



**INTERNATIONAL ORIENTEERING FEDERATION**

---

**INTERNATIONAL ORIENTEERING FEDERATION (IOF)  
ANTI-DOPING RULES**

These IOF Anti-Doping Rules are based in WADA's Models of Best Practice for International Federations and the 2007 edition of the IOF Anti-Doping Code.

This version of the IOF Anti-Doping Rules is valid from 1 June 2009.

## TABLE OF CONTENTS

|   |    |
|---|----|
| INTRODUCTION .....  | 3  |
| Preface .....   | 3  |
| Fundamental Rationale for the <i>Code</i> and the IOF's Anti-Doping Rules.....                            | 3  |
| Basic Principles .....  | 4  |
| <br>  |    |
| ARTICLE 1            DEFINITION OF DOPING .....   | 5  |
| ARTICLE 2            ANTI-DOPING RULE VIOLATIONS .....  | 5  |
| ARTICLE 3            PROOF OF DOPING .....  | 7  |
| ARTICLE 4            THE PROHIBITED LIST.....   | 8  |
| ARTICLE 5            TESTING .....  | 11 |
| ARTICLE 6            ANALYSIS OF SAMPLES .....  | 15 |
| ARTICLE 7            RESULTS MANAGEMENT .....   | 16 |
| ARTICLE 8            RIGHT TO A FAIR HEARING .....  | 21 |
| ARTICLE 9            AUTOMATIC DISQUALIFICATION OF INDIVIDUAL RESULTS....                                 | 23 |
| ARTICLE 10           SANCTIONS ON INDIVIDUALS .....   | 24 |
| ARTICLE 11           CONSEQUENCES TO TEAMS .....  | 32 |
| ARTICLE 12           SANCTIONS AND COSTS ASSESSED AGAINST NATIONAL<br>FEDERATIONS .....                   | 33 |
| ARTICLE 13           APPEALS.....   | 34 |
| ARTICLE 14           NATIONAL FEDERATIONS' INCORPORATION OF IOF RULES,<br>REPORTING AND RECOGNITION ..... | 37 |
| ARTICLE 15           RECOGNITION OF DECISIONS BY OTHER ORGANISATIONS ...                                  | 38 |
| ARTICLE 16           STATUTE OF LIMITATIONS .....   | 39 |
| ARTICLE 17           IOF COMPLIANCE REPORTS TO WADA .....   | 39 |
| ARTICLE 18           AMENDMENT AND INTERPRETATION OF ANTI-DOPING RULES                                    | 39 |
| APPENDIX I           DEFINITIONS .....  | 41 |
| APPENDIX II          ACKNOWLEDGEMENT AND AGREEMENT .....  | 48 |

# IOF ANTI-DOPING RULES

## INTRODUCTION

### Preface

At the IOF Council meeting held on 10-11 October 2008 in Helsinki, Finland, the IOF accepted the revised (2009) World Anti-Doping *Code* (the *Code*). These Anti-Doping Rules are adopted and implemented in conformance with the IOF's responsibilities under the *Code*, and are in furtherance of the IOF's continuing efforts to prevent and eradicate doping in the sport of orienteering.

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 principles in a global and harmonized manner, are distinct in nature and, therefore, not intended to be subject to, or limited by any national requirements and legal standards applicable to criminal proceedings or employment matters. When reviewing the facts and the law of a given case, all courts, arbitral tribunals 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 IOF's Anti-Doping 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; it is how we play true. The spirit of sport is the 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.

## **Basic Principles**

These Anti-Doping Rules shall apply to the IOF, each *National Federation* of the IOF, and each *Participant* in the activities of the IOF or any of its *National Federations* by virtue of the *Participant's* membership, accreditation, or participation in the IOF, its *National Federations*, or their activities or *Events*.

To be eligible for participation in *IOF Events*, a competitor must have an *IOF licence* issued by his or her National Federation. The IOF licence will only be issued to competitors who have personally signed the Appendix 2 consent form, in the actual form approved by the IOF 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 an IOF Licence accept the rules of the IOF, including these IOF Anti-Doping 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 Anti-Doping Rules. In some countries, the *National Federation* itself will be conducting the *Doping Control* described in these Anti-Doping 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, references in these Anti-Doping Rules to the *National Federation* shall apply, as appropriate, to the *National Federation's National Anti-Doping Organization*.

These Anti-Doping Rules shall apply to all *Doping Controls* over which the IOF and its *National Federations* have jurisdiction.

## **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 2.8 of these Anti-Doping Rules.

## **ARTICLE 2 ANTI-DOPING RULE VIOLATIONS**

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

The following constitute anti-doping rule violations:

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

**2.1.1** 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 violation under Article 2.1.

**2.1.2** Sufficient proof of an anti-doping rule violation under Article 2.1 is established by either 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*.

**2.1.3** 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.

**2.1.4** 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. 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* 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 Refusing or failing without compelling justification to submit to *Sample* collection after notification as authorized in these Anti-Doping Rules, or otherwise evading *Sample* collection.**

**2.4 Violation of applicable requirements regarding *Athlete* availability for *Out-of-Competition Testing* set out in the *International Standard for Testing*, including failure to file whereabouts information in accordance with Article 11.3 of the *International Standard for Testing* (a "**Filing Failure**") and failure to be available for Testing at the declared whereabouts in accordance with Article 11.4 of the *International Standard for Testing* (a "**Missed Test**").** Any combination of three Missed Tests and/or Filing Failures committed within an eighteen-month period, as declared by the IOF or any other Anti-Doping Organization with jurisdiction over an *Athlete*, shall constitute an anti-doping rule violation.

**2.5 *Tampering* or *Attempted Tampering* with any part of *Doping Control*.**

**2.6 *Possession of Prohibited Substances and Methods***

**2.6.1** *Possession* by an *Athlete In-Competition* of any *Prohibited Method* or any *Prohibited Substance*, or *Possession* by an *Athlete Out-of-Competition* of any *Prohibited Method* or any *Prohibited Substance* which is prohibited in *Out-of-Competition Testing* unless the *Athlete* establishes that the *Possession* is pursuant to a therapeutic use exemption ("TUE") granted in accordance with Article 4.4 (Therapeutic Use) or other acceptable justification.

**2.6.2** *Possession* by *Athlete Support Personnel In-Competition* of any *Prohibited Method* or any *Prohibited Substance*, or *Possession* by *Athlete Support Personnel Out-of-Competition* of any *Prohibited Method* or any *Prohibited Substance* which is prohibited *Out-of-Competition*, in connection with an *Athlete*, *Competition* or training, unless the *Athlete Support Personnel* establishes that the *Possession* is pursuant to a TUE granted to an *Athlete* in accordance with Article 4.4 (Therapeutic Use) 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 Method or Prohibited Substance, or administration or Attempted administration to any Athlete Out-of-Competition of any Prohibited Method or any Prohibited Substance that is prohibited Out-of-Competition, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any Attempted anti-doping rule violation.**

**ARTICLE 3 PROOF OF DOPING**

**3.1 Burdens and Standards of Proof**

The IOF and its *National Federations* shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether the IOF or its *National Federation* 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 by a balance of probability, except as provided in Articles 10.4 and 10.6, where the *Athlete* must satisfy a higher burden of proof.

**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:

**3.2.1** WADA-accredited laboratories 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* 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 the *International Standard* occurred which could reasonably have caused the *Adverse Analytical Finding*, then the IOF or its *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 which did not cause an *Adverse Analytical Finding*

or other anti-doping rule violation shall not invalidate such results. If the *Athlete* or other *Person* establishes that a departure from another *International Standard* or other anti-doping rule or policy which could reasonably have caused the *Adverse Analytical Finding* or other anti-doping rule violation occurred, then the IOF or its *National Federation* shall have the burden to establish that such a 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 violated 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 tribunal) and to answer questions either from the hearing panel or from the *Anti-Doping Organization* asserting the anti-doping rule violation.

## **ARTICLE 4 THE PROHIBITED LIST**

### **4.1 Incorporation of the *Prohibited List***

These Anti-Doping Rules incorporate the *Prohibited List* which is published and revised by *WADA* as described in Article 4.1 of the *Code*. The *Prohibited List* in force is available on *WADA's* website at [www.wada-ama.org](http://www.wada-ama.org).

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

#### **4.2.1 *Prohibited Substances and Prohibited Methods***

Unless provided otherwise in the *Prohibited List* and/or a revision, the *Prohibited List* and revisions shall go into effect under these Anti-Doping Rules three months after publication of the *Prohibited List* by *WADA* without requiring any further action by the IOF. As described in Article 4.2 of the *Code*, the IOF may, upon the recommendation of its Medical Commission, request that *WADA* expand the *Prohibited List* for the sport of orienteering. The IOF may also, upon the recommendation of its Medical Commission, request that *WADA* include additional substances or methods, which have the potential for abuse in the sport of orienteering, 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 requests by the IOF.

