



International Paralympic  
Committee



# BEIJING 2008 PARALYMPIC GAMES

## DOPING CONTROL GUIDE

# **BEIJING 2008 PARALYMPIC GAMES DOPING CONTROL GUIDE**

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# DOPING CONTROL GUIDE

## 1. Outline of Beijing 2008 Paralympic Games Doping Control Guide

The main objective of the Beijing 2008 Paralympic Games Doping Control Guide is to provide each Athlete, relevant Athlete Support Personnel, National Paralympic Committee (NPC), International Paralympic Sport Federation (IPSF) and the International Federation (IF) with a clear understanding of the applicable rules and specific technical procedures and equipment in relation to Doping Control during the Beijing 2008 Paralympic Games (the “Games”).

In particular, this Guide sets out:

- an overview of the Doping Control rules applicable to the “Games”;
- an outline of the Doping Control program for the “Games”;
- the Prohibited List of substances and methods applicable to the “Games” and
- the Doping Control procedures, including application for therapeutic use exemption and relevant Testing and Results Management procedures to be used at the “Games”.

## 2. Applicable Rules for the Beijing 2008 Paralympic Games

The Beijing Organizing Committee for the Games of the XXIX Olympiad (BOCOG) acknowledges its conformity with the World Anti-Doping Code, and its support in assisting the International Paralympic Committee (IPC) to fulfil its role and responsibilities under the IPC Anti-Doping Code (the Code – See Appendix 1).

The IPC is a signatory of the World Anti-Doping Code (WADC). The IPC has established the IPC Anti-Doping Code (the Code) in compliance with the general principles of the WADC. The Code is complemented by the International Standards of the WADC addressed throughout the Code.

The Code shall apply to the Games, including the time of preparation for Competition, from the date of the opening of the Paralympic Village (the Village) to the date of the closing ceremony of the "Games".

All Participants (Athletes and Athlete Support Personnel) accept the Code as a condition of participation and are presumed to have agreed to comply with the Code.

All NPCs and IFs shall have formally declared their acceptance of the IPC Anti-Doping Code through the submission of a signed declaration form to the IPC. Any NPC or IF who has not accepted the Code shall be deemed ineligible to participate in the "Games".

The Code includes reference to the WADC 2008 Prohibited List (see Appendix 2), which is adopted by the IPC. It also outlines the various anti-doping rule violations and includes the detailed Result Management process following a possible anti-doping rule violation.

### **3. Beijing 2008 Paralympic Games Doping Control Program**

The IPC is responsible for the "Games" Doping Control Program, including In-Competition (IC) and Out-of-Competition (OOC) Testing, from the opening of the Village on 30th of August 2008 up until and including the day of the closing ceremony of the "Games".

The IPC Anti-Doping Committee is responsible for all anti-doping regulations applicable to the "Games" including the Code. The IPC TUE Committee is responsible for the regulations related to Therapeutic Use Exemptions as outlined in the Code. Unless specifically directed in the Code, the Person responsible for the administration of the provisions thereof shall be the IPC Medical & Scientific Director.

During the Games, the IPC Anti-Doping Committee and the IPC TUE Committee will operate from the IPC Medical & Scientific Department offices in the Paralympic Village Polyclinic.

Athletes entered at the "Games" may be tested by the IPC during the whole period, as described above, regardless of their location.

BOCOG Games Services Department Anti-Doping Division will be the exclusive service provider for Doping Control Testing at all Paralympic venues and is responsible for establishing the infrastructure and operational provisions to enable the Doping Control Testing as well as the analysis of the doping control samples to be conducted in accordance with the Code. In particular, it is the primary objective of the BOCOG Games Services Department Anti-Doping Division to ensure the safety of both the Athletes and the Doping Control Samples through the entire Doping Control process.

Athletes staying or training in non-Paralympic venues within the territory of the People's Republic of China, the Hong Kong Special Administration Region and any other Jurisdictional region of the People's Republic of China, or elsewhere may also be tested by WADA or other Anti-Doping Organizations directly or through their contracted service providers with a letter of authority from IPC.

Samples collected by the BOCOG Games Services Department Anti-Doping Division within the Chinese territory will be analyzed at the Beijing Olympic Anti-doping Laboratory, which is the WADA accredited laboratory in China. The results of the tests will be provided to the IPC Anti-Doping Committee Chairperson and the Chair of the WADA Independent Observer Team directly from the accredited laboratory. Generally negative results will be provided within 24 hours and it is expected that results from Adverse Analytical Findings will be provided within 48 hours, with the exception of the EPO test results, which will be provided within 72 hours.

Samples collected outside the Chinese territory may be analyzed at any WADA accredited laboratory as determined by the IPC or the authorized Anti-Doping Organization or WADA. The results of the tests will be provided to the IPC Anti-Doping Committee Chairperson and the Chair of the WADA Independent Observer Team directly from the accredited laboratory.

The IPC may re-analyze Samples taken during the Beijing 2008 Paralympic Games subsequent to the closing ceremony. Any anti-doping rule violation discovered as a result thereof shall be dealt with in accordance with the Code.

The World Anti-Doping Agency (WADA) will appoint a team of international independent observers who will observe all aspects of Doping Control.

#### **4. Prohibited Substances and Methods**

The WADC International Standard 2008 Prohibited List lists the substances and methods prohibited for the Beijing 2008 Paralympic

Games. The List is included in this Guide (see Appendix 2).

If, at the time of the Beijing 2008 Paralympic Games, the WADC IS 2008 Prohibited List is amended, the Version that can be retrieved from the World Anti-Doping Agency website ([www.wada-ama.org](http://www.wada-ama.org)) overrules the version in Appendix 2.

Special care has to be taken to the fact that there may be additional substances prohibited in particular sports.

## **5. Medications**

It is the responsibility of the Athlete to determine whether a substance he/she is using or considering using is prohibited.

During the Games, Athletes are strongly advised to check the status of the medications they are using or considering using with their own team doctors. If further clarification is required, the Athlete should check with the NPC Medical Officer(s), the Polyclinic Pharmacy or the IPC TUE Committee.

If however, at "Games" time a prohibited substance or method is needed, for the case of an emergency treatment, an exemption for its therapeutic use must be requested through the corresponding application as described below.

## **6. Therapeutic Use Exemptions**

The details of the Therapeutic Use Exemption (TUE) process, including the TUE Application Process, the Criteria for Granting a TUE and TUE Appeals, are outlined in the Code.

All Athletes competing at the Beijing 2008 Paralympic Games who seek a TUE are expected to have applied to the relevant IF so that the TUE is granted no later than the day of the Opening of the Paralympic Village.

For those Athletes competing in sports not governed by the IPC, the IPC will require from the applicable NPC to have a copy of the TUE Certificate or corresponding documentation issued by the relevant IPSF/IF available for the duration of the Games. The IPC will recognise TUEs issued in compliance with the WADC by other IPSFs/IFs.

NPCs are encouraged to be proactive in assisting their Athletes to identify what substances they may wish to use, to identify what are the therapeutic alternatives, if appropriate, and to submit forms in a timely and legible manner to the relevant Anti-Doping Organization.

The IPC Therapeutic Use Exemption Committee (TUEC) may not consider forms received after 30 August 2008. However, if any NPC has not applied for a required TUE they are prompted to do so without further delay. Forms are available on the IPC website – <http://www.paralympic.org> →Anti-Doping→ TUE and can be retrieved through the IPC Medical & Scientific Department Offices in the Village Polyclinic.

## **6.1 Acute Medical Conditions**

The IPC TUEC will only consider a retrospective TUE application for a prohibited substance used during the Games if the prohibited substance was used in an emergency situation or treatment of an acute medical condition was necessary.

Acute TUE applications should be presented to the IPC Medical & Scientific Department Offices in the Paralympic Village Polyclinic.

The decisions of the IPC TUE Committee will be conveyed to the Athlete's NPC and reported to WADA.

## **7. Doping Control Procedures**

### **7.1 Testing Procedures**

The Testing procedures are compliant with the WADC International Standard for Testing as outlined in Appendix 3 of this Guide and apply to all Doping Control conducted in relation to the Beijing 2008 Paralympic Games at Paralympic and non Paralympic venues. This includes how Athletes will be selected and notified for Doping Control, Sample collection procedures, the transport of Samples to the accredited Laboratory and their analysis.

### **7.2 Results Management Procedures**

The IPC will manage all doping control results, including any possible anti-doping rule violations in relation to the Beijing 2008 Paralympic Games Doping Control program in accordance with the principles and procedures set out in the Code. The following is a summary of the Result Management process. Details, including the Initial Review, Expedited Hearing, Internal Appeals and request for B Sample analysis, are outlined in the Code.

After receiving notification from the laboratory of an Adverse Analytical Finding from the A Sample analysis, the IPC Anti-Doping Committee Chairperson, assisted by the IPC Medical & Scientific

Department shall identify the Athlete and conduct a review to determine whether an applicable TUE was granted and/or if there was any apparent departure from the WADC International Standard for Testing or the WADC International Standard for Laboratories that undermines the validity of the Adverse Analytical Finding.

The A Sample result will be regarded as definitive for the purpose of Hearing the case and arriving to a decision on the applicable sanction. The B Sample analysis shall only be undertaken at the request of the Athlete as part of an Internal Appeal to that decision.

Should the initial review uphold the anti-doping rule violation, the IPC Anti-Doping Committee Chairperson shall promptly notify the Athlete, Chef de Mission of the Athlete's NPC, the applicable sport Chairperson and the Chair of the WADA Independent Observer Team of the relevant information as outlined in the Code, including immediate Provisional Suspension from Competition if deemed appropriate. An Expedited Hearing shall immediately be organized as outlined in the Code.

Once the IPC Anti-Doping Committee has completed its Hearing processes, it shall make a recommendation to the IPC Governing Board on the consequences according to the Code.

The IPC Governing Board shall be responsible for taking timely action and for notifying the Athlete and the Athlete's NPC of any sanction imposed through a written, reasoned decision.

If a decision in respect of an anti-doping rule violation requires the Athlete's result to be amended and medals returned, the IPC will inform the relevant BOCOG Departments.

The decision can be appealed to the IPC through the Internal Appeal process. The B sample analysis may be taken as part of this Appeal process.

An internal Appeal Hearing will take place with a different panel formed by the IPC Legal Committee. The Hearing panel will make its recommendation to the IPC Governing Board, which will issue its written, reasoned final decision.

The final IPC decision can be further appealed to the Court of Arbitration for Sport.

Any anti-doping rule violation other than those resulting in a laboratory Adverse Analytical Finding will be dealt with on a case-by-case basis, while respecting the principles set forth in the procedure described in the Code.

### **7.3 Confidentiality and integrity of Doping Control process**

An essential objective in carrying out these Doping Control procedures will be to ensure the integrity of any Samples provided by the Athletes and to maintain confidentiality with respect to any investigations or Hearings conducted in connection with a possible anti-doping rule violation.

The BOCOG Games Services Department Anti-Doping Division program's aim will be that no Doping Control investigations are made public until there has been a public disclosure by the IPC.

## **8. Doping Control for Horses at Equestrian**

Doping Control will be conducted on horses in the Equestrian events in accordance with the FEI Equestrian rules. (Please refer to FEI Official website [www.fei.org](http://www.fei.org))

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## **PREAMBLE**

The International Paralympic Committee (IPC) is the supreme authority of the Paralympic Movement and, in particular, the Paralympic Games. The IPC has the additional role of International Sports Federation for several sports. The IPC has established the IPC Anti-Doping Code (the Code) in compliance with the general principles of the World Anti-Doping Code (WADC), expecting that, in the spirit of sport, it will lead the fight against doping in sport for Athletes with a disability.

The Code, is complemented by other IPC documents and International Standards addressed throughout the Code.

The IPC requires as a condition of recognition by the IPC, that National Paralympic Committee's (NPC) within the Paralympic Movement, as Anti-Doping Organizations (ADO), are in compliance with the Code.

All other member organizations (eg. International Organizations of Sport for the Disabled (IOSD), International Paralympic Sports Federations (IPSFs) and International Federations with responsibility for Athletes with a disability, as Anti-Doping Organizations, are expected to establish anti-doping regulations in accordance with the Code.

The Code shall apply to the Paralympic Games and to all Competitions sanctioned by the IPC and to all sports practised within the context of the Paralympic Movement including the time of preparation for Competition.

Anti-doping rules, like Competition rules, are sport rules governing the conditions under which sport is played. All Participants

(Athletes and Athlete Support Personnel) accept these rules as a condition of participation and are presumed to have agreed to comply with the Code.

## **1 IPC RESPONSIBILITIES**

### **1.1 IPC Anti-Doping Committee**

The IPC Anti-Doping Committee is responsible for establishing policies, guidelines and procedures with respect to the fight against doping, including anti-doping rule violation management and compliance with internationally accepted regulations, including the WADC.

### **1.2 IPC Therapeutic Use Exemption Committee**

The IPC Therapeutic Use Exemption Committee (TUEC) is the Panel appointed by the IPC Governing Board to assess each Therapeutic Use Exemption (TUE) application.

### **1.3 Administration of the Provisions of the Code**

Unless specifically directed in the Code, the Person responsible for the administration of the provisions thereof shall be the IPC Medical & Scientific Director.

The IPC Medical & Scientific Director may delegate specific responsibilities to such Person or Persons at his/her discretion.

## **2 DEFINITION OF DOPING**

Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in Article 3.1 through Article 3.8 of this Code.

### **3 ANTI-DOPING RULE VIOLATIONS**

The following constitute anti-doping rule violations:

#### **3.1 The presence of a Prohibited Substance or its Metabolites or Markers, as defined in the WADC Prohibited List (the Prohibited List), in an Athlete's bodily Specimen, except when in agreement with a TUE granted for the particular substance.**

3.1.1 It is each Athlete's personal duty to ensure that no Prohibited Substances enters his or her body. Athletes are responsible for any Prohibited Substance or its Metabolites or Markers found to be present in their bodily Specimens. 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 3.1.

3.1.2 Excepting those substances for which a quantitative reporting threshold is specifically identified in the Prohibited List, the detected 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.

3.1.3 As an exception to the general rule of Article 3.1, the Prohibited List may establish special criteria for the evaluation of Prohibited Substances that can also be produced endogenously.

#### **3.2 Use or Attempted Use of a Prohibited Substance or a Prohibited Method.**

3.2.1 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.

**3.3 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.**

**3.4 Violation of the requirements regarding Athlete availability for Out-of-Competition Testing including failure to provide required whereabouts information set forth in Article 7.6 (Athlete Whereabouts Information).**

**3.5 Tampering, or Attempting to tamper, with any part of Doping Control.**

**3.6 Possession of Prohibited Substances and Methods.**

3.6.1 Possession by an Athlete at any time or place of a substance that is prohibited in Out-of-Competition Testing or a Prohibited Method unless the Athlete establishes that the Possession is pursuant to a TUE granted in accordance with Article 6 (Therapeutic Use Exemptions) or other acceptable justification.

3.6.2 Possession of a Prohibited Substance that is prohibited in Out-of-Competition Testing or a Prohibited Method by Athlete Support Personnel 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 6 (Therapeutic Use Exemptions) or other acceptable justification.

**3.7 Trafficking in any Prohibited Substance or Prohibited Method.**

**3.8 Administration or Attempted administration of a Prohibited Substance or Prohibited Method to any Athlete, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any Attempted violation.**

**4 PROOF OF DOPING**

**4.1 Burden and Standards of Proof**

The IPC (or applicable ADO) shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether the IPC (or applicable ADO) has established an anti-doping rule violation to the comfortable satisfaction of the hearing body 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.

**4.2 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.

4.2.1 WADA-accredited laboratories are presumed to have conducted Sample Analysis and custodial procedures in accordance with the WADC International Standard for Laboratories. The Athlete may rebut this presumption by establishing that a departure from the International Standard, undermining the validity of the Adverse Analytical Finding, occurred. If the Athlete rebuts the preceding presumption by showing that a departure from the International Standard occurred, then the IPC (or applicable ADO) shall have the burden to establish that such departure did not cause the Adverse Analytical Finding.

4.2.2 Departures from the WADC International Standard for Testing which did not cause an Adverse Analytical Finding or other anti-doping rule violation shall not invalidate such Results. If the Athlete establishes that departures from the WADC International Standard occurred during Testing then the IPC (or applicable ADO) shall have the burden to establish that such departures did not cause the Adverse Analytical Finding or the factual basis for the anti-doping rule violation.

## **5 THE PROHIBITED LIST**

### **5.1 Publication and Revision of the Prohibited List**

The Prohibited List adopted by the IPC is the WADC Prohibited List published and revised by WADA. The IPC will make the current Prohibited List available to each member ADO, NPC, IPSF and IOSD) and they in turn shall ensure that the current Prohibited List is available to its members and constituents.

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 as determined by WADA without requiring any further action by the IPC (or applicable

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

The Prohibited Substances and Prohibited Methods included on the Prohibited List shall be final and shall not be subject to challenge by an Athlete or other Person.

## **6 THERAPEUTIC USE EXEMPTIONS**

The IPC, in agreement with the current WADC International Standard for Therapeutic Use Exemptions, permits Athletes and their physicians to apply to the IPC TUEC for Therapeutic Use Exemption (ie. permission to Use, for therapeutic purposes, substances whose Use is otherwise prohibited according to the rules of sport).

The IPC TUEC is composed of at least three members (in particular physicians, clinical-analytical chemists, etc.) with combined experience in the care and treatment of Athletes, a sound knowledge of clinical and exercise medicine and a comprehensive understanding of anti-doping related matters.

The IPC TUEC may seek other medical or scientific expertise deemed appropriate to review the circumstances of any TUE application.

### **6.1 Criteria for Granting a TUE**

A TUE may be granted to an Athlete permitting the Use of a Prohibited Substance or Prohibited Methods as defined by the

Prohibited List for the following reasons only:

6.1.1 The Athlete would experience a significant impairment to health if the Prohibited Substance or Prohibited Method were withdrawn from the course of treatment for an acute or chronic medical condition.

6.1.2 The therapeutic Use of the Prohibited Substance or Prohibited Method would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of usual health following the treatment of a legitimate medical condition.

6.1.3 There is no reasonable therapeutic alternative to the Use of the otherwise Prohibited Substance or Prohibited Method.

6.1.4 The necessity for the Use of the otherwise Prohibited Substance or Prohibited Method cannot be a consequence, wholly or in part, of the prior non-therapeutic Use of substances from the Prohibited List.

6.1.5 An application for a TUE will not be considered for retroactive approval except in cases where:

6.1.5.1 Emergency treatment of an acute medical condition was necessary.

6.1.5.2 There was insufficient time for an applicant to submit, or a TUEC to consider, an application prior to Doping Control.

## **6.2 TUE Application Process**

**6.2.1 Any Athlete seeking TUE must submit to the IPC an application in writing, using the appropriate form as available from the IPC. A TUE will only be considered following the receipt of a correctly completed application form.**

**6.2.1.1 International Level Athletes who are included in the IPC's Registered Testing Pool (see Article 7.1), should apply to the IPC for TUE at the same time the Athlete first provides whereabouts information to the IPC and, except in emergency situations, no later than the final date of entry for the relevant Competition. Applications beyond the deadline for submission may not be resolved in a timely manner.**

**6.2.1.2 Athletes participating in IPC Sanctioned Competitions who are not included in the IPC's Registered Testing Pool, except in emergency situations, should apply to the IPC for TUE no later than the final date of entry for the relevant Competition. Applications beyond the deadline for submission may not be resolved in a timely manner.**

**6.2.2 The TUEC shall promptly evaluate any TUE application and render a decision on such request, which shall be the final decision of the IPC. The decision of the TUEC will be conveyed in writing to the Athlete's NPC and reported to WADA.**

**6.2.3 Exemptions are only granted for the substance(s) and sport(s) as detailed in the application and will be granted for no more than two years.**

**6.2.4 Exemption does not preclude the Athlete from being**

tested. Any medication used in accordance with the therapeutic Use for which an exemption has been granted and detected during the analysis shall not be considered as a doping offence.

6.2.5 It is the responsibility of the Athlete to ensure that the TUE has been granted before using any Prohibited Substance or Prohibited Method. Failure to do so may result in a doping violation following Doping Control.

### **6.3 TUE Appeals**

WADA, at the request of an Athlete or on its own initiation, may review the granting or denial of any TUE to an International Level Athlete or a national level Athlete that is included in the IPC Registered Testing Pool. If WADA determines that the granting or denial of a TUE did not comply with the WADC International Standard for Therapeutic Use Exemptions in force at the time then WADA may reverse that decision. Decisions on TUEs are subject to further appeal as provided in Article 14.3.

6.3.1 If WADA does not take action to reverse the decision of the TUEC within 30 days of notification, the original decision remains in effect.

6.3.2 If the decision regarding the granting of a TUE is reversed on appeal, the reversal shall not apply retroactively and shall not disqualify the Athlete's Results during the period the TUE had been granted.

## **7 TESTING**

### **7.1 Test Distribution Planning**

All NPCs or applicable NADOs shall establish a National Registered Testing Pool for Athletes in its country. The IPC, in its role as International Federation, shall establish a Registered Testing Pool for International Level Athletes in each sport. All Athletes competing in the Paralympic Games shall be included in the IPC's Registered Testing Pool.

## **7.2 Authority to Test**

All Athletes affiliated with an NPC shall be included in the In-Competition Testing plan by the IPC (or applicable ADO) responsible for Testing at a Competition or Event in which they participate. All Athletes affiliated with an NPC shall also be subject to Out-of-Competition Testing at any time or place, with or without Advance Notice, by the IPC, WADA,

the Athlete's NPC and applicable National Federation, and the National Anti-Doping Organization of any country where the Athlete is present.

## **7.3 Responsibility for IPC Testing**

At IPC Sanctioned Competitions, the collection of Doping Control Samples shall be initiated and directed by the IPC. The IPC Anti-Doping Committee shall be responsible for all Testing conducted by the IPC. Testing may be conducted by members of the IPC Anti-Doping Committee or delegated to a recognised ADO. The members of the IPC Anti-Doping Committee may at any time supervise and intervene as necessary during Testing conducted on behalf of IPC in order to guarantee compliance with the Code and the appropriate International Standards.

## **7.4 Testing Standards**

Testing conducted by the IPC (or applicable ADO) shall be in

substantial conformity with the WADC International Standard for Testing in force at the time of Testing.

### **7.5 Coordination of Testing**

The IPC and applicable ADO shall promptly report completed tests to WADA in order to avoid unnecessary duplication in Testing.

### **7.6 Athlete Whereabouts Information**

Athletes who have been identified by the IPC (or applicable ADO) for inclusion in a Registered Testing Pool shall provide accurate, up-to-date whereabouts information. The IPC and relevant ADO shall coordinate the identification of Athletes and the collecting of current whereabouts information and shall submit it to WADA. WADA shall make this information accessible to other ADOs having authority to test the Athlete. This information shall be maintained in strict confidence at all times; shall be used exclusively for purposes of planning, coordinating or conducting Testing; and shall be destroyed after it is no longer relevant for these purposes.

### **7.7 Unavailability for Out of Competition Testing**

Any Athlete in the IPC Registered Testing Pool who is unavailable for Testing on three (3) attempts during any period of eighteen (18) consecutive months shall be considered to have committed an anti-doping rule violation pursuant to Article 3.4. For each attempt, the Doping Control Officer shall visit all locations during the times specified by the Athlete for that date and shall stay two (2) hours at each location. Notification shall be sent to the Athlete between each attempt which is to be counted as an unavailable test.

### **7.8 Retirement and Return to Competition**

An Athlete who has given notice of retirement to the IPC (or corresponding ADO) may not resume competing unless he/she notifies

the IPC (or corresponding ADO) at least three (3) months before he/she expects to return to Competition and is available for unannounced Out-of- Competition Testing at any time during that period.

## **8 ANALYSIS OF SAMPLES**

Doping Control Samples shall be analysed in accordance with the following principles:

### **8.1 Use of Approved Laboratories**

Doping Control Samples shall be analysed only in WADA-accredited laboratories or as otherwise approved by WADA.

### **8.2 Research on Samples**

No Sample may be used for any purpose other than the detection of substances (or classes of substances) or methods on the Prohibited List, or as otherwise identified by WADA in accordance with the WADC, without the Athlete's written consent.

## **9 RESULTS MANAGEMENT**

### **9.1 Doping Control Forms from IPC Sanctioned Competitions**

Immediately following the conclusion of all IPC Sanctioned Competitions, including the Paralympic Games, all original Doping Control forms shall be forwarded to the IPC Anti-Doping Committee Chairperson .

### **9.2 Laboratory Results from IPC Sanctioned Competitions**

The WADA-accredited laboratory (or other method approved by WADA) used for the Sample analysis of any IPC Sanctioned

Competitions shall forward the Results from all A and B Sample analyses to the IPC Anti-Doping Committee Chairperson. The reports will be signed by an authorised representative and confidentiality will be maintained at all times.

### **9.3 Records of Adverse Analytical Findings from IOSDs, IPSFs and NPCs**

Records of Adverse Analytical Findings and subsequent sanctions imposed by IOSDs, IPSFs and NPCs shall be forwarded to the IPC Anti-Doping Committee Chairperson. Such Results will be maintained at the IPC Headquarters.

### **9.4 Initial Review Regarding Adverse Analytical Findings**

Upon receipt of an A Sample Adverse Analytical Finding, the IPC Anti-Doping Committee will conduct a review to determine whether:

9.4.1 An applicable TUE has been granted.

9.4.2 There is any apparent departure from the WADC International Standards for Testing or Laboratories that undermines the validity of the Adverse Analytical Finding.

### **9.5 Consequences of an A Sample Result**

The A Sample Result is regarded as definitive and the B Sample analysis shall only be undertaken at the request of the Athlete as part of an Internal Appeal.

### **9.6 Notification After Initial Review**

Should the initial review uphold the anti-doping rule violation, then the IPC Anti-Doping Committee Chairperson shall promptly notify

the Athlete, the Athlete's NPC and the applicable sport Chairperson of the following:

9.6.1 The A Sample Adverse Analytical Finding

9.6.2 The anti-doping rule violation(s) and, if needed, a description of any follow-up investigation required by the Prohibited List.

9.6.3 Immediate Provisional Suspension from Competition if deemed appropriate.

9.6.4 Expedited Hearing details

9.6.5 The existence of a further available process of Internal Appeal which may include the request for analysis of the B Sample and if requested the right to attend its opening and analysis.

9.6.6 The right of the Athlete to request copies of the A and B Sample Laboratory Documentation Package.

## **9.7 Expedited Hearing**

The hearing process shall address whether an anti-doping rule violation has been committed and if so the appropriate Consequences.

9.7.1 The hearing body will comprise of no less than 3 members of the IPC Anti-Doping Committee and has the right to be represented by counsel.

9.7.2 The Athlete has the right to be represented by counsel and the right to an interpreter, approved by the IPC and at the Athlete's own expense.

9.7.3 Not more than 2 representatives of the Athlete's NPC and 1 representative from the applicable sport concerned shall be invited.

9.7.4 Each party has the right to present evidence including submission of written material and the right to call witnesses (subject to the hearing body's discretion). I

9.7.5 The IPC reserves the right to conduct the hearing by telephone conference call.

## **9.8 Result of the Expedited Hearing**

As a result of the Expedited Hearing, if a follow-up investigation, as required by the Prohibited List, is still needed, the IPC Anti-Doping Committee shall coordinate the conduction of such investigation and upon completion, again notify and call for a final Expedited Hearing.

If no follow-up investigation is needed, or upon completion of such investigation, as a result of the Expedited Hearing, the IPC Anti-Doping Committee shall make a recommendation to the IPC Governing Board on the Consequences according to the Code. The IPC Governing Board shall be responsible for taking further timely action and for notifying the Athlete and the Athlete's NPC of any sanction imposed through a written, reasoned decision.

## **9.9 Internal Appeal**

The decision taken as a result of the Expedited Hearing (Article 9.8), including any provisional suspension, may be appealed by the Athlete following the process of Internal Appeal. The Athlete has the right to request the analysis of the B Sample as part of such

Internal Appeal, or failing such request, the B Sample analysis will be deemed waived. Waiving the B Sample analysis should in no way be interpreted as an acceptance of any anti-doping rule violation but the fact that the B Sample analysis will confirm those Results obtained from the A Sample.

The Athlete must submit in writing to the IPC Anti-Doping Committee Chairperson any request for an Internal Appeal with or without requesting the B Sample analysis, within seven (7) days of the notification of the decision taken as a result of the Expedited Hearing (Article 9.8).

Any sanction imposed as a result of the Expedited Hearing, except for Provisional Suspension if deemed appropriate, shall be suspended until the moment the final decision is reached by the IPC Governing Board as a result of the Internal Appeal Hearing.

#### **9.10 B Sample Analysis as Part of an Internal Appeal**

If a request for an Internal Appeal is submitted and the B Sample analysis is requested, the IPC Anti-Doping Committee Chairperson shall make the appropriate arrangements to conduct the B Sample opening and analysis as soon as reasonably possible and will inform the Athlete and the Athlete's NPC of such date and time.

The B Sample analysis shall be carried out in the same WADA-accredited laboratory (or other method approved by WADA) used for the A Sample analysis.

#### **9.11 Costs Associated with a B Sample Analysis**

The cost of the B Sample analysis shall be borne by the Athlete or the Athlete's NPC except when the B Sample analysis do not confirm the Result of the A Sample.

All other costs to the Athlete or the Athlete's NPC arising as a result of an Adverse Analytical Finding or B Sample analysis shall be borne by the Athlete or the Athlete's NPC regardless of the final outcome.

### **9.12 Attendance at the B Sample Opening and Analysis**

The B Sample opening and analysis may be attended by the Athlete, an expert designated by the Athlete, a representative of the Athlete's NPC, and a representative of the IPC Anti-Doping Committee. The IPC Anti-Doping Committee may appoint a surrogate representative acting on its behalf. Should the Athlete or the representative person(s) not be present at the laboratory at the time indicated, the representative of the IPC Anti-Doping Committee may decide to proceed with the B Sample opening and analysis.

### **9.13 Consequences of a B Sample Analysis NOT Confirming the Result of the A Sample**

Should the Result of the B Sample analysis not confirm the Result of the A Sample, the finding will be deemed negative and all previously imposed sanctions removed and the Athlete immediately reinstated. The IPC Anti-Doping Committee Chairperson shall immediately inform the Athlete and the Athlete's NPC, the applicable sport Chairperson and WADA. The IPC Anti-Doping Committee shall investigate the circumstances of this finding

### **9.14 Consequences of a B Sample Analysis Confirming the Result of the A Sample or a Waived B Sample Analysis**

Should the Result of the B Sample analysis confirm the Result of the A Sample, or should the B Sample analysis not be requested as part of an Internal Appeal, the IPC Anti-Doping Committee Chairperson shall promptly notify the IPC Legal Committee Chairperson and provide copies of all documentation surrounding the case.

## **9.15 Notification of an Internal Appeal Hearing**

After consultation with the IPC Anti-Doping Committee Chairperson, the IPC Legal Committee Chairperson will promptly notify the Athlete and the Athlete's NPC of the following:

9.15.1 The B Sample Adverse Analytical Finding;

9.15.2 The anti doping rule violation(s);

9.15.3 Internal Appeal Hearing details;

9.15.4 The existence of a further available process of External Appeal (as described in Article 14);

9.15.5 The right of the Athlete to request copies of the A and B Sample Laboratory Documentation Package.

## **9.16 Internal Appeal Hearing**

9.16.1 The hearing body will be chaired by the IPC Legal Committee Chairperson and will include no less than 3 additional ad-hoc persons appointed by the IPC Legal Committee Chairperson.

9.16.2 The IPC Anti-Doping Committee will have the right to be represented by its Chairperson or a surrogate representative.

9.16.3 The Athlete has the right to be represented by counsel and the right to an interpreter, approved by the hearing body and at

the Athlete's own expense.

9.16.4 Not more than 2 representatives of the Athlete's NPC and 1 representative from the applicable sport concerned shall be invited.

9.16.5 Each party has the right to present evidence including submission of written material and the right to call witnesses (subject to the hearing body discretion). Appropriate timeframes will be granted in order to gather all relevant evidence.

9.16.6 The IPC reserves the right to conduct the hearing by telephone conference call.

## **9.17 Result of the Internal Appeal Hearing**

As a result of the Internal Appeal Hearing, the hearing body shall make a recommendation to the IPC Governing Board. The IPC Governing Board shall be responsible for taking further timely action and for notifying the Athlete and the Athlete's NPC, of its final written, reasoned decision.

## **10 MANAGEMENT OF OTHER ANTI-DOPING RULE VIOLATIONS**

Any anti-doping rule violation other than those resulting in a laboratory Adverse Analytical Finding (ie. those covered in Articles 3.2 to 3.8) will be dealt with on a case by case basis, while respecting the principles set forth in the procedure described under Article 9 (Results Management).

## **11 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 individual results obtained in that Event with all resulting Consequences, including forfeit of any medals, points and prizes.

## **12 SANCTIONS ON INDIVIDUALS**

### **12.1 Disqualification of Results in IPC Sanctioned Competitions**

An anti-doping rule violation occurring during or in connection with an IPC Sanctioned Competition may, upon the decision of the ruling body of the Competition, lead to Disqualification of all of the Athlete's individual results obtained in that Competition with all Consequences, including forfeiture of all medals, points and prizes, except as provided in Article 12.1.1.

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

### **12.2 Imposition of Ineligibility for Prohibited Substances and Prohibited Methods**

Except for the specified substances identified in Article 12.3 the period of Ineligibility imposed for a violation of Article 3.1 (presence of Prohibited Substance or its Metabolites or Markers), Article 3.2 (Use or Attempted Use of Prohibited Substance or Prohibited Method) and Article 3.6 (Possession of Prohibited Substances and Methods) shall be:

First violation: Two (2) years Ineligibility

Second violation: Lifetime Ineligibility

However, the Athlete or other Person shall have the opportunity in each case, before a period of Ineligibility is imposed, to establish the basis for eliminating or reducing this sanction as provided in Article 12.5.

### **12.3 Imposition of Ineligibility for Specified Substances**

The Prohibited List may identify specified substances which are particularly susceptible to unintentional anti-doping rule violations because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents. Where an Athlete can establish that the Use of such a specified substance was not intended to enhance sport performance, the period of Ineligibility found in Article 12.2 shall be replaced with the following:

First violation: At a minimum: a warning and reprimand and no period of Ineligibility from future Competitions

At a maximum: one (1) year Ineligibility

Second violation: Two (2) years Ineligibility

Third violation: Lifetime Ineligibility

However, the Athlete or other Person shall have the opportunity in each case, before a period of Ineligibility is imposed, to establish the basis for eliminating or reducing (in the case of a second or third violation) this sanction as provided in Article 12.5.

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

The period of Ineligibility for other violations of these anti-doping rules shall be:

12.4.1 For violations of Article 3.3 (refusing or failing to submit to Sample collection) or Article 3.5 (Tampering with Doping Control), the Ineligibility periods shall be:

First violation: Two (2) years Ineligibility

Second violation: Lifetime Ineligibility

12.4.2 For violations of Article 3.7 (Trafficking) or Article 3.8 (Administration or Attempted Administration of a Prohibited Substance or Prohibited Method), the period of Ineligibility imposed shall be:

First violation: Minimum of four (4) years up to lifetime Ineligibility

Second violation: Lifetime Ineligibility

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 referenced in Article 12.3, shall result in lifetime Ineligibility for such Athlete Support Personnel. In addition, violations of such Articles which also violate non-sporting laws and regulations may be reported to the competent administrative, professional or judicial authorities.

12.4.3 For violations of Article 3.4 (whereabouts violation or missed test), the period of Ineligibility shall be:

First violation: Three (3) months to one (1) year Ineligibility

Second and subsequent violations: Two (2) years Ineligibility

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

**12.5.1 No Fault or Negligence.** If the Athlete establishes in an individual case involving an anti-doping rule violation under Article 3.1 (presence of Prohibited Substance or its Metabolites or Markers) or under Article 3.2 (Use of a Prohibited Substance or Prohibited Method) that he or she bears No Fault or Negligence for the violation, the otherwise applicable period of Ineligibility shall be eliminated. When a Prohibited Substance or its Markers or Metabolites is detected in an Athlete's Specimen in violation of Article 3.1 (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 Articles 12.2, 12.3 and 12.6.

**12.5.2 No Significant Fault or Negligence.** This Article 12.5.2 applies only to anti-doping rule violations involving Article 3.1 (presence of Prohibited Substance or its Metabolites or Markers), Article 3.2 (Use of a Prohibited Substance or Prohibited Method), Article 3.3 (failing to submit to Sample collection), or Article 3.8 (administration of a Prohibited Substance or Prohibited Method). If an Athlete establishes in an individual case involving such violations 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 minimum 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 Specimen in violation of Article 3.1 (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 reduced.

12.5.3 The IPC Governing Board, on recommendations from the IPC Anti-Doping Committee, may also reduce the period of Ineligibility in an individual case where the Athlete has provided substantial assistance to the IPC, which results in the IPC discovering or establishing an anti-doping rule violation by another Person involving Possession under Article 3.6.2 (Possession by Athlete Support Personnel), Article 3.7 (Trafficking), or Article 3.8 (administration to an Athlete). The reduced period of Ineligibility may not, however, be less than one-half of the minimum 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 eight (8) years.

## **12.6 Rules for Certain Potential Multiple Violations**

12.6.1 For purposes of imposing sanctions under Articles 12.2, 12.3 and 12.4, a second anti-doping rule violation may be considered for purposes of imposing sanctions only if the IPC can establish that the Athlete or other Person committed the second anti-doping rule violation after the Athlete or other Person received notice, or after the IPC made a reasonable attempt to give notice, of the first anti-doping rule violation. If the IPC cannot establish this, the violations shall be considered as one single first violation, and the sanction imposed shall be based on the violation that carries the more severe sanction.

12.6.2 Where an Athlete, based on the same Doping Control,

is found to have committed an anti-doping rule violation involving both a specified substance under Article 12.3 and another Prohibited Substance or Prohibited Method, the Athlete shall be considered to have committed a single anti-doping rule violation, but the sanction imposed shall be based on the Prohibited Substance or Prohibited Method that carries the most severe sanction.

12.6.3 Where an Athlete is found to have committed two separate anti-doping rule violations, one involving a specified substance governed by the sanctions set forth in Article 12.3 and the other involving a Prohibited Substance or Prohibited Method governed by the sanctions set forth in Article 12.2 or a violation governed by the sanctions in Article 12.4.1, the period of Ineligibility imposed shall be:

Second violation: At a minimum: two (2) years Ineligibility

At a maximum: three (3) years Ineligibility

Third violation: Lifetime Ineligibility

## **12.7 Disqualification of Results in Events Subsequent to Sample Collection**

In addition to the automatic Disqualification of the results in the Event which produced the positive Sample under Article 11 (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 doping 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.

## **12.8 Commencement of Ineligibility Period**

The period of Ineligibility shall start on the date on which the final decision for such period is imposed. Any period of Provisional Suspension (whether imposed or voluntarily accepted) shall be credited against the total period of Ineligibility to be served. Where required by fairness, such as delays in the hearing process or other aspects of Doping Control not attributable to the Athlete, the IPC may start the period of Ineligibility at an earlier date commencing as early as the date of Sample collection.

## **12.9 Status During Ineligibility**

No 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) sanctioned or organized by the IPC or IPC member organizations. In addition, for any anti-doping rule violation not involving specified substances described in Article 12.3, some or all sport-related financial support or other sport-related benefits received by such Person will be withheld by the IPC or IPC member organizations and governments.

## **12.10 The applicable NPC is responsible for enforcing any sanction imposed by the IPC.**

# **13 CONSEQUENCES TO TEAMS**

## **13.1 Consequences when one member of a Team has committed an anti-doping rule violation**

13.1.1 If a member of a Team is found to have committed a violation

of these anti-doping rules during a Competition, the penalties applied to the Team shall be determined according to the penalties applied by the International Federation.

13.1.2 In Team Sports, or other Sports where Teams compete, where the IPC is the International Federation or the International Federation rules do not cover Team sanctions, the penalty applied to the Team shall be the loss of the results of the Event in which the competitor was tested.

13.1.3 If a member of a Team is found to have committed an anti-doping rule violation during a Competition where a Team ranking is based on the addition of individual results, the results of the Athlete committing the violation will be subtracted from the Team result and replaced with the results of the next applicable Team member. If by removing the Athlete's results from the Team results, the number of Athletes counting for the Team is less than the required number, the Team shall be eliminated from the ranking.

## **13.2 Consequences when more than one Team member in a Team Sport has been notified of a possible anti-doping rule violation**

13.2.1 If more than one Team member in a Team Sport is found to have committed an anti-doping rule violation during the Competition the Team shall be disqualified from Competition.

## **14 EXTERNAL APPEALS**

### **14.1 Decisions Subject to External Appeal**

Decisions made under these Anti-Doping Rules may be appealed

as set forth below in Article 14.2 through 14.4. Such decisions shall remain in effect while under appeal unless the appellate body orders otherwise. Before an External Appeal is commenced, any post-decision review authorized in Article 9 (Results Management) must be exhausted.

## **14.2 External Appeals from 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, a decision that no anti-doping rule violation was committed, a decision that the IPC (or applicable ADO) lacks jurisdiction to rule on an alleged anti-doping rule violation or its Consequences, may be appealed exclusively as provided in this Article 14.2.

14.2.1 In cases arising from Competition in an International Competition or in cases involving International Level Athletes, the decision may be appealed exclusively to the Court of Arbitration for Sport (CAS) in accordance with the provisions applicable before such court.

14.2.2 In cases involving Athletes that do not have a right to appeal under Article 14.2.1, each NPC shall have in place an appeal procedure that respects the following principles:

14.2.2.1 a timely hearing;

14.2.2.2 a fair, impartial and independent hearing body;

14.2.2.3 the right to be represented by a counsel at the

Person's expense; and a timely, written, reasoned decision. The IPC's rights of appeal with respect to these cases are set forth in Article 14.2.3 below.

14.2.3 In cases under Article 14.2.1, 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 IPC and any other ADO under whose rules a sanction could have been imposed; (d) WADA. In cases under Article 14.2.2, the parties having the right to appeal to the national level reviewing body shall be as provided in the NPC's rules but, at a minimum, shall include: (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 IPC; and (d) WADA. For cases under Article 14.2.2, WADA and the IPC shall also have the right to appeal to CAS with respect to the decision of the national level reviewing body.

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

### **14.3 Appeals from Decisions Granting or Denying a TUE**

Decisions by WADA reversing the grant or denial of a TUE exemption may be appealed exclusively to CAS by the Athlete, the IPC, or National Anti-Doping Organization or other body designated by an NPC which granted or denied the exemption. Decisions to deny Therapeutic Use Exemptions, and which are not reversed by WADA, may be appealed by International Level Athletes to CAS and by other Athletes to the national level reviewing body described in Article 14.2.2. If the national level reviewing body reverses the decision to deny TUE, that decision may be appealed to CAS by WADA.

#### **14.4 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:

14.4.1 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;

14.4.2 If such a request is made within the ten (10) 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.

### **15 REINSTATEMENT**

#### **15.1 Request for Reinstatement**

Participants sanctioned under the Code may request in writing reinstatement of sport Eligibility upon completion of the Ineligibility period.

#### **15.2 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 or herself available for Out-of-Competition Testing by the IPC (or applicable ADO) having Testing jurisdiