *Provisional Suspension* is imposed.

13.2.4 Cross Appeals and other Subsequent Appeals Allowed

Cross Appeals and other subsequent appeals by any respondent named in cases brought to *CAS* under the *Code* are specifically permitted. Any party with a right to appeal under this Article 13 must file a cross appeal or subsequent appeal at the latest with the party's answer.

13.3 Failure to Render a Timely Decision by the IFBB

Where, in a particular case, IFBB or its Continental, Regional National Federations fail to render a decision with respect to whether an anti-doping rule violation was committed within a reasonable deadline set by *WADA*, *WADA* may elect to appeal directly to *CAS*, as if the IFBB or its Continental, Regional and National Federation had rendered a decision finding no anti-doping rule violation. If *CAS* determines that an anti-doping rule violation was committed and that *WADA* acted reasonably in electing to appeal directly to *CAS*, then *WADA*'s costs and attorneys fees in prosecuting the appeal shall be reimbursed to *WADA* by IFBB or its Continental, Regional, National Federation.

13.4 Appeals Relating to *TUEs*

TUE decisions may be appealed exclusively as provided in Articles 4.4.6, 4.4.7 of these Rules.

13.5 Notification of Appeal Decisions

Any *Anti-Doping Organization* that is a party to an appeal shall promptly provide the appeal decision to the *Athlete* or other *Person* and to the other *Anti-Doping Organizations* that would have been entitled to appeal, under Article 13.2.3 of these Rules, as provided under Article 14.2 of the *Code*.

13.6 Appeals Avenues within the IFBB

Notwithstanding the right of the appeal granted pursuant to this Article, *Athletes* and/or other *Persons* and recognized/affiliated Federations shall first exhaust all avenues of appeal available within the IFBB before appealing to *CAS* as provided in this Article.

13.7 Time for Filing Appeals

13.7.1 Appeals to *CAS*

The time to file an appeal to *CAS* shall be twenty-one (21) days from the date of receipt of the decision by the appealing party. The above notwithstanding, the following shall apply in connection with appeals filed by a party entitled to appeal but which was not a party to the proceedings having lead to the decision subject to appeal:

- a) Within fifteen (15) days from notice of the decision, such party/ies shall have the right to request from the body having issued the decision a copy of the case file ;
- b) If such request is made within the fifteen (15) day period, then the party making such request shall have twenty one days from receipt of file to file an Appeal to *CAS*

The above notwithstanding, the filing deadline for an appeal filed by *WADA* shall be later of:

- (a) Twenty-one (21) days after the last day on which any other party in the case would have appealed, or
- (b) Twenty one (21) days after *WADA*'s receipt of the complete file relating to the decision

13.7.2 Appeals under Article 13.2.2

The time to file an appeal to the IFBB's Continental, Regional and National Federation's appeal body established in accordance with rules of the *National Anti-Doping Organization* shall be indicated by the same rules of the *National Anti-Doping Organization*.

The above notwithstanding, the filing deadline for an appeal filed by *WADA* shall be later of:

- (a) Twenty-one days after the last day on which any other party in the case would have appealed, or
- (b) Twenty one days after WADA's receipt of the complete file relating to the decision

ARTICLE 14: AFFILIATED NATIONAL FEDERATION'S INCORPORATION OF THESE RULES, REPORTING AND APPLICATION AND RECOGNITION OF DECISIONS

14.1 Incorporation of these Rules

The IFBB and all its National, Regional and Continental Federations shall comply with these Rules. All National, Regional and Continental Federations shall include in their regulations the provisions necessary to ensure that the IFBB may enforce these Rules directly as against *Athletes* under their anti-doping jurisdiction (including *National-Level Athletes*).

These Rules shall be incorporated either directly or by reference into the rules of each National, Regional and Continental Federation so that they may each enforce these Rules themselves directly as against *Athletes* under their anti-doping jurisdiction (including *National-Level Athletes*).

All National, Regional and Continental Federations shall include in their regulations the procedural rules necessary to effectively implement these Rules.

The IFBB and each National, Regional and Continental Federation shall obtain the written acknowledgement of all *Athletes* subject to doping control. For greater certainty, all National, Regional and Continental Federations shall establish rules requiring all *Athletes* and each *Athlete Support Personnel* who participates as coach, trainer, manager, team staff, official, medical or paramedical personnel in a *Competition* or activity authorized or organized by a National, Regional and Continental Federation or one of their member organizations to agree to be bound by these Rules and to submit to the results management authority of the *Anti-Doping Organization* responsible under the *Code* as a condition of such participation.

Notwithstanding whether or not the required form has been signed, the rules of each National, Regional and Continental Federation shall specifically provide that all *Athletes*, *Athlete Support Personnel* and other *Persons* under the jurisdiction of the IFBB or its National, Regional and Continental Federations shall be bound by these Rules.

All National, Regional and Continental Federations shall report any information suggesting or relating to an anti-doping rule violation to the

IFBB and to their *National Anti-Doping Organizations*, and shall cooperate with investigations conducted by any *Anti-Doping Organization* with authority to conduct the investigation.

All National, Regional and Continental Federations shall have disciplinary rules in place to prevent *Athlete Support Personnel* who are *Using Prohibited Substances* or *Prohibited Methods* without valid justification from providing support to *Athletes* under the jurisdiction of the IFBB or of the National, Regional and Continental Federations.

All National, Regional and Continental Federations shall be required to conduct anti-doping education in coordination with their *National Anti-Doping Organizations*.

14.2 Statistical Reporting

Affiliated National Federations shall report to the IFBB ADC, at the end of each year (December, 31) the results of all *Doping Controls* within their jurisdiction sorted by *Athlete* and identifying each date on which the *Athlete* was tested, the entity conducting the test, and whether the test was *In-Competition* or *Out-of-Competition*. The IFBB ADC may periodically publish testing data received from affiliated Federations as well as comparable data from testing under the IFBB's jurisdiction. The IFBB ADC shall publish annually a general statistical report of its *Doping Control* activities during the calendar year with a copy provided to *WADA*.

14.3 Doping Control Information ClearingHouse

When an affiliated Federation has received an *Adverse Analytical Finding* on one of its *Athletes* it shall report the following information to the IFBB within fourteen (14) days of the process described in the Article 7.1.2 and 7.1.3: the *Athlete's* name, country, sport and discipline within the sport, whether the test was *In-Competition* or *Out-of-Competition*, the date of sample collection and the analytical result reported by the laboratory. The affiliated Federation shall also regularly update the IFBB ADC on the status and findings of any review or proceedings conducted pursuant to Article 7 (Result Management), Article 8 (Right to a Fair Hearing) or Article 13 (Appeals) and comparable information shall be provided to the IFBB ADC within fourteen (14) days of the notification described in Article 7.1.9 with respect to other violations. In any case which the period of *Ineligibility* is eliminated under Article 10.4 (No Fault or Negligence) or reduced under Article 10.5 (No significant Fault or Negligence) the IFBB ADC shall be provided with a written reasoned decision explaining the basis for elimination or reduction. The IFBB ADC shall then report this information to *WADA*. Neither IFBB nor *WADA* shall disclose this information beyond those persons within their organizations with a need to know until the affiliated Federation has made public

disclosure or has failed to make public disclosure as required in Article 14.4 below.

This information will be made accessible, where appropriate and in accordance with the applicable rules, to the *Athlete*, the *Athlete's National Anti-Doping Organization* and any other *National Anti-Doping Organization* with testing authority over the *Athlete*.

14.4 Public Disclosure

Neither the IFBB nor its National, Regional or Continental Federations shall publicly identify *Athletes* whose *Samples* have resulted in *Adverse Analytical Findings* or who were alleged to have violated other Articles of these Rules until it has been determined that an anti-doping rule violation occurred in a final appellate decision under Article 13.2.1 or 13.2.2 or such appeal has been waived, or a hearing in accordance with Article 8 has been waived, or the assertion of an anti-doping rule violation has not been timely challenged, or a determination has been made that the *Athlete* is provisionally suspended. Once a violation has been so established, it shall be publicly reported within twenty one (21) days. IFBB or its National Federation must also report within twenty one (21) days the results of the appeal decision of an anti-doping rule violation. IFBB or its National, Regional or Continental Federation shall also, within the time period for publication, send all hearing and appeal decisions to *WADA*.

14.5 Recognition of Decision by the IFBB and Affiliated/Recognized Federations

Any decision of the IFBB ADC, or an recognized/affiliated Continental, Regional, National Federation regarding a violation of these Rules shall be recognized by all recognized/affiliated Continental, Regional, National Federations, which shall take all necessary action to render such result effective.

14.6 Data Privacy

The IFBB ADC and its recognized/affiliated Federations may collect, store, process or disclose personal information relating to *Athletes* or other *Persons* where necessary and appropriate to conduct their anti-doping activities under these Rules, the *Code* and *International Standards* (including specifically the International Standard for the Protection of Privacy and Personal Information) and in compliance with applicable law.

ARTICLE 15: APPLICATION AND RECOGNITION OF DECISIONS

15.1 Subject to the right to appeal provided in Article 13, *Testing*, hearing results or other final adjudications of any *Signatory* which are consistent with the *Code* and are within that *Signatory's* authority, shall be applicable worldwide and shall be recognized and respected by the IFBB and its recognized and/or affiliated Continental, Regional, National Federations.

15.2 The IFBB and its recognized and/or affiliated Continental, Regional, National Federations shall recognize the measures taken by other bodies which have not accepted the *Code*, if the rules of those bodies are otherwise consistent with the *Code*.

ARTICLE 16: STATUTE OF LIMITATIONS

No anti-doping rule violation proceeding may be commenced against an *Athlete* or other *Person* unless he or she has been notified of the anti-doping rule violation as provided in Article 7, or notification has been reasonably attempted, within ten (10) years from the date the violation is asserted to have occurred.

ARTICLE 17: IFBB COMPLIANCE REPORTS TO WADA

The IFBB will report to *WADA* on the IFBB's compliance with the *Code* in accordance with Article 23.5.2 every second year and shall explain the reasons for any non-compliance.

ARTICLE 18: INTERPRETATION OF THESE RULES

18.1 The official text of these Rules shall be maintained by the IFBB and shall be published in English. They may be amended from time to time by the IFBB.

18.2 The Rules shall be interpreted as an independent and autonomous text and not by reference to the existing law or statutes of the *Signatories* or governments.

18.3 The headings used for the various Parts and Articles of these Rules are for convenience only and shall not be deemed part of the substance of these Rules, or to affect in any way the language of the provision to which they refer.

18.4 The *Code and International Standards* shall be considered integral parts of these Rules and shall prevail in case of conflict.

18.5 The comments annotating various provisions of the *Code* are incorporated by reference into these Rules and shall be treated as if set out in full herein, and shall be used to interpret these Rules.

18.6 These Rules shall not apply retroactively to matters pending before the date they enter in force. However, pre-Rules anti-doping rule violations would continue to count as “First violations” or “Second violations” for purposes of determining sanctions under Article 10 for subsequent post-Rules violations.

18.7 The Purpose, Scope and Organization of the World Anti-Doping Program, and the Appendix 1 of these Rules: Definitions, shall be considered integral parts of these Rules.

ARTICLE 19: TRANSITIONAL PROVISIONS

19.1 General Application of the 2015 Rules

These 2015 IFBB Anti Doping Rules shall apply in full as of 1st January 2015 (the ‘Effective Date’).

19.2 Non-Retroactive except for Articles 10.7.5 and 17 or Unless Principle of ‘Lex Mitior’ Applies

The retrospective periods in which prior violations can be considered for purposes of multiple violations under article 10.7.5 and the statute of limitations set forth in Article 16 are procedural rules and should be applied retroactively; provided, however, that Article 16 shall only be applied retroactively if the statute of limitation period has not already expired by the Effective Date. Otherwise, with respect to any anti-doping rule violation case which is pending as of the Effective Date and any anti-doping rule violation case brought after the Effective Date based on an anti-Doping rule violation which occurred prior to the effective date, the case shall be governed by the substantive anti-doping rules in effect at the time the alleged anti-doping violation occurred, unless the panel hearing the case determines the principle of ‘*lex mitior*’ appropriately applies under the circumstances of the case.

19.3 Application to Decision Rendered Prior to the 2015 Rules

With respect to cases where a final decision finding an anti-doping rule violation has been rendered prior to the Effective Date, but the *Athlete* or other *Person* is still serving the period of *Ineligibility* as of the Effective Date, the *Athlete* or other *Person* may apply to the IFBB ADC, or other *Anti-Doping Organization* which had results management responsibility for that anti-doping rule violation, to consider a reduction in the period of *Ineligibility* in light of these Rules. Such application must be made before the period of *Ineligibility* has expired. The decision rendered by the IFBB ADC may be appealed pursuant to Article 13.2. These Rules shall have no applications to any anti-doping rule violation case where a

final decision finding an anti-doping rule violation has been rendered and the period of *Ineligibility* has expired.

19.4 Multiple Violations Where the First Violation Occurs prior to 1st January 2015

For purposes of assessing the period of *Ineligibility* for a second violation under Article 10.7.1, where the sanction for the first violation was determined based on rules in force prior to the Effective Date, the period of *Ineligibility* which would have been assessed for that first violation had these Rules been applicable, shall be applied.

ARTICLE 20: EDUCATION

The IFBB shall plan, implement evaluate and monitor information, education and prevention programs for doping-free sport on at least the issues listed at Article 18.2 of the *Code*, and shall support active participation by *Athletes* and *Athlete Support Personnel* in such programs.

APPENDIX ONE - DEFINITIONS

ADAMS The Anti-Doping Administration and Management System is a Web-based database management tool for data entry, storage, sharing and reporting, designed to assist stakeholders and WADA in their anti-doping operations in conjunction with data protection legislation.

Administration : Providing, supplying, supervising, facilitating or otherwise participating in the *Use* or *Attempted Use* by another *Person* of a *Prohibited Substance* or *Prohibited Method*. However, this definition shall not include the actions of bona fide medical personnel involving a *Prohibited Substance* or *Prohibited Method* used for genuine and legal therapeutic purposes or other acceptable justification and shall not include actions involving *Prohibited Substances* which are not prohibited in *Out-of-Competition Testing* unless the circumstances as a whole demonstrate that such Prohibited Substances are not intended for genuine and legal therapeutic purposes or are intended to enhance sport performance.

Adverse Analytical Finding A report from a *WADA*-accredited laboratory or other *WADA*-approved laboratory that, consistent with the International Standard for Laboratories and related Technical Documents, identifies in a *Sample* the presence of a *Prohibited Substance* or its *Metabolites* or *Markers* (including elevated quantities of endogenous substances) or evidence of the *Use* of a *Prohibited Method*.

Adverse Passport Finding: A report identified as an *Adverse Passport Finding* as described in the applicable *International Standards*.

Anti-Doping Organization: a *Signatory* that is responsible for adopting rules for initiating, implementing or enforcing any part of the *Doping Control* process. This includes, for example, the International Olympic Committee, the International Paralympic Committee, other *Major event organizations* that conduct *Testing* at their *Events*, WADA, International Federations and *National Anti Doping Organizations*.

Athlete: Any *Person* who competes in sport at the international level (as defined by each International Federation) or the National level (as defined by each *National Anti Doping Organization*) An *Anti Doping Organization* has discretion to apply anti doping rules to an Athlete who is neither an *International Level Athlete* nor a *National Level Athlete*, and thus to bring them within the definition of 'Athlete'. In relation to Athletes who are neither *International-Level* nor *National-Level Athletes*, an Anti-Doping Organization may elect to: conduct limited Testing or no Testing at all; analyze samples for less than the full menu of Prohibited Substances; require limited or no whereabouts information; or not require advance TUE's. However, if an article 2.1, 2.3 or 2.5 anti-doping rule violation is committed by any Athlete over whom an Anti-Doping Organization has authority who competes below the international or national level, then the *Consequences* set forth in the Code [except Article 14.3.2] must be applied. For purposes of Article 2.8 and Article 2.9 and for purposes of anti-doping information and education, any Person who participates in sport under the authority of any Signatory, government, or other sports organization accepting the *Code* is an Athlete.

Athlete Biological Passport: The program and methods of gathering and collating data as described in the International Standard for Testing and Investigations and International Standard for Laboratories.

Athlete Support Personnel: Any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel, parent or any other *Person* working with, treating, assisting an *Athlete* participating in or preparing for sport *Competition*.

Attempt: Purposely engaging in conduct that constitutes a substantial step in a course of conduct planned to culminate in the commission of an anti-doping rule violation. Provided, however, there shall be no anti-doping rule violation based solely on an *Attempt* to commit a violation if the *Person* renounces the *Attempt* prior to it being discovered by a third party not involved in the *Attempt*.

Atypical Finding: a report from a WADA-accredited laboratory or other WADA-approved laboratory which requires further investigation as provided by the International Standard for Laboratories or related

Technical Documents prior to the determination of an *Adverse Analytical Finding*.

Atypical Passport Finding: A report described as an *Atypical Passport Finding* as described in the applicable *International Standards*.

CAS: The Court of Arbitration for Sport.

Code: The World Anti-Doping Code.

Competition: A single race, match, game or singular sport contest. For example, a basketball game or the finals for the Olympic 100-meter race in athletics. For stage races and other sport contests where prizes are awarded on a daily or other interim basis the distinction between a *Competition* and *Event* will be as provided in the rules of the applicable International Federation.

Consequences of Anti-Doping Rule Violations ("Consequences"):

An *Athlete's* or other *Person's* violation of an anti-doping rule may result in one or more of the following: (a) *Disqualification* means the *Athlete's* results in a particular *Competition* or *Event* are invalidated, with all resulting *Consequences* including forfeiture of any medals, point and prizes; (b): *Ineligibility* means the *Athlete* or other *Person* is barred in account of an anti-doping rule violation for a specified period of time from participating in any *Competition* or other activity or funding as provided in article 10.12.1: (c) *Provisional Suspension* means the *Athlete* or other *Person* is barred temporarily from participating in any *Competition* or activity prior to the final decision at a hearing conducted under Article 8; (d) *Financial Consequences* means a financial sanction imposed for an anti-doping rule violation or to recover costs associated with an anti-doping rule violation;,, and (e) *Public Disclosure or Public Reporting* means the dissemination or distribution of information to the general public or *Persons* beyond those *Persons* entitled to earlier notification, in accordance with Article 14. Teams, in *Team Sports* may also be subject to *Consequences* as provided in Article 11 of the *Code*.

Contaminated Product: A product that contains a *Prohibited Substance* that is not disclosed in the product label or in information available in a reasonable Internet search.

Disqualification: See *Consequences of Anti-Doping Rule Violations* above.

Doping Control: All steps and process from test distribution planning through the ultimate disposition of any appeal including all steps and processes in between such as provision of whereabouts information, *Sample* collection and handling laboratory analysis, *TUEs* results management and hearings.

Event: A series of individual *Competitions* conducted together under one ruling body (e.g. the Olympic Games, FINA World Championships or Pan American Games).

Event Venues: Those venues so designated by the ruling body for the *Event*.

Event Period: The time between the beginning and end of an *Event*, as established by the ruling body of the *Event*.

Fault: *Fault* is any breach of duty or any lack of care appropriate to a particular situation. Factors to be taken into consideration in assessing an *Athlete* or other *Person's* degree of *Fault* include, for example, the *Athlete's* or other *Person's* experience, whether the *Athlete* or other *Person* is a *Minor*, special considerations such as an impairment, the degree of risk that should have been perceived by the *Athlete*, and the level of care and investigation exercised by the *Athlete* in relation to what should have been perceived level of risk. In assessing the *Athlete's* or other *Person's* degree of *Fault*, the circumstances considered must be specific and relevant to explain the *Athlete's* or other *Person's* departure from the expected standard of behavior. Thus, for example, the fact that an *Athlete* would lose the opportunity to earn large sums of money during a period of *Ineligibility*, or the fact that the *Athlete* only has short time left in his or her career, or timing of the sport calendar would not be relevant factors to be considered in reducing the period of *Ineligibility* under Article 10.5.1 or 10.5.2.

Financial Consequences: See consequences of *Anti Doping Rule Violations* above.

In-Competition: Unless provided otherwise in the rules of an International Federation or the ruling body of the *Event* in question, 'In-Competition' means the period commencing twelve hours before a *Competition* in which the *Athlete* is scheduled to participate through the end of such *Competition* and the *Sample* collection process related to such *Competitions*.

Independent Observer Program: A team of observers, under the supervision of *WADA*, who observe and provide guidance on the *Doping Control* process at certain *Events* and report on their observations.

Individual Sport: Any sport that is not a *Team Sport*.

Ineligibility: See *Consequences of Anti Doping Rule Violations* above.

International Event: An *Event* or *Competition* where the International Olympic Committee, The International Paralympic Committee, an

International Federation, a *Major Event Organization*, or another international sport organization is the ruling body for the *Event* or appoints the technical officials for the *Event*.

International-Level Athlete: *Athletes* who compete in IFBB competitions at the international level, consistent with the International Standard for Testing and Investigations. It is considered an IFBB international level competition, a competition which has athletes participating from two or more Nations –other than the Organizing Nation- and in which the IFBB is the ruling body and appoints the technical officials. .

International Standard: A standard adopted by WADA in support of the Code. Compliance with an *International Standard* (as opposed to another alternative standard, practice or procedure) shall be sufficient to conclude that procedures addressed by the International Standard were performed properly. *International Standards* shall include any Technical Documents issued pursuant to *International Standard*.

Major Event Organizations: The continental associations of National Olympic Committees and other international multi-sport organizations that function as the ruling body for any continental, regional or other *International Event*.

Marker: A compound, group of compounds or biological variable(s) that indicates the *Use of a Prohibited Substance or Prohibited Method*.

Metabolite: Any substance produced by a biotransformation process.

Minor: A natural Person who has not reached the age of eighteen (18) years.

National Anti-Doping Organization: The entity (es) designated by each country as possessing the primary authority and responsibility to adopt and implement anti-doping rules, direct the collection of *Samples*, the management of test results and the conduct of hearings at the national level. If this designation has not been made by the competent public authority(es), the entity shall be the country's *National Olympic Committee* or its designee.

National Event: A sport *Event* or *Competition* involving *International* or *National Level* Athletes that is not an *International Event*

National Level Athlete: *Athletes* who compete in sport at the national level, as defined by each *National Anti-Doping Organization*, consistent with the International Standard for Testing and Investigations.

National Olympic Committee: The organization recognized by the International Olympic Committee. The term *National Olympic Committee* shall also include the National Sport Confederation in those countries where the National Sport Confederation assumes typical *National Olympic Committee* responsibilities in the anti-doping area.

No Fault or Negligence: The *Athlete* or other *Person's* establishing that he or she did not know or suspect, and could not reasonably have known or suspected even with the exercise of utmost caution, that he or she had *Used* or been administered the *Prohibited Substance* or *Prohibited Method*, or otherwise violating an anti-doping rule. Except in the case of a *Minor*, for any violation of article 2.1 the *Athlete* must also establish how the *Prohibited Substance* entered his or her system.

No Significant Fault or Negligence: The *Athlete* or other *Person's* establishing that his or her Fault or negligence, when viewed in the totality of the circumstances and taking into account the criteria for *No Fault or Negligence*, was not significant in relationship to the anti-doping rule violation. Except in the case of a *Minor*, for any violation of Article 2.1, the *Athlete* must also establish how the *Prohibited Substance* entered his or her system.

Out of Competition : Any period which is not *In-Competition*.

Participant: Any *Athlete* or *Athlete Support Personnel*.

Person: A natural *Person* or an organization or other entity.

Possession: The actual, physical *Possession* or the constructive *Possession* (which shall be found only if the *Person* has exclusive control or intends to exercise control over the *Prohibited Substance* or *Prohibited Methods* or the premises in which a *Prohibited Substance* or *Prohibited Method* exists); provided, however, that if the *Person* does not have exclusive control over the *Prohibited Substance* or *Prohibited Methods*, constructive *Possession* shall only be found if the *Person* knew about the presence of *Prohibited Substance* or *Prohibited Method* and intend to exercise control over it. Provided, however, there shall be no anti-doping rule violation based solely on *Possession* if, prior to receiving notification or any kind that the *Person* has committed an anti-doping rule violation, the *Person* has taken concrete action demonstrating that the *Person* never intended to have *Possession* and has renounced *Possession* by explicitly declaring it to an *Anti-Doping Organization*. Notwithstanding anything to the contrary in this definition, the purchase (including by any electronic or other means) of a *Prohibited Substance* or *Prohibited Method* constitutes *Possession* by the *Person* who makes the purchase.

Prohibited List: The List identifying the *Prohibited Substances* and *Prohibited Methods*.

Prohibited Method: Any method so described on the *Prohibited List*.

Prohibited Substance: Any substance, or class of substances, so described on the *Prohibited List*.

Provisional Hearing: For purposes of Article 7.6 an expedited abbreviated hearing occurring prior to a hearing under Article 8 that provides the *Athlete* with notice and an opportunity to be heard in either written or oral form.

Provisional Suspension: See *Consequences of Anti-Doping Rule* violations above.

Publicly Disclose or Publicly Report: See *Consequences of Anti-Doping Rule Violation* above.

Regional Anti-Doping Organization: A regional entity designated by member countries to coordinate and manage delegated areas of their national anti-doping programs, which may include the adoption and implementation of anti-doping rules, the planning and collection of *Samples*, the management of results, the review of *TUEs*, the conduct of hearings and the conduct of educational program at a regional level.

Registered Testing Pool: The pool of highest priority *Athletes* established separately at the international level by International Federations and at national level by *National Anti Doping Organizations* who are subject to focused *In-Competition* and *Out of Competition Testing* as part of that International Federation's or *National Anti Doping Organization's* test distribution plan and therefore are required to provide whereabouts information as provided in the Article 5.6 of the *Code*, and the International Standard for Testing and Investigations

Sample or Specimen: Any biological material collected for the purposes of *Doping Control*.

Signatories: Those entities signing the *Code* and agreeing to comply with the *Code*, including *WADA*, the International Olympic Committee, International Federations, International Paralympic Committee, National Olympic Committees, National Paralympic Committees, *Major Event Organizations* and *National Anti-Doping Organizations*.

Specified Substance: See Article 4.2.2

Strict Liability: The rule which provides that under Article 2.1 and Article 2.2, it is not necessary that intent, *Fault*, negligence, or knowing *Use* on the *Athlete's* part be demonstrated by the *Anti-Doping Organization* in order to establish an anti-doping rule violation.

Substantial Assistance: For purposes of Article 10.6.1 a *Person* providing *Substantial Assistance* must: (1) fully disclose in a signed, written statement all information he or she possesses in relation to anti-doping rule violation, and (2) fully cooperate with the investigation and adjudication of any case related to that information, including, for example, presenting testimony at a hearing if requested to do so by an *Anti-Doping Organization* or hearing panel. Further, the information provided must be credible and must comprise an important part of any case which is initiated, or if no case is initiated, must have provided a sufficient basis on which a case could have been brought.

Tampering: Altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly, obstructing, misleading or engaging in any fraudulent conduct to alter results or prevent normal procedures from occurring.

Target Testing: Selection of specific *Athletes* for *Testing* based on criteria set forth in the International Standard for Testing and Investigations.

Team Sport: A sport in which the substitution of players is permitted during a *Competition*.

Testing: The parts of the *Doping Control* process involving test distribution planning, *Sample* collection, *Sample* handling and *Sample* transport to the laboratory.

Trafficking: Selling, giving, transporting, sending, delivering or distributing (or Possessing for any such purpose) a *Prohibited Substance* or *Prohibited Method* (either physically or by any electronic or other means) by an *Athlete*, *Athlete Support Personnel* or any other *Person* subject to the jurisdiction of an *Anti-Doping Organization* to any third party; provided, however, this definition shall not include the actions of "bona fide" medical personnel involving a *Prohibited Substance* used for genuine and legal therapeutic purposes or other acceptable justification, and shall not include actions involving *Prohibited Substances* which are not prohibited in *Out of Competition Testing*, unless the circumstances as a whole demonstrate such *Prohibited Substances* are not intended for genuine and legal therapeutic purposes or are intended to enhance sport performance.

TUE: Therapeutic Use Exemption, as described in Article 4.4

Use: The utilization, application, ingestion, injection or consumption by any means whatsoever of any *Prohibited Substance* or *Prohibited Method*.

WADA: The World Anti-Doping Agency.

APPENDIX TWO - EXAMPLES OF THE APPLICATION OF ARTICLE 10

EXAMPLE 1.

Facts: An *Adverse Analytical Finding* results from the presence of an anabolic steroid in an *In-Competition* test (Article 2.1); the *Athlete* promptly admits the anti-doping rule violation; the *Athlete* establishes *No Significant Fault or Negligence*; and the *Athlete* provides *Substantial Assistance*.

Application of *Consequences*:

1. The starting point would be Article 10.2. Because the *Athlete* is deemed to have *No Significant Fault* that would be sufficient corroborating evidence (Articles 10.2.1.1 and 10.2.3) that the anti-doping rule violation was not intentional, the period of *Ineligibility* would thus be two years, not four years (Article 10.2.2).

2. In a second step, the panel would analyze whether the *Fault*-related reductions (Articles 10.4 and 10.5) apply. Based on *No Significant Fault or Negligence* (Article 10.5.2) since the anabolic steroid is not a *Specified Substance*, the applicable range of sanctions would be reduced to a range of two years to one year (minimum one-half of the two year sanction). The panel would then determine the applicable period of *Ineligibility* within this range based on the *Athlete's* degree of *Fault* (Assume for purposes of illustration in this example that the panel would otherwise impose a period of *Ineligibility* of 16 months).

3. In a third step, the panel would assess the possibility for suspension or reduction under Article 10.6 (reductions not related to *Fault*). In this case, only Article 10.6.1 (*Substantial Assistance*) applies (Article 10.6.3, Prompt Admission, is not applicable because the period of *Ineligibility* is already below the two-year minimum set forth in Article 10.6.3). Based on *Substantial Assistance*, the period of *Ineligibility* could be suspended by three-quarters of 16 months.* The minimum period of *Ineligibility* would thus be four months (Assume for purposes of illustration in this example that the panel suspends ten months and the period of *Ineligibility* would thus be six months).

4. Under Article 10.11, the period of *Ineligibility*, in principle, starts on the date of the final hearing decision. However, because the *Athlete* promptly admitted the anti-doping rule violation, the period of *Ineligibility* could start as early as the date of *Sample* collection, but in any event the *Athlete* would have to serve at least one-half of the *Ineligibility* period (i.e., three months) after the date of the hearing decision (Article 10.11.2).

5. Since the *Adverse Analytical Finding* was committed in a *Competition*, the panel would have to automatically *Disqualify* the result obtained in that *Competition* (Article 9).

6. According to Article 10.8, all results obtained by the *Athlete* subsequent to the date of the *Sample* collection until the start of the period of *Ineligibility* would also be *Disqualified* unless fairness requires otherwise.

7. The information referred to in Article 14. must be *Publicly Disclosed*, unless the *Athlete* is a *Minor*, since this is a mandatory part of each sanction (Article 10.13).

8. The *Athlete* is not allowed to participate in any capacity in a *Competition* or other sport-related activity under the authority of any *Signatory* or its affiliates during the *Athlete's* period of *Ineligibility* (Article 10.12.1). However, the *Athlete* may return to train with a team or to use the facilities of a club or other member organization of a *Signatory* or its affiliates during the shorter of: (a) the last two months of the *Athlete's* period of *Ineligibility*, or (b) the last one-quarter of the period of *Ineligibility* imposed (Article 10.12.2). Thus, the *Athlete* would be allowed to return to training one and one-half months before the end of the period of *Ineligibility*.

EXAMPLE 2.

Facts: An *Adverse Analytical Finding* results from the presence of a stimulant which is a *Specified Substance* in an *In-Competition* test (Article 2.1); the *Anti-Doping Organization* is able to establish that the *Athlete* committed the anti-doping rule violation intentionally; the *Athlete* is not able to establish that the *Prohibited Substance* was *Used Out-of-Competition* in a context unrelated to sport performance; the *Athlete* does not promptly admit the anti-doping rule violation as alleged; the *Athlete* does provide *Substantial Assistance*.

Application of Consequences:

1. The starting point would be Article 10.2. Because the *Anti-Doping Organization* can establish that the anti-doping rule violation was committed intentionally and the *Athlete* is unable to establish that the substance was permitted *Out-of-Competition* and the *Use* was unrelated to the *Athlete's* sport performance (Article 10.2.3), the period of *Ineligibility* would be four years (Article 10.2.1.2).

2. Because the violation was intentional, there is no room for a reduction based on *Fault* (no application of Articles 10.4 and 10.5). Based on *Substantial Assistance*, the sanction could be suspended by up to three-quarters of the four years.* The minimum period of *Ineligibility* would thus be one year.

3. Under Article 10.11, the period of *Ineligibility* would start on the date of the final hearing decision.

4. Since the *Adverse Analytical Finding* was committed in a *Competition*, the panel would automatically *Disqualify* the result obtained in the *Competition*.

5. According to Article 10.8, all results obtained by the *Athlete* subsequent to the date of *Sample* collection until the start of the period of *Ineligibility* would also be *Disqualified* unless fairness requires otherwise.

6. The information referred to in Article 14.3.2 must be *Publicly Disclosed*, unless the *Athlete* is a *Minor*, since this is a mandatory part of each sanction (Article 10.13).

7. The *Athlete* is not allowed to participate in any capacity in a *Competition* or other sport-related activity under the authority of any *Signatory* or its affiliates during the *Athlete's* period of *Ineligibility* (Article 10.12.1). However, the *Athlete* may return to train with a team or to use the facilities of a club or other member organization of a *Signatory* or its affiliates during the shorter of: (a) the last two months of the *Athlete's* period of *Ineligibility*, or (b) the last one-quarter of the period of *Ineligibility* imposed (Article 10.12.2). Thus, the *Athlete* would be allowed to return to training two months before the end of the period of *Ineligibility*.

EXAMPLE 3.

Facts: An *Adverse Analytical Finding* results from the presence of an anabolic steroid in an *Out-of-Competition* test (Article 2.1); the *Athlete* establishes *No Significant Fault or Negligence*; the *Athlete* also establishes that the *Adverse Analytical Finding* was caused by a *Contaminated Product*.

Application of Consequences:

1. The starting point would be Article 10.2. Because the *Athlete* can establish through corroborating evidence that he did not commit the anti-doping rule violation intentionally, i.e., he had *No Significant Fault* in *Using a Contaminated Product* (Articles 10.2.1.1 and 10.2.3), the period of *Ineligibility* would be two years (Articles 10.2.2).

2. In a second step, the panel would analyze the *Fault*-related possibilities for reductions (Articles 10.4 and 10.5). Since the *Athlete* can establish that the anti-doping rule violation was caused by a *Contaminated Product* and that he acted with *No Significant Fault or Negligence* based on Article 10.5.1.2, the applicable range for the period of *Ineligibility* would be reduced to a range of two years to a reprimand. The panel would determine the period of *Ineligibility* within this range, based on the *Athlete's* degree of *Fault* (Assume for purposes of illustration in this example that the panel would otherwise impose a period of *Ineligibility* of four months).

3. According to Article 10.8, all results obtained by the *Athlete* subsequent to the date of *Sample* collection until the start of the period of *Ineligibility* would be *Disqualified* unless fairness requires otherwise.

4. The information referred to in Article 14. must be *Publicly Disclosed*, unless the *Athlete* is a *Minor*, since this is a mandatory part of each sanction (Article 10.13).

5. The *Athlete* is not allowed to participate in any capacity in a *Competition* or other sport-related activity under the authority of any *Signatory* or its affiliates during the *Athlete's* period of *Ineligibility* (Article 10.12.1). However, the *Athlete* may return to train with a team or to use the facilities of a club or other member organization of a *Signatory* or its affiliates during the shorter of: (a) the last two months of the *Athlete's* period of *Ineligibility*, or (b) the last one-quarter of the period of *Ineligibility* imposed (Article 10.12.2). Thus, the *Athlete* would be allowed to return to training one month before the end of the period of *Ineligibility*.

EXAMPLE 4.

Facts: An *Athlete* who has never had an *Adverse Analytical Finding* or been confronted with an anti-doping rule violation spontaneously admits that she *Used* an anabolic steroid to enhance her performance. The *Athlete* also provides *Substantial Assistance*.

Application of Consequences:

1. Since the violation was intentional, Article 10.2.1 would be applicable and the basic period of *Ineligibility* imposed would be four years.

2. There is no room for *Fault*-related reductions of the period of *Ineligibility* (no application of Articles 10.4 and 10.5).

3. Based on the *Athlete's* spontaneous admission (Article 10.6.2) alone, the period of *Ineligibility* could be reduced by up to one-half of the four years. Based on the *Athlete's Substantial Assistance* (Article 10.6.1) alone, the period of *Ineligibility* could be suspended up to three-quarters of the four years.* Under Article 10.6.4, in considering the spontaneous admission and *Substantial Assistance* together, the most the sanction could be reduced or suspended would be up to three-quarters of the four years. The minimum period of *Ineligibility* would be one year.

4. The period of *Ineligibility*, in principle, starts on the day of the final hearing decision (Article 10.11). If the spontaneous admission is factored into the reduction of the period of *Ineligibility*, an early start of the period of *Ineligibility* under Article 10.11.2 would not be permitted. The provision seeks to prevent an *Athlete* from benefitting twice from the same set of circumstances. However, if the period of *Ineligibility* was suspended solely on the basis of *Substantial Assistance*, Article 10.11.2 may still be applied, and the period of *Ineligibility* started as early as the *Athlete's* last *Use* of the anabolic steroid.

5. According to Article 10.8, all results obtained by the *Athlete* subsequent to the date of the anti-doping rule violation until the start of the period of *Ineligibility* would be *Disqualified* unless fairness requires otherwise.

6. The information referred to in Article 14. must be *Publicly Disclosed*, unless the *Athlete* is a *Minor*, since this is a mandatory part of each sanction (Article 10.13).

7. The *Athlete* is not allowed to participate in any capacity in a *Competition* or other sport-related activity under the authority of any *Signatory* or its affiliates during the *Athlete's* period of *Ineligibility* (Article 10.12.1). However, the *Athlete* may return to train with a team or to use the facilities of a club or other member organization of a *Signatory* or its affiliates during the shorter of: (a) the last two months of the *Athlete's* period of *Ineligibility*, or (b) the last one-quarter of the period of *Ineligibility* imposed (Article 10.12.2). Thus, the *Athlete* would be allowed to return to training two months before the end of the period of *Ineligibility*.

EXAMPLE 5.

Facts:

An *Athlete Support Person* helps to circumvent a period of *Ineligibility* imposed on an *Athlete* by entering him into a *Competition* under a false name. The *Athlete Support Person* comes forward with this anti-doping rule violation (Article 2.9) spontaneously before being notified of an anti-doping rule violation by an *Anti-Doping Organization*.

Application of Consequences:

1. According to Article 10.3.4, the period of *Ineligibility* would be from two up to four years, depending on the seriousness of the violation (Assume for purposes of illustration in this example that the panel would otherwise impose a period of *Ineligibility* of three years).
2. There is no room for *Fault*-related reductions since intent is an element of the anti-doping rule violation in Article 2.9 (see comment to Article 10.5.2).
3. According to Article 10.6.2, provided that the admission is the only reliable evidence, the period of *Ineligibility* may be reduced down to one-half (Assume for purposes of illustration in this example that the panel would impose a period of *Ineligibility* of 18 months).
4. The information referred to in Article 14.3.2 must be *Publicly Disclosed* unless the *Athlete Support Person* is a *Minor*, since this is a mandatory part of each sanction (Article 10.13).

EXAMPLE 6.

Facts: An *Athlete* was sanctioned for a first anti-doping rule violation with a period of *Ineligibility* of 14 months, of which four months were suspended because of *Substantial Assistance*. Now, the *Athlete* commits a second anti-doping rule violation resulting from the presence of a stimulant which is not a *Specified Substance* in an *In-Competition* test (Article 2.1); the *Athlete* establishes *No Significant Fault or Negligence*; and the *Athlete* provided *Substantial Assistance*. If this were a first violation, the panel would sanction the *Athlete* with a period of *Ineligibility* of 16 months and suspend six months for *Substantial Assistance*.

Application of Consequences:

1. Article 10.7 is applicable to the second anti-doping rule violation because Article 10.7.4.1 and Article 10.7.5 apply.
2. Under Article 10.7.1, the period of *Ineligibility* would be the greater of:
 - (a) six months;
 - (b) one-half of the period of *Ineligibility* imposed for the first anti-doping rule violation without taking into account any reduction under Article 10.6 (in this example, that would equal one-half of 14 months, which is seven months); or
 - (c) twice the period of *Ineligibility* otherwise applicable to the second anti-doping rule violation treated as if it were a first violation, without taking into account any reduction under Article 10.6 (in this example, that would equal two times 16 months, which is 32 months).

Thus, the period of *Ineligibility* for the second violation would be the greater of (a), (b) and (c), which is a period of *Ineligibility* of 32 months.

3. In a next step, the panel would assess the possibility for suspension or reduction under Article 10.6 (non-*Fault*-related reductions). In the case of the second violation, only Article 10.6.1 (*Substantial Assistance*) applies. Based on *Substantial Assistance*, the period of *Ineligibility* could be suspended by three-quarters of 32 months.* The minimum period of *Ineligibility* would thus be eight months (Assume for purposes of illustration in this example that the panel suspends eight months of the period of *Ineligibility* for *Substantial Assistance*, thus reducing the period of *Ineligibility* imposed to two years).

4. Since the *Adverse Analytical Finding* was committed in a *Competition*, the panel would automatically *Disqualify* the result obtained in _____ the *Competition*.

5. According to Article 10.8, all results obtained by the *Athlete* subsequent to the date of *Sample* collection until the start of the period of *Ineligibility* would also be *Disqualified* unless fairness requires otherwise.

6. The information referred to in Article 14. must be *Publicly Disclosed*, unless the *Athlete* is a *Minor*, since this is a mandatory part of each sanction (Article 10.13).

7. The *Athlete* is not allowed to participate in any capacity in a *Competition* or other sport-related activity under the authority of any *Signatory* or its affiliates during the *Athlete's* period of *Ineligibility* (Article 10.12.1). However, the *Athlete* may return to train with a team or to use the facilities of a club or other member organization of a *Signatory* or its affiliates during the shorter of: (a) the last two months of the *Athlete's* period of *Ineligibility*, or (b) the last one-quarter of the period of *Ineligibility* imposed (Article 10.12.2). Thus, the *Athlete* would be allowed to return to training two months before the end of the period of *Ineligibility*

* Upon the approval of *WADA* in exceptional circumstances, the maximum suspension of the period of *Ineligibility* for *Substantial Assistance* may be greater than three-quarters, and reporting and publication may be delayed.