IFBB ANTIDOPING RULES 2015

In line with the
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 Shangai, 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 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 consitent 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.

3.2.1 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.

3.2.2 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.
3.2.3 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.

3.2.4 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.

4.2.2 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.

4.2.3 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:

4.3.1 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:

4.3.1.1 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;

4.3.1.2 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;

4.3.1.3 WADA’s determination that the Use of the substance or method violates the spirit of sport described in the introduction to the Code.

4.3.2 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.

4.3.3 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")

4.4.1 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 antidoping rule violation if it is consistent with the provisions of a TUE granted in accordance with the International Standard for Therapeutic Use Exemptions.

4.4.2 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, unless the athlete previously has received a TUE by a National Antidoping Agency at National level, which IFBB will recognize. 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.
4.4.3 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.

4.4.4 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.

4.4.5 WADA, at the request of an Athlete or an Athlete’s National Anti-Doping Organization or on its own initiative, 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.

4.4.6 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.

4.4.7 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.

4.4.8 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 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.

7.1.6 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.

7.1.7 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.

7.2.4 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.

7.2.5 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 Commission shall determine the procedure to be followed at the hearing.

8.1.3 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.

8.1.4 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.

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

8.1.6 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.

**8.1.7** 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**

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.

10.7.5 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 ans 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.

10.12 Status 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.
13.1.3 WADA not Required to Exaust 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
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 conduct 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 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 thelve 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 if Anti Doping Rule Violations above.

**International Event:** An Event or Competition where the International Olympic Commitee, 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 the 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.