#### **4.2.2 Specified Substances**

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

#### **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 in the *Prohibited List***

As provided in Article 4.3.3 of the *Code*, WADA's determination of the *Prohibited Substances* and *Prohibited Methods* that will be included in the *Prohibited List* and the classification of substances into categories on the *Prohibited List* 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**

**4.4.1** *Athletes* with a documented medical condition requiring the use of a *Prohibited Substance* or a *Prohibited Method* must first obtain a TUE. The presence of a *Prohibited Substance* or its *Metabolites* or *Markers* (Article 2.1), *Use* or *Attempted Use* of a *Prohibited Substance* or a *Prohibited Method* (Article 2.2), *Possession* of *Prohibited Substances* or *Prohibited Methods* (Article 2.6) or administration of a *Prohibited Substance* or *Prohibited Method* (Article 2.8) consistent with the provisions of an applicable TUE issued pursuant to the *International Standard* for Therapeutic Use Exemptions shall not be considered an anti-doping rule violation. In addition, for all *athletes* the use of inhaled Beta-2 Agonists should be declared through ADAMS when reasonably feasible as soon as the product is used and must as well be declared on the Doping Control Form at the time of testing (Art. 7.13 *International Standard* for TUEs). While not prohibited, the

use of Glucocorticosteroids by non systemic routes namely, intraarticular, periarticular, peritendinous, epidural, intradermal injections and inhaled route requires the filling of a Declaration of Use.

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

**4.4.3** As an exception to Article 4.4.2, in accordance with Article 7.13 of the International Standard for Therapeutic Use Exemptions, *Athletes* not in the IOF's Registered Testing Pool who inhale formoterol, salbutamol, salmeterol or terbutaline to treat asthma or one of its clinical variants do not need a TUE in advance of participating in an International Event unless so specified by the IOF. Instead, any such athlete should declare this use through ADAMS when reasonably feasible at the same time as the use starts. The use must also be declared on the DCF at the time of testing. Any such *Athlete* may apply for a Retroactive TUE after the Event in accordance with Article 7.13 of the International Standard for Therapeutic Use Exemptions and Article 7.13 of these Anti-Doping Rules. As a further exception, *Athletes* using Glucocorticosteroids by non systemic routes namely, intraarticular, periarticular, peritendinous, epidural, intradermal injections and inhaled route will be required to file a declaration of use at the same time the use starts.

**4.4.4** TUEs granted by the IOF 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 the IOF and WADA.

**4.4.5** The IOF Council shall appoint an *IOF Therapeutic Use Exemption Commission* (IOF TUEC) of physicians to consider requests for TUE's. Upon the IOF's receipt of a TUE request, the Chair of the IOF TUEC shall appoint one or more members of the TUEC, which may include the Chair, to consider such request. The TUEC member(s) so designated shall promptly evaluate such request in accordance with the *International Standard* for Therapeutic Use Exemptions and render a decision on such request, which shall be the final decision of the IOF.

**4.4.6** WADA, at the request of an *Athlete* or on its own initiation, may review the granting or denial of any TUE by the IOF. If WADA determines that the granting or denial of a TUE did not comply with the *International Standard* for Therapeutic Use Exemptions in force at the time, then WADA may reverse that decision. Decisions on TUE's are subject to further appeal as provided in Article 13.

## **ARTICLE 5 TESTING**

### **5.1 Authority to Test**

All *Athletes* under the jurisdiction of a *National Federation* shall be subject to *In-Competition Testing* by the IOF, 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 a *Provisional Suspension*, shall also be subject to *Out-of-Competition Testing* at any time or place, with or without advance notice, by the IOF, WADA, the *Athlete's National Federation*, the *National Anti-Doping Organization* of any country where the *Athlete* is present. *Target Testing* will be made a priority.

### **5.2 Responsibility for IOF Testing**

**5.2.1.** The IOF Medical Commission shall be responsible for drawing up a test distribution plan for the sport of orienteering 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 IOF. *Testing* may be conducted by members of the IOF or by other qualified persons so authorized by the IOF.

**5.2.2.** The IOF is responsible for doping tests at all senior World Championships and World Cups. Responsibility for doping tests at other events organised under the authority of the IOF rests with the organiser's federation, unless the IOF Council decides otherwise. All costs associated with conducting doping tests according to these Rules, except for the travelling costs of the IOF Anti-Doping Controller or approved nominee to and from the venue, are normally the responsibility of the organiser or the organiser's federation according to national agreements.

**5.2.3.** The IOF may conduct doping tests at any event organised under its authority. The IOF Council may decide, normally 6 months before an event, that doping tests must be conducted at that event.

**5.2.4.** The IOF may conduct doping tests at Regional and National Championships, or any similar event, and may conduct out-of-competition doping tests on any athlete who is under the jurisdiction of a

*National Federation*. The IOF Council may decide, at any time, to conduct such doping tests. Responsibility for the costs associated with conducting such doping tests shall be subject of prior agreement between the IOF and the Regional Organization or the *National Federation* concerned or, in the absence of such agreement, shall be the responsibility of the IOF.

### **5.3 Testing Standards**

*Testing* conducted by the IOF and its *National Federations* shall be in substantial conformity with the *International Standard for Testing* in force at the time of *Testing*.

**5.3.1** 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”).

### **5.4 Co-ordination of Testing**

The IOF and *National Federations* shall promptly report completed tests through the *WADA* clearinghouse to avoid unnecessary duplication in *Testing*.

### **5.5 Athlete Whereabouts Requirements**

**5.5.1** The IOF shall identify a *Registered Testing Pool* of those *Athletes* who are required to comply with the whereabouts requirements of the *International Standard for Testing*, and shall publish the criteria for *Athletes* to be included in this *Registered Testing Pool* as well as a list of the *Athletes* meeting those criteria for the period in question. The IOF shall review and update as necessary its criteria for including *Athletes* in its *Registered Testing Pool*, and shall revise the membership of its *Registered Testing Pool* from time to time as appropriate in accordance with the set criteria. Each *Athlete* in the *Registered Testing Pool* (a) shall advise the IOF of his/her whereabouts on a quarterly basis, in the manner set out in Article 11.3 of the *International Standard for Testing*; (b) shall update this information as necessary, in accordance with Article 11.4.2 of the *International Standard for Testing*, so that it remains accurate and complete at all times; and (c) shall make him/herself available for *Testing* at such whereabouts, in accordance with Article 11.4 of the *International Standard for Testing*.

**5.5.2** An *Athlete's* failure to advise the IOF of his/her whereabouts shall be deemed a Filing Failure for purposes of Article 2.4 where the conditions of Article 11.3.5 of the *International Standard for Testing* are met.

**5.5.3** An *Athlete's* failure to be available for *Testing* at his/her declared whereabouts shall be deemed a Missed Test for purposes of

Article 2.4 where the conditions of Article 11.4.3 of the *International Standard for Testing* are met.

**5.5.4** Each *National Federation* shall also assist its *National Anti-Doping Organization* in establishing a national level *Registered Testing Pool* of top level national *Athletes* to whom the whereabouts requirements of the *International Standard for Testing* shall also apply. Where those *Athletes* are also in the IOF's *Registered Testing Pool*, the IOF and the *National Anti-Doping Organization* will agree (with the assistance of *WADA* if required) on which of them will take responsibility for receiving whereabouts filings from the *Athlete* and sharing it with the other (and with other *Anti-Doping Organizations*) in accordance with Article 5.5.5.

**5.5.5** Whereabouts information provided pursuant to Articles 5.5.1 and 5.5.4 shall be shared with *WADA* and other *Anti-Doping Organizations* having jurisdiction to test an *Athlete* in accordance with Articles 11.7.1(d) and 11.7.3(d) of the *International Standard for Testing*, including the strict condition that it be used only for *Doping Control* purposes.

## **5.6 Retirement and Return to Competition**

**5.6.1** An *Athlete* who has been identified by the IOF for inclusion in the *IOF's Registered Testing Pool* shall continue to be subject to these Anti-Doping 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 IOF that he or she has retired or until he or she no longer satisfies the criteria for inclusion in the IOF's *Registered Testing Pool* and has been so informed by the IOF.

**5.6.2** An *Athlete* who has given notice of retirement to the IOF may not resume competing unless he or she notifies the IOF 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 the whereabouts requirements of the *International Standard for Testing*, at any time during the period before actual return to competition.

**5.6.3** *National Federations/National Anti-Doping 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**

**5.7.1** On the proposal of the IOF Medical Commission, the IOF Council shall determine, normally at least 6 months before an *Event*, the number of athletes to undergo doping testing in each competition that

is part of the *Event*, and the way in which the athletes shall be selected.

**5.7.1.1** The IOF Anti-Doping Controller shall make the selection of athletes on a finishing position basis and/or a random basis and that prior to the start of the *Event*. His/her selections shall be controlled by the Chair of the IOF Medical Commission.

**5.7.2** At *National Events*, each *National Federation* shall determine the number of *Athletes* selected for *Testing* in each *Competition* and the procedures for selecting the *Athletes* for *Testing*.

**5.7.3** In addition to the selection procedures set forth in Articles 5.7.1 and 5.7.2 above, the IOF Council may give the IOF Anti-Doping Controller or approved nominee the right to select *Athletes* or teams for *Target Testing* so long as such *Target Testing* is not used for any purpose other than legitimate *Doping Control* purposes.

**5.7.4** *Athletes* shall be selected for *Out-of-Competition Testing* by WADA in accordance with any valid Drug Testing Service Agreement between the WADA and the IOF, or by the IOF, and by *National Federations*, through a process that substantially complies with the *International Standard for Testing* in force at the time of selection.

**5.8** *National Federations* and the organizing committees for *National Federation Events* shall provide access to *Independent Observers* at *Events* as directed by the IOF.

**5.9** An *Athlete* who is not regular member of the IOF or one of its National Federations will not be permitted to compete unless he or she is available for *Sample* collection and where applicable, he/she provides accurate and up-to-date whereabouts information as part of the IOF's *Registered Testing Pool* at least three months before he or she expects to compete.

## **5.10 IOF Anti-Doping Controller and IOF Medical Commission**

In each even-numbered year, the IOF Council shall appoint an IOF Anti-Doping Controller and an IOF Medical Commission for the next two calendar years. The IOF Anti-Doping Controller is responsible for ensuring that doping control is conducted according to the procedures laid down in the *Code* and these *Rules*. The IOF Medical Commission is responsible for advising the IOF Council on matters covered by the *Code* and these *Rules* and on other issues in the field of doping in sport.

**5.10.1** The IOF Anti-Doping Controller, or nominee approved by the IOF Council, shall be present at competitions where doping control is conducted by, or on behalf of, the IOF. The traveling costs of the IOF Anti-Doping Controller or approved nominee to and from the venue shall be paid by the IOF. Local costs shall normally be paid by the

organizer or the organizer's federation, according to national agreements.

## **ARTICLE 6 ANALYSIS OF SAMPLES**

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

### **6.1 Use of Approved Laboratories**

For purposes of Article 2.1, the IOF shall send *Doping Control Samples* for analysis only to *WADA* accredited laboratories or as otherwise approved by *WADA*. The choice of the *WADA* accredited laboratory or other laboratory or method approved by *WADA* used for the *Sample* analysis shall be approved by the IOF Anti-Doping Controller.

### **6.2 Purpose of Collection and Analysis of Samples**

*Samples* shall be analyzed to detect *Prohibited Substances* and *Prohibited Methods* identified on the *Prohibited List* 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 IOF in profiling relevant parameters in an *Athlete's* urine, blood or other matrix, including DNA or genomic profiling, for anti-doping purposes.

### **6.3 Research on Samples**

No *Sample* may be used for any purpose other than as described in Article 6.2 without the *Athlete's* written consent. *Samples* used (with the *Athlete's* consent) 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 Standards for Sample Analysis and Reporting**

Laboratories shall analyze *Doping Control Samples* and report results in conformity with the *International Standard* for Laboratories.

### **6.5 Retesting Samples**

A *Sample* may be reanalyzed for the purposes described in Article 6.2 at any time exclusively at the direction of the IOF or *WADA*. The circumstances and conditions for retesting *Samples* shall conform to the requirements of the *International Standard* for Laboratories.

## ARTICLE 7 RESULTS MANAGEMENT

### 7.1 Results Management for *Tests* Initiated by the IOF

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

**7.1.1** The results from all analyses must be sent to the IOF Secretary General in encoded form, in a report signed by an authorised representative of the laboratory. All communication must be conducted in confidentiality 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 IOF Independent Doping Review Panel shall conduct a review to determine whether:

(a) the *Adverse Analytical Finding* is consistent with an applicable TUE (or whether other special requirements set forth in the *International Standard* for Therapeutic Use Exemptions applicable to Glucocorticosteroids and Beta-2 Agonists apply), or

(b) there is any apparent departure from the *International Standard* for *Testing* or *International Standard* for Laboratories that caused the *Adverse Analytical Finding*.

**7.1.2.1** The IOF Council shall appoint an Independent Doping Review Panel consisting of a Chair and 2 other members with experience in anti-doping. All members of the panel shall be otherwise independent from IOF. Each panel member shall serve a term of four years. In each case, the Chair of the panel shall appoint 1 or more members of the panel (which may include the Chair) to conduct the review described in Articles 7.1.2 and 7.1.8 and to review any other potential violations of these Anti-Doping Rules as may be requested by the IOF.

**7.1.3** When the *Adverse Analytical Finding* is for formoterol, salbutamol, salmeterol or terbutaline and the *Athlete* is not in the IOF's *Registered Testing Pool*, or where the IOF rules do not require regular TUE for such substances, then, before the IOF Independent Doping Review Panel completes its review under Article 7.1.2, the *Athlete* shall be given an opportunity to apply to the TUE Committee for a Retroactive TUE in accordance with Article 7.13 of the *International Standard* for Therapeutic Use Exemptions. When the *Adverse Analytical Finding* is for a Glucocorticosteroid, the IOF Independent Review Panel shall confirm that a declaration of use is in place for the non-systemic use of Glucocorticosteroids.

**7.1.4** If the initial review of an *Adverse Analytical Finding* under Article 7.1.2 does not reveal an applicable TUE or departure from the *International Standard for Testing* or the *International Standard for Laboratories* that caused the *Adverse Analytical Finding*, the IOF shall promptly notify the *Athlete* of:

(a) the *Adverse Analytical Finding*;

(b) the anti-doping rule violated;

(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 (which shall be within the time period specified in the *International Standard for Laboratories*) if the *Athlete* or the IOF chooses to request an analysis of the B *Sample*;

(e) the opportunity for the *Athlete* and/or the *Athlete's* representative to attend the B *Sample* opening and analysis at the scheduled date, time and place 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 IOF shall also notify the *Athlete's National Anti-Doping Organization* and WADA. If the IOF 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.

**7.1.5** Where requested by the *Athlete* or the IOF, arrangements shall be made for *Testing* the B *Sample* within the time period specified in the *International Standard for Laboratories*. An *Athlete* may accept the A *Sample* analytical results by waiving the requirement for B *Sample* analysis. The IOF may nonetheless elect to proceed with the B *Sample* analysis.

**7.1.6** The *Athlete* and/or his/her representative shall be allowed to be present at the analysis of the B *Sample* within the time period specified in the *International Standard for Laboratories*. Also a representative of the *Athlete's National Federation* as well as a representative of the IOF shall be allowed to be present.

**7.1.7** If the B *Sample* proves negative, then (unless the IOF takes the case forward as an anti-doping rule violation under Article 2.2) the entire test shall be considered negative and the *Athlete*, his/her *National Federation*, and the IOF shall be so informed.

**7.1.8** If a *Prohibited Substance* or the *Use of a Prohibited Method* is identified, the findings shall be reported to the reported to the *Athlete*, his/her *National Federation*, the IOF, and to WADA.

**7.1.9** For apparent anti-doping rule violations that do not involve *Adverse Analytical Findings*, the IOF shall conduct any necessary follow-up investigation and, at such time as it is satisfied that an anti-doping rule violation has occurred, it 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 Results Management for *Atypical Findings***

**7.2.1** As provided in the *International Standards*, in certain circumstances laboratories are directed to report the presence of *Prohibited Substances* that may also be produced endogenously as *Atypical Findings* that should be investigated further.

**7.2.2** If a laboratory reports an *Atypical Finding* in respect of a *Sample* collected from an *Athlete* by or on behalf of the IOF, the IOF Medical Commission shall conduct a review to determine whether: (a) the *Atypical Finding* is consistent with an applicable TUE that has been granted as provided in the *International Standard* for Therapeutic Use Exemptions, or (b) there is any apparent departure from the *International Standard* for *Testing* or *International Standard* for Laboratories that caused the *Atypical Analytical 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* or the *International Standard* for Laboratories that caused the *Atypical Finding*, the entire test shall be considered negative.

**7.2.4** If the initial review of an *Atypical Finding* under 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 IOF shall conduct the follow-up investigation required by the *International Standards*. If, once that investigation is completed, it is concluded that the *Atypical Finding* should be considered an *Adverse Analytical Finding*, the IOF shall pursue the matter in accordance with Article 7.1.3.

**7.2.5** The IOF 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:

(a) If the IOF 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 7.1.4 (c) to (f).

(b) If the IOF receives a request, either from a *Major Event Organization* shortly before an *International Event* as defined in Appendix 1 of these A-D Rules, 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 by the *Major Event Organization* or sports organization has a pending *Atypical Finding*, the IOF shall so identify any such *Athlete* after first providing notice of the *Atypical Finding* to 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* shall be managed, as far as sanctions beyond *Disqualification* from the *Event* or the results of the *Event*, by the IOF.

### **7.4 Results Management for Tests initiated by National Federations**

Results management conducted by *National Federations* shall be consistent with the general principles for effective and fair results management which underlie the detailed provisions set forth in Article 7. Results of all *Doping Controls* shall be reported to the IOF and to WADA within 14 days of the conclusion of the *National Federation's* results management process. Any apparent Anti-Doping Rules 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. Apparent Anti-Doping Rule violations by *Athletes* who are members of another *National Federation* shall be referred to the *Athlete's National Federation* for hearing.

### **7.5 Results Management for Whereabouts Violations**

**7.5.1** Results management in respect of an apparent *Filing Failure* by an *Athlete* in the IOF's *Registered Testing Pool* shall be conducted by the IOF in accordance with Article 11.6.2 of the *International Standard for Testing* (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** Results management in respect of an apparent Missed Test by an *Athlete* in the IOF's *Registered Testing Pool* as a result of an attempt to test the *Athlete* by or on behalf of the IOF shall be conducted by the IOF in accordance with Article 11.6.3 of the *International Standard for Testing*. Results management in respect of an apparent Missed Test by such *Athlete* as a result of an attempt to test the *Athlete* by or on behalf of 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*.

**7.5.3** Where, in any eighteen-month period, an *Athlete* in the IOF's *Registered Testing Pool* is declared to have three Filing Failures, or three Missed Tests, or any combination of Filing Failures or Missed Tests adding up to three in total, whether under these Anti-Doping Rules or under the rules of any other *Anti-Doping Organization*, the IOF shall bring them forward as an apparent anti-doping rule violation.

## **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 the *International Standard for Testing* or the *International Standard for Laboratories* that caused the *Adverse Analytical Finding*, the IOF shall *Provisionally Suspend* the *Athlete* pending the hearing panel's determination of whether he/she has committed an anti-doping rule violation.

**7.6.2** In any case not covered by Article 7.6.1 where the IOF decides to take the matter forward as an apparent anti-doping rule violation in accordance with the foregoing provisions of this Article 7, the IOF Council, after consultation with the IOF Medical Commission, may *Provisionally Suspend* the *Athlete* pending the hearing panel's determination of whether he/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 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.

**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* analysis 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 the *Code* (Presence of a *Prohibited Substance* or its *Metabolites* or *Markers*). In circumstances where the *Athlete* (or the *Athlete's* team as may be provided in the rules of the applicable IF) 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 the *Competition*.

## **7.7 Retirement from Sport**

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

## **ARTICLE 8 RIGHT TO A FAIR HEARING**

### **8.1 Hearings arising out of IOF *Testing* or *Tests* at *International Events***

**8.1.1** The IOF Council shall appoint a standing panel consisting of a Chair and four other experts with experience in anti-doping ("IOF Doping Hearing Panel"). The Chair shall be a lawyer. Each panel member shall be otherwise independent of the IOF. Each panel member shall serve a term of four years.

**8.1.2** When it appears, following the Results Management process described in Article 7, that these Anti-Doping Rules have been violated in connection with IOF *Testing* or *Testing* at an *International Event* then the case shall be assigned to the IOF Doping Hearing Panel for adjudication.

**8.1.3** The Chair of the IOF Doping Hearing Panel shall appoint three members from the panel (which may include the Chair) to hear each case. At least one appointed member shall be a lawyer. The appointed members shall have had no prior involvement with the case and shall not have the same nationality as the *Athlete* or other *Person* alleged to have violated these Anti-Doping Rules.

**8.1.4** Hearings pursuant to this Article shall be completed expeditiously following the completion of the results management process described in Article 7. Hearings held in connection with *Events* may be conducted on an expedited basis.

**8.1.5** The *National Federation* of the *Athlete* or other *Person* alleged to have violated these Anti-Doping Rules may attend the hearing as an observer.

**8.1.6** The IOF shall keep WADA fully apprised as to the status of pending cases and the result of all hearings.

**8.1.7** 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 IOF. The right to a hearing may be waived either expressly or by the *Athlete's* or other *Person's* failure to challenge, within three months, the IOF's assertion that an anti-doping rule violation has occurred. Where no hearing occurs, the IOF shall submit to the persons described in Article 13.2.3 a reasoned decision explaining the action taken.

**8.1.8** Decisions of the IOF Doping Hearing Panel may be appealed to Court of Arbitration for Sport as provided in Article 13.

## **8.2 Hearings Arising Out of National Testing**

**8.2.1** When it appears, following the Results Management process described in Article 7, that these Anti-Doping Rules have been violated in connection with *Testing* other than in connection with the IOF *Testing* or *Testing* at an *IOF Event*, the *Athlete* or other *Person* involved shall be brought before a disciplinary panel of the *Athlete* or other *Person's National Federation* for a hearing to adjudicate whether a violation of these Anti-Doping Rules occurred and if so what *Consequences* should be imposed.

**8.2.2** Hearings pursuant to this Article 8.2 shall be completed expeditiously and in all cases within three months of the 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 IOF may elect to bring the case directly before the IOF Doping Hearing Panel at the responsibility and at the expense of the *National Federation*.

**8.2.3** *National Federations* shall keep the IOF and WADA fully apprised as to the status of pending cases and the results of all hearings.

**8.2.4** The IOF and WADA shall have the right to attend hearings as an observer.

**8.2.5** The *Athlete* or other *Person* may forego a hearing by acknowledging the violation of these Anti-Doping Rules and accepting *Consequences* consistent with Articles 9 and 10 as proposed by the *National Federation*. The right to a hearing may be waived either expressly or by the *Athlete's* or other *Person's* failure to challenge, within three months, the *National Federation's* assertion that an anti-doping rule violation has occurred. Where no hearing occurs, the

*National Federation* shall submit to the persons described in Article 13.2.3 a reasoned decision explaining the action taken.

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

**8.2.7** Hearing decisions by the *National Federation* shall not be subject to further administrative review at the national level except as provided in Article 13 or required by applicable national 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;
- 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 panel's discretion to accept testimony by telephone or written submission);
- the *Person's* right to an interpreter at the hearing, with the hearing panel to determine the identity, and responsibility for the cost of the interpreter; and
- a timely, written, reasoned decision, specifically including an explanation of the reason(s) for any period of *Ineligibility*.

## **ARTICLE 9 AUTOMATIC DISQUALIFICATION OF INDIVIDUAL RESULTS**

A violation of these Anti-Doping Rules in connection with an *In-Competition* test automatically leads to *Disqualification* of the result 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 Event during which an Anti-Doping Rule Violation Occurs*

An *Anti-Doping Rule* violation occurring during or in connection with an *Event* may 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 Article 10.1.1.

**10.1.1** If the *Athlete* establishes that he or she bears *No Fault or Negligence* for the violation, the *Athlete's* individual results in the other *Competition* shall not be *Disqualified* unless the *Athlete's* results in *Competition* 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 Prohibited Substances and Prohibited Methods*

The period of *Ineligibility* imposed for a violation of Article 2.1 (Presence of *Prohibited Substance* or its *Metabolites* or *Markers*), Article 2.2 (*Use or Attempted Use of Prohibited Substance or Prohibited Method*) or Article 2.6 (*Possession of Prohibited Substances and Methods*) shall be as follows, unless the conditions for eliminating or reducing the period of *Ineligibility*, as provided in Articles 10.4 and 10.5, or the conditions for increasing the period of *Ineligibility*, as provided in Article 10.6, are met:

First violation: Two (2) years' *Ineligibility*.

### 10.3 *Ineligibility for Other Anti-Doping Rule Violations*

The period of *Ineligibility* for violations of these *Anti-Doping Rules* other than as provided in Article 10.2 shall be as follows:

**10.3.1** For violations of Article 2.3 (refusing or failing to submit to *Sample* collection) or Article 2.5 (*Tampering with Doping Control*), the *Ineligibility* period shall be two (2) years unless the conditions provided in Article 10.5, or the conditions provided in Article 10.6, are met.

**10.3.2** For violations of Article 2.7 (*Trafficking*) or Article 2.8 (Administration of *Prohibited Substance* or *Prohibited Method*), the period of *Ineligibility* imposed shall be a minimum of four (4) years up to lifetime *Ineligibility* unless the conditions provided in Article 10.5 are met. An anti-doping rule violation involving a *Minor* shall be considered a particularly serious violation, and, if committed by *Athlete Support Personnel* for violations other than *Specified Substances* shall result in lifetime *Ineligibility* for such *Athlete Support Personnel*. In addition,

significant violations of such Articles which also violate non-sporting laws and regulations shall be reported to the competent administrative, professional or judicial authorities.

**10.3.3** For violations of Article 2.4 (Filing Failures and/or Missed Tests), the period of *Ineligibility* shall be at a minimum one (1) year and at a maximum two (2) years based on the *Athlete's* degree of fault.

#### **10.4 Elimination or Reduction of the Period of *Ineligibility* for Specified Substances under Specific Circumstances**

Where an *Athlete* or other *Person* can establish how a Specified Substance entered his or her body or came into his or her possession and that such Specified Substance was not intended to enhance the *Athlete's* sport performance or mask the use of a performance-enhancing substance, the period of *Ineligibility* found in Article 10.2 shall be replaced with the following:

First violation: At a minimum, a reprimand and no period of *Ineligibility* from future *Events*, and at a maximum, two (2) years of *Ineligibility*.

To justify any elimination or reduction, the *Athlete* or other *Person* must produce corroborating evidence in addition to his or her word, which establishes to the comfortable satisfaction of the hearing panel the absence of an intent to enhance sport performance or mask the use of a performance enhancing substance. The *Athlete* or other *Person's* degree of fault shall be the criterion considered in assessing any reduction of the period of *Ineligibility*.

#### **10.5 Elimination or Reduction of Period of *Ineligibility* Based on Exceptional Circumstances**

##### **10.5.1 No Fault or Negligence**

If an *Athlete* establishes in an individual case that he or she bears *No Fault or Negligence*, the otherwise applicable period of *Ineligibility* shall be eliminated. When a *Prohibited Substance* or its *Markers* or *Metabolites* is detected in an *Athlete's Sample* in violation of Article 2.1 (presence of *Prohibited Substance*), the *Athlete* must also establish how the *Prohibited Substance* entered his or her system in order to have the period of *Ineligibility* eliminated. In the event this Article is applied, and the period of *Ineligibility* otherwise applicable is eliminated, the anti-doping rule violation shall not be considered a violation for the limited purpose of determining the period of *Ineligibility* for multiple violations under Article 10.7.

##### **10.5.2 No Significant Fault or Negligence**

If an *Athlete* or other *Person* establishes in an individual case that he or she bears *No Significant Fault or Negligence*, then the period of

*Ineligibility* may be reduced, 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 section may be no less than 8 years. When a *Prohibited Substance* or its *Markers* or *Metabolites* is detected in an *Athlete's Sample* in violation of Article 2.1 (Presence of *Prohibited Substance* or its *Metabolites* or *Markers*), the *Athlete* must also establish how the *Prohibited Substance* entered his or her system in order to have the period of *Ineligibility* reduced.

#### **10.5.3 Substantial Assistance in Discovering or Establishing Anti-Doping Rule Violations**

The IOF Council may, prior to a final appellate decision under Article 13 or the expiration of the 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 an *Anti-Doping Organization*, criminal authority or professional disciplinary body which results in the *Anti-Doping Organization* discovering or establishing an anti-doping rule violation by another *Person* or which results in a criminal or disciplinary body discovering or establishing a criminal offense or the breach of professional rules by another *Person*. After a final appellate decision under Article 13 or the expiration of time to appeal, the IOF may only suspend a part of the 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 8 years. If the IOF suspends any part of the period of *Ineligibility* under this Article, it shall promptly provide a written justification for its decision to each *Anti-Doping Organization* having a right to appeal the decision. If the IOF subsequently reinstates any part of the suspended period of *Ineligibility* because the *Athlete* or other *Person* has failed to provide the *Substantial Assistance* which was anticipated, the *Athlete* or other *Person* may appeal the reinstatement pursuant to Article 13.2.

#### **10.5.4 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.

**10.5.5 Where an *Athlete* or Other *Person* Establishes Entitlement to Reduction in Sanction under More than One Provision of this Article**

Before applying any reductions under Articles 10.5.2, 10.5.3 or 10.5.4, the otherwise applicable period of *Ineligibility* shall be determined in accordance with Articles 10.2, 10.3, 10.4 and 10.6. If the *Athlete* or other *Person* establishes entitlement to a reduction or suspension of the period of *Ineligibility* under two or more of Articles 10.5.2, 10.5.3 or 10.5.4, then the period of *Ineligibility* may be reduced or suspended, but not below one-quarter of the otherwise applicable period of *Ineligibility*.

**10.6 Aggravating Circumstances Which May Increase the Period of Ineligibility**

If the IOF establishes in an individual case involving an anti-doping rule violation other than violations under Article 2.7 (Trafficking) and 2.8 (Administration) that aggravating circumstances are present which justify the imposition of a period of *Ineligibility* greater than the standard sanction, then the period of *Ineligibility* otherwise applicable shall be increased up to a maximum of four years unless the *Athlete* or other *Person* can prove to the comfortable satisfaction of the hearing panel that he did not knowingly violate the anti-doping rule.

An *Athlete* or other *Person* can avoid the application of this Article by admitting the anti-doping rule violation as asserted promptly after being confronted with the anti-doping rule violation by the IOF.

**10.7 Multiple Violations**

**10.7.1 Second Anti-Doping Rule Violation**

For an *Athlete's* or other *Person's* first anti-doping rule violation, the period of *Ineligibility* is set forth in Articles 10.2 and 10.3 (subject to elimination, reduction or suspension under Articles 10.4 or 10.5, or to an increase under Article 10.6). For a second anti-doping rule violation the period of *Ineligibility* shall be within the range set forth in the table below.

| Second Violation | RS  | FFMT | NSF | St  | AS      | TRA     |
|------------------|-----|------|-----|-----|---------|---------|
| First Violation  |     |      |     |     |         |         |
| <b>RS</b>        | 1-4 | 2-4  | 2-4 | 4-6 | 8-10    | 10-life |
| <b>FFMT</b>      | 1-4 | 4-8  | 4-8 | 6-8 | 10-life | life    |

|            |        |         |         |        |         |      |
|------------|--------|---------|---------|--------|---------|------|
| <b>NSF</b> | 1-4    | 4-8     | 4-8     | 6-8    | 10-life | life |
| <b>St</b>  | 2-4    | 6-8     | 6-8     | 8-life | life    | life |
| <b>AS</b>  | 4-5    | 10-life | 10-life | life   | life    | life |
| <b>TRA</b> | 8-life | life    | Life    | life   | life    | life |

Definitions for purposes of the second anti-doping rule violation table:

**RS** (Reduced sanction for Specified Substance under Article 10.4): The anti-doping rule violation was or should be sanctioned by a reduced sanction under Article 10.4 because it involved a Specified Substance and the other conditions under Article 10.4 were met.

**FFMT** (Filing Failures and/or Missed Tests): The anti-doping rule violation was or should be sanctioned under Article 10.3.3 (Filing Failures and/or Missed Tests).

**NSF** (Reduced sanction for *No Significant Fault or Negligence*): The anti-doping rule violation was or should be sanctioned by a reduced sanction under Article 10.5.2 because *No Significant Fault or Negligence* under Article 10.5.2 was proved by the *Athlete*.

**St** (Standard sanction under Articles 10.2 or 10.3.1): The anti-doping rule violation was or should be sanctioned by the standard sanction of two years under Article 10.2 or 10.3.1.

**AS** (Aggravated sanction): The anti-doping rule violation was or should be sanctioned by an aggravated sanction under Article 10.6 because the *Anti-Doping Organization* established the conditions set forth under Article 10.6.

**TRA** (*Trafficking or Attempted Trafficking* and administration or *Attempted* administration): The anti-doping rule violation was or should be sanctioned by a sanction under Article 10.3.2.

#### **10.7.2** Application of Articles 10.5.3 and 10.5.4 to Second Anti-Doping Rule Violation

Where an *Athlete* or other *Person* who commits a second anti-doping rule violation establishes entitlement to suspension or reduction of a portion of the period of *Ineligibility* under Article 10.5.3 or Article 10.5.4, the hearing panel shall first determine the otherwise applicable period of *Ineligibility* within the range established in the table in Article 10.7.1, and then apply the appropriate suspension or reduction of the period of *Ineligibility*. The remaining period of *Ineligibility*, after applying any suspension or reduction under Articles 10.5.3 and 10.5.4, must be at least one-fourth of the otherwise applicable period of *Ineligibility*.

### **10.7.3 Third Anti-Doping Rule Violation**

A third anti-doping rule violation will always result in a lifetime period of *Ineligibility*, except if the third violation fulfils the condition for elimination or reduction of the period of *Ineligibility* under Article 10.4 or involves a violation of Article 2.4 (Filing Failures and/or and Missed Tests). In these particular cases, the period of *Ineligibility* shall be from eight (8) years to life ban.

### **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 IOF (or its *National Federation*) 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 (Results Management), or after the IOF (or its *National Federation*) made reasonable efforts to give notice, of the first anti-doping rule violation; if the IOF (or its *National Federation*) 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; however, the occurrence of multiple violations may be considered as a factor in determining Aggravating Circumstances (Article 10.6).

- If, after the resolution of a first anti-doping rule violation, the IOF 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 IOF shall impose an additional sanction based on the sanction that could have been imposed if the two violations would have 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. To avoid the possibility of a finding of Aggravating Circumstances (Article 10.6) on account of the earlier-in-time but later-discovered violation, the *Athlete* or other *Person* must voluntarily admit the earlier anti-doping rule violation on a timely basis after notice of the violation for which he or she is first charged. The same rule shall also apply when the IOF discovers facts involving another prior violation after the resolution of a second anti-doping rule violation.

### **10.7.5 Multiple Anti-Doping Rule Violations during an Eight-Year Period**

For purposes of Article 10.7, each anti-doping rule violation must take place within the same eight (8) 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 (Automatic *Disqualification* of Individual Results), all other competitive results obtained from the date a positive *Sample* was collected (whether *In-Competition* or *Out-of-Competition*), or other anti-doping rule violation occurred, through the commencement of any *Provisional Suspension* or *Ineligibility* period, shall, unless fairness requires otherwise, be *Disqualified* with all of the resulting consequences including forfeiture of any medals, points and prizes.

**10.8.1** As a condition of regaining eligibility after being found to have committed an anti-doping rule violation, the *Athlete* must first repay all prize money forfeited under this Article.

**10.8.2** Allocation of Forfeited Prize Money.  
Forfeited prize money shall be reallocated to other *Athletes*.

## **10.9 Commencement of Ineligibility Period**

Except as provided below, the period of *Ineligibility* shall start on the date of the hearing decision providing for *Ineligibility* or, if the hearing is waived, on the date *Ineligibility* is accepted or otherwise imposed.

**10.9.1** 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 IOF or *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.

**10.9.2** Timely Admission

Where the *Athlete* promptly (which, in all events, means before the *Athlete* competes again) admits the anti-doping rule violation after being confronted with the anti-doping rule violation by the IOF, 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.

**10.9.3** If a *Provisional Suspension* is imposed and respected by the *Athlete*, then the *Athlete* shall receive a credit for such period of

*Provisional Suspension* against any period of *Ineligibility* which may ultimately be imposed.

**10.9.4** If an *Athlete* voluntarily accepts a *Provisional Suspension* in writing from the IOF and thereafter refrains from competing, the *Athlete* shall receive a credit for such period of voluntary *Provisional Suspension* against any period of *Ineligibility* which may ultimately be imposed. A copy of the *Athlete's* voluntary acceptance of a *Provisional Suspension* shall be provided promptly to each party entitled to receive notice of a potential anti-doping rule violation under Article 14.1.

**10.9.5** 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.

## **10.10 Status During *Ineligibility***

### **10.10.1 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 an *Event* or activity (other than authorized anti-doping education or rehabilitation programs) authorized or organized by the IOF or any *National Federation*, or a club or other member organization of the IOF or any *National Federation*, or in *Competitions* authorized or organized by any professional league or any international or national level *Event* organization. An *Athlete* or another *Person* subject to a period of *Ineligibility* longer than four years may, after completing four years of the period of *Ineligibility*, participate in local sport events in a sport other than sports subject to the jurisdictions of the IOF and its *National Federations*, but only so long as the local sport event is not at a level that could otherwise qualify such *Person* directly or indirectly to compete in (or accumulate points toward) a national championship or an *IOF Event*.

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

### **10.10.2 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 10.10.1, the results of such participation shall be *Disqualified* and the period of *Ineligibility* which was originally imposed shall start over again as of the date of the violation. The new period of *Ineligibility* may be reduced under Article 10.5.2 if the *Athlete* or other *Person* establishes he or she bears *No Significant Fault or Negligence* for

violating the prohibition against participation. The determination of whether an *Athlete* or other *Person* has violated the prohibition against participation, and whether a reduction under Article 10.5.2 is appropriate, shall be made by the IOF.

#### **10.10.3** Withholding of Financial Support during *Ineligibility*

In addition, for any anti-doping rule violation not involving a reduced sanction for *Specified Substances* as described in Article 10.4, some or all sport-related financial support or other sport-related benefits received by such *Person* will be withheld by the IOF and its *National Federations*.

### **10.11 Reinstatement Testing**

As a condition to regaining eligibility at the end of a specified period of *Ineligibility*, an *Athlete* must, during any period of *Provisional Suspension* or *Ineligibility*, make him-/herself available for *Out-of-Competition Testing* by the IOF, the applicable *National Federation*, and any other *Anti-Doping Organization* having *Testing* jurisdiction, and must comply with the whereabouts requirements of Article 11 of the *International Standard for Testing*. If an *Athlete* subject to a period of *Ineligibility* retires from sport and is removed from *Out-of-Competition Testing* pools and later seeks reinstatement, the *Athlete* shall not be eligible for reinstatement until the *Athlete* has notified the IOF and the applicable *National Federation* and has been subject to *Out-of-Competition Testing* for a period of time equal to the longer of (a) the period set forth in Article 5.6 and (b) period of *Ineligibility* remaining as of the date the *Athlete* had retired. During such remaining period of *Ineligibility*, a minimum of 2 tests must be conducted on the *Athlete* with at least three months between each test. The *National Federation* shall be responsible for conducting the necessary tests, but tests by any *Anti-Doping Organization* may be used to satisfy the requirement. The results of such tests shall be reported to the IOF. In addition, immediately prior to the end of the period of *Ineligibility*, an *Athlete* must undergo *Testing* by the IOF for the *Prohibited Substances* and *Methods* that are prohibited in *Out-of-Competition Testing*. Once the period of an *Athlete's Ineligibility* has expired, and the *Athlete* has fulfilled the conditions of reinstatement, then the *Athlete* will become automatically re-eligible and no application by the *Athlete* or by the *Athlete's National Federation* will then be necessary.

## **ARTICLE 11 CONSEQUENCES TO TEAMS**

**11.1** If a member of a relay team is found to have committed a violation of these Anti-Doping Rules during an *Event*, the relay team shall be *Disqualified* from the *Event*.

## **ARTICLE 12 SANCTIONS AND COSTS ASSESSED AGAINST NATIONAL FEDERATIONS**

**12.1** The IOF Council has the authority to withhold some or all funding or other non-financial support to *National Federations* that are not in compliance with these Anti-Doping Rules.

**12.2** *National Federations* shall be obligated to reimburse the IOF for all costs (including, but not limited to, laboratory fees, hearing expenses and travel) related to a violation of these Anti-Doping Rules committed by an *Athlete* or other *Person* affiliated with that *National Federation*.

**12.3** The IOF may elect to take additional disciplinary action against National Federations with respect to recognition, the eligibility of its officials and athletes to participate in *IOF Events*, and fines based on the following:

**12.3.1** Four or more violations of these Anti-Doping Rules (other than violations involving Articles 2.4 and 10.3) are committed by *Athletes* or other *Persons* affiliated with a *National Federation* within a 12-month period in testing conducted by the IOF or Anti-Doping Organizations other than the *National Federation* or its *National Anti-Doping Organization*. In such event the IOF may, in its discretion, elect to:

(a) ban all officials from that *National Federation* from participation in any IOF activities for a period of up to two years and/or

(b) fine the *National Federation* in an amount up to 100,000 Euros. (For purposes of this Rule, any fine paid pursuant to Rule 12.3.2 shall be credited against any fine assessed.)

**12.3.1.1** If four or more violations of these Anti-Doping Rules (other than violations involving Articles 2.4 and 10.3) are committed in addition to the violations described in Article 12.3.1 by *Athletes* or other *Persons* affiliated with a *National Federation* within a 12-month period in testing conducted by the IOF or Anti-Doping Organizations other than the *National Federation* or its *National Anti-Doping Organization*, then the IOF may suspend that *National Federation's* membership for a period of up to 4 years.

**12.3.2** More than one *Athlete* or other *Person* from a *National Federation* commits an *Anti-Doping Rule* violation during an *IOF Event*. In such event, the IOF may fine that *National Federation* in an amount up to 100,000 Euros.

**12.3.3** A *National Federation* has failed to make diligent efforts to keep the IOF informed about an *Athlete's* whereabouts after receiving a request for that information from the IOF. In such event, the IOF may consider to ban the *National Federation* from participation in *IOF Events*.

## ARTICLE 13 APPEALS

### 13.1 Decisions Subject to Appeal

Decisions made under these Anti-Doping Rules may be appealed as set forth below in Article 13.2 through 13.4 or as otherwise provided in these Anti-Doping Rules. Such decisions shall remain in effect while under appeal unless the appellate body orders otherwise. Before an appeal is commenced, any post-decision review authorized in these rules must be exhausted (except as provided in Article 13.1.1).

#### 13.1.1 WADA Not Required to Exhaust Internal Remedies

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

### 13.2 Appeals against Decisions Regarding *Anti-Doping Rule Violations, Consequences, and Provisional Suspensions*

A decision that an Anti-Doping Rule violation was committed, a decision 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 procedural reasons (including, for example, prescription); a decision under Article 10.10.2 (prohibition of participation during *Ineligibility*); a decision that the *IOF* or its *National Federation* lacks jurisdiction to rule on an alleged anti-doping rule violation or its *Consequences*; a decision by 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 7.4; and a decision to impose a *Provisional Suspension* as a result of a *Provisional Hearing* or otherwise in violation of Article 7.4 may be appealed exclusively as provided in this Article 13.2. Notwithstanding any other provision herein, the only *Person* that may appeal against a *Provisional Suspension* is the *Athlete* or other *Person* upon whom the *Provisional Suspension* is imposed.

#### 13.2.1 Appeals Involving *International-Level Athletes*

In cases arising from competition in an *IOF Event* or in cases involving *IOF Level Athletes*, the decision may be appealed exclusively to *CAS* in accordance with the provisions applicable before such court.

#### 13.2.2 Appeals Involving National-Level *Athletes*

In cases involving *Athletes* who do not have a right to appeal under Article 13.2.1, each *National Federation* shall have in place an appeal procedure that respects the following principles: a timely hearing, a

fair and impartial hearing panel; the right to be represented by a counsel at the person's expense; and a timely, written, reasoned decision. The IOF's rights 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) the IOF and any other *Anti-Doping Organization* under whose rules a sanction could have been imposed; and
- (d) *WADA*.

In cases under Article 13.2.2, the parties having the right to appeal to the national level reviewing body shall be as provided in the *National Federation'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 the case in which the decision was rendered;
- (c) the IOF; and
- (d) *WADA*.

For cases under Article 13.2.2, *WADA* and the IOF shall also have the right to appeal to CAS with respect to the decision of the national level reviewing body.

### **13.3 Failure to Render a Timely Decision by the IOF and its *National Federations***

Where, in a particular case, the IOF or its *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 IOF or its *National Federations* had rendered a decision finding no anti-doping rule violation. If the *CAS* panel 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 the IOF or its *National Federations*.

#### **13.4 Appeals against Decisions Granting or Denying a Therapeutic Use Exemption**

Decisions by *WADA* reversing the grant or denial of a TUE may be appealed exclusively to CAS by the *Athlete*, the IOF, or *National Anti-Doping Organization* or other body designated by a *National Federation* which granted or denied the exemption. Decisions to deny TUEs, and which are not reversed by *WADA*, may be appealed by *IOF Level Athletes* to CAS, and by other *Athletes* to the national level reviewing body described in Article 13.2.2. If the national level reviewing body reverses the decision to deny a TUE, that decision may be appealed to CAS by *WADA*.

When the IOF, *National Anti-Doping Organizations* or other bodies designated by *National Federations* fail to take action on a properly submitted TUE application within a reasonable time, their failure to decide may be considered a denial for purposes of the appeal rights provided in this Article.

#### **13.5 Appeal against Decisions Pursuant to Article 12**

Decisions by the IOF pursuant to Article 12 may be appealed exclusively to CAS by the *National Federation*.

#### **13.6 Time for Filing Appeals**

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 ten (10) 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 file on which such body relied;
- b) If such a request is made within the ten-day period, then the party making such request shall have twenty-one (21) days from receipt of the file to file an appeal to CAS.

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

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

## **ARTICLE 14 NATIONAL FEDERATIONS' INCORPORATION OF THE IOF RULES, REPORTING AND RECOGNITION**

### **14.1 Incorporation of the IOF Anti-Doping Rules**

All *National Federations* shall comply with these Anti-Doping Rules. These Anti-Doping Rules shall also be incorporated either directly or by reference into each *National Federations* Rules. All *National Federations* shall include in their regulations the procedural rules necessary to effectively implement these Anti-Doping Rules. Each *National Federation* shall obtain the written acknowledgement and agreement, in the form attached as Appendix 2, of all *Athletes* subject to *Doping Control* and *Athlete Support Personnel* for such *Athletes*. Notwithstanding whether or not the required form has been signed, the Rules of each *National Federation* shall specifically provide that all *Athletes*, *Athlete Support Personnel* and other *Persons* under the jurisdiction of the *National Federation* shall be bound by these Anti-Doping Rules.

### **14.2 Statistical Reporting**

**14.2.1** *National Federations* shall report to the IOF, at the end of every year, 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 IOF may periodically publish *Testing* data received from *National Federations* as well as comparable data from *Testing* under the IOF's jurisdiction.

**14.2.2** The IOF 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 a *National Federation* has received an *Adverse Analytical Finding* on one of its *Athletes* it shall report the following information to the IOF and WADA within fourteen (14) days of the process described in Article 7.1: 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 *National Federation* shall also regularly update the IOF and WADA on the status and findings of any review or proceedings conducted pursuant to Article 7 (*Results Management*), Article 8 (*Right to a Fair Hearing*) or Article 13 (*Appeals*), and comparable information shall be provided to the IOF and WADA within 14 days of the notification described in Article 7.1.9, with respect to other violations of these Anti-Doping Rules. In any case in which the period of *Ineligibility* is eliminated under Article 10.5.1 (*No Fault or Negligence*) or reduced under Article 10.5.2 (*No Significant Fault or Negligence*), the IOF and WADA shall be provided with a written reasoned decision explaining the basis for the elimination or reduction. Neither the IOF, nor WADA, shall disclose this information beyond those persons within

their organisations with a need to know until the *National Federation* has made public disclosure or has failed to make public disclosure as required in Article 14.4 below.

#### **14.4 Public Disclosure**

**14.4.1** Neither the IOF, nor its *National Federation*, shall publicly identify *Athletes* whose *Samples* have resulted in *Adverse Analytical Findings*, or who were alleged to have violated other Articles of these Anti-Doping Rules, until it has been determined in a hearing in accordance with Article 8 that an anti-doping rule violation has occurred, or such hearing has been waived, or the assertion of an anti-doping rule violation has not been timely challenged or the *Athlete* has been *Provisionally Suspended*. Once a violation of these Anti-Doping Rules has been established, it shall be publicly reported within 20 days. The IOF or its *National Federation* must also report within 20 days appeal decisions on an anti-doping rule violation. The IOF or its *National Federation* shall also, within the time period for publication, send all hearing and appeal decisions to *WADA*.

**14.4.2** In any case where it is determined, after a hearing or appeal, that the *Athlete* or other *Person* did not commit an anti-doping rule violation, the decision may be disclosed publicly only with the consent of the *Athlete* or other *Person* who is the subject of the decision. The IOF or its *National Federation* shall use reasonable efforts to obtain such consent, and if consent is obtained, shall publicly disclose the decision in its entirety or in such redacted form as the *Athlete* or other *Person* may approve.

**14.4.3** The IOF, its *National Federations*, or any *WADA* accredited laboratory, or any official of these, may not publicly comment on the specific facts of a pending case (as opposed to general description of process and science) except in response to public comments attributed to the *Athlete*, other *Person* or their representatives.

#### **14.5 Recognition of Decisions by the IOF and *National Federations***

Any decision of the IOF or a *National Federation* regarding a violation of these Anti-Doping Rules shall be recognized by all *National Federations*, which shall take all necessary action to render such results effective.

### **ARTICLE 15 RECOGNITION OF DECISIONS BY OTHER ORGANISATIONS**

Subject to the right to appeal provided in Article 13, the *Testing*, TUEs and hearing results or other final adjudications of any *Signatory* to the *Code* which are consistent with the *Code* and are within the *Signatory's* authority, shall be recognized and respected by the IOF and its *National Federations*. The IOF and its *National Federations* may recognize the same actions of 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 action may be commenced under these Anti-Doping Rules against an *Athlete* or other *Person* for a violation of an anti-doping rule contained in these Anti-Doping Rules unless such action is commenced within eight years from the date the violation occurred.

## **ARTICLE 17 IOF COMPLIANCE REPORTS TO WADA**

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

## **ARTICLE 18 AMENDMENT AND INTERPRETATION OF ANTI-DOPING RULES**

**18.1** These Anti-Doping Rules may be amended from time to time by the IOF Council.

**18.2** Except as provided in Article 18.5, these Anti-Doping Rules shall be interpreted as an independent and autonomous text and not by reference to existing law or statutes.

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

**18.4** The INTRODUCTION and the APPENDIX I DEFINITIONS shall be considered integral parts of these Anti-Doping Rules.

**18.5** These Anti-Doping Rules have been adopted pursuant to the applicable provisions of the *Code* and shall be interpreted in a manner that is consistent with applicable provisions of the *Code*. The comments annotating various provisions of the *Code* may, where applicable, assist in the understanding and interpretation of these Anti-Doping Rules.

**18.6** Notice to an *Athlete* or other *Person* who is a member of a *National Federation* may be accomplished by delivery of the notice to the *National Federation*.

**18.7** These Anti-Doping Rules shall come into full force and effect on 1 January 2009 (the "**Effective Date**"). They shall not apply retrospectively to matters pending before the Effective Date; provided, however, that:

**18.7.1** Any case pending prior to the Effective Date, or brought after the Effective Date based on an anti-doping rule violation that occurred prior to the Effective Date, shall be governed by the predecessor to these Anti-Doping Rules in force at the time of the anti-doping rule violation, subject to any application of the principle of *lex mitior* by the hearing panel determining the case.

**18.7.2** Any Article 2.4 whereabouts violation (whether a filing failure or a missed test) declared by the IOF under rules in force prior to the Effective Date that has not expired prior to the Effective Date and that would qualify as a whereabouts violation under Article 11 of the *International Standard for Testing* shall be carried forward and may be relied upon, prior to expiry, as one of the three Filing Failures and/or Missed Tests giving rise to an anti-doping rule violation under Article 2.4 of these Anti-Doping Rules.

Unless otherwise stated by the IOF, however:

- a. a filing failure that is carried forward in this manner may only be combined with (post-Effective Date) Filing Failures;
- b. a missed test that is carried forward in this manner may only be combined with (post-Effective Date) Missed Tests; and
- c. a filing failure or missed test declared by any Anti-Doping Organization other than [the IOF and a National Federation] prior to the Effective Date may not be combined with any Filing Failure or Missed Test declared under these Anti-Doping Rules.

**18.7.3** Where a period of *Ineligibility* imposed by the IOF under rules in force prior to the Effective Date has not yet expired as of the Effective Date, the *Person* who is *Ineligible* may apply to the IOF for a reduction in the period of *Ineligibility* in light of the amendments made to the *Code* as from the Effective Date. To be valid, such application must be made before the period of *Ineligibility* has expired.

**18.7.4** Subject always to Article 10.7.5, anti-doping rule violations committed under rules in force prior to the Effective Date shall be taken into account as prior offences for purposes of determining sanctions under Article 10.7. Where such pre-Effective Date anti-doping rule violation involved a substance that would be treated as a Specified Substance under these Anti-Doping Rules, for which a period of *Ineligibility* of less than two years was imposed, such violation shall be considered a Reduced Sanction violation for purposes of Article 10.7.1.

## APPENDIX 1 - DEFINITIONS

*Adverse Analytical Finding.* A report from a laboratory or other approved *Testing* entity that 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*.

*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 Paralympics Committee, and other *Major Event Organizations* that conduct *Testing* at their *Events*, WADA, International Federations, and *National Anti-Doping Organizations*.

*Athlete.* Any *Person* who participates in sport at the international level (as defined by each International Federation), the national level (as defined by each *National Anti-Doping Organization*, including but not limited to those *Persons* in its *Registered Testing Pool*), and any other competitor in sport who is otherwise subject to the jurisdiction of any *Signatory* or other sports organization accepting the *Code*. All provisions of the *Code*, including, for example, *Testing*, and TUEs must be applied to international and national-level competitors. Some *National Anti-Doping Organizations* may elect to test and apply anti-doping rules to recreational-level or masters competitors who are not current or potential national caliber competitors. *National Anti-Doping Organizations* are not required, however, to apply all aspects of the *Code* to such *Persons*. Specific national rules may be established for Doping Control for non-international-level or national-level competitors without being in conflict with the *Code*. Thus, a country could elect to test recreational-level competitors but not require TUEs or whereabouts information. In the same manner, a *Major Event Organization* holding an *Event* only for masters-level competitors could elect to test the competitors but not require advance TUE or whereabouts information. For purposes of Article 2.8 (Administration or *Attempted Administration*) 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 Support Personnel.* Any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel, parent or any other *Person* working with, treating, or assisting an *Athlete* participating in, or preparing for, sports *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 laboratory or other WADA-approved entity 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*.

CAS. The Court of Arbitration for Sport.

Code. The World Anti-Doping Code.

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

Consequences of Anti-Doping Rules Violations. 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, points and prizes;

(b) Ineligibility means the *Athlete* or other *Person* is barred for a specified period of time from participating in any *Competition* or other activity or funding as provided in Article 10.9; and

(c) Provisional Suspension means the *Athlete* or other *Person* is barred temporarily from participating in any *Competition* prior to the final decision at a hearing conducted under Article 8 (Right to a Fair Hearing).

Disqualification. See *Consequences of Anti-Doping Rules Violations* above.

Doping Control. All steps and processes from test distribution planning through to 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. IOF World Championships, the Olympic Games, or Pan American Games).

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

In-Competition. Unless provided otherwise in the rules of an International Federation or other relevant *Anti-Doping Organization*, "*In-Competition*" means the period commencing twelve hours before a *Competition* in which the *Athlete* is scheduled to participate through the end of such *Competition* and the *Sample* collection process related to such *Competition*.

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

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

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

International Event. An *Event* where the International Olympic Committee, the International Paralympic Committee, an International Federation, a *Major Event Organization*, or another international sport organization is the ruling body for the *Event* or appoints the technical officials for the *Event*.

International-Level Athlete. *Athletes* designated by one or more International Federations as being within the *Registered Testing Pool* for an International Federation.

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 the procedures addressed by the *International Standard* were performed properly. *International Standards* shall include any Technical Documents issued pursuant to the *International Standard*.

IOF Discipline. The recognized orienteering disciplines are foot orienteering, mountain bike (MTB) orienteering, ski orienteering, and trail orienteering.

IOF Event. In the context of the *Code* and the IOF Anti-Doping Rules, the term IOF Event refers to, and is limited to, the Senior World Championships, World Cups, Junior World Championships and Senior Continental Regional Championships in all recognized orienteering disciplines.

IOF Level Athlete. *Athletes* included in the IOF Registered Testing Pool and any other athlete participating in *IOF Events*.

IOF Licence. An ID code issued to athletes who have duly signed the Acknowledgement and Agreement form (Appendix 2) and are thus eligible for participation in IOF Events. For simple administration, the existing IOF WRE Identifier will be used for this purpose. The identifier is the three letter Olympic code for the athlete's federation, and a three digit serial number (e.g. AUT123).

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 parameter(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 majority as established by the applicable laws of his or her country of residence.

*National Anti-Doping Organization.* The entity(ies) 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, all at the national level. This includes an entity which may be designated by multiple countries to serve as regional *Anti-Doping Organization* for such countries. If this designation has not been made by the competent public authority(ies), the entity shall be the country's *National Olympic Committee* or its designee.

*National Event.* A sport *Event* involving international or national-level *Athletes* that is not an *International Event*.

*National Federation.* A national entity which is a member of, or is recognized by, the IOF as the entity governing the IOF's sport in that nation.

*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 Advance Notice.* A *Doping Control* which takes place with no advance warning to the *Athlete* and where the *Athlete* is continuously chaperoned from the moment of notification through *Sample* provision.

*No Fault or Negligence.* The *Athlete'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*.

*No Significant Fault or Negligence.* The *Athlete'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.

*Out-of-Competition.* Any *Doping Control* 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 over the *Prohibited Substance/Method* or the premises in which a *Prohibited Substance/Method* exists); provided, however, that if the person does not have exclusive control over the *Prohibited Substance/Method* or the premises in which a *Prohibited Substance/Method* exists, constructive possession shall only be found if the person knew about the presence of the *Prohibited Substance/Method* and intended to

exercise control over it. Provided, however, there shall be no anti-doping rule violation based solely on possession if, prior to receiving notification of 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 in the *Prohibited List*.

*Prohibited Substance*. Any substance so described in the *Prohibited List*.

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

*Provisional Suspension*. See *Consequences* above.

*Publicly Disclose or Publicly Report*. To disseminate or distribute information to the general public or persons beyond those persons entitled to earlier notification in accordance with Article 14.

*Registered Testing Pool*. The pool of top level *Athletes*, established separately by each International Federation and *National Anti-Doping Organization*, who are subject to both *In-Competition* and *Out-of-Competition Testing* as part of that International Federation's or National Anti-Doping Organization's test distribution plan.

*Retroactive TUE*. As defined in the *International Standard* for Therapeutic Use Exemptions.

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

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

*Specified Substances*. As defined in Article 4.2.2.

*Sport of orienteering*. Orienteering is a sport involving non-motorised (with the exception of wheelchairs) navigation with a map. The recognised orienteering

disciplines are foot orienteering, ski orienteering, trail orienteering and mountain bike (MTB) orienteering.

*Substantial Assistance.* For purposes of Article 10.5.3, 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 violations, 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; or providing fraudulent information to an *Anti-Doping Organization*.

*Target Testing.* Selection of *Athletes* for *Testing* where specific *Athletes* or groups of *Athletes* are selected on a non-random basis for *Testing* at a specified time.

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

*TUE.* As defined in Article 2.6.1.

*TUE Panel.* As defined in Article 4.4.5.

*UNESCO Convention.* The International Convention against Doping in Sport adopted by the 33<sup>rd</sup> session of the UNESCO General Conference on 19 October 2005 including any and all amendments adopted by the States Parties to the Convention and the Conference of Parties to the International Convention against Doping in Sport.

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 2 - Acknowledgement and Agreement

I, as a member of [National Federation] and/or a participant in an event authorized or recognized by a National Federation or the IOF, hereby acknowledge and agree as follows:

1. I have received and had an opportunity to review the IOF Anti-Doping Rules.
2. I consent and agree to comply with, and be bound by, all of the provisions of the IOF Anti-Doping Rules, including but not limited to, all amendments to the Anti-Doping Rules and all International Standards incorporated in the Anti-Doping Rules.
3. I acknowledge and agree that National Federations and the IOF have jurisdiction to impose sanctions as provided in the IOF Anti-Doping Rules.
4. I also acknowledge and agree that any dispute arising out of a decision made pursuant to the IOF Anti-Doping Rules, after exhaustion of the process expressly provided for in the IOF Anti-Doping Rules, may be appealed exclusively as provided in Article 13 of the IOF Anti-Doping Rules to an appellate body for final and binding arbitration, which in the case of International Level Athletes is the Court of Arbitration for Sport.
5. I acknowledge and agree that the decisions of the arbitral appellate body referenced above shall be final and enforceable, and that I will not bring any claim, arbitration, lawsuit or litigation in any other court or tribunal.
6. I have read, and understand, this Acknowledgement and Agreement.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name (Last Name, First Name)

\_\_\_\_\_  
Date of Birth  
(Day/Month/Year)

\_\_\_\_\_  
Signature (or, if a minor, signature of  
legal guardian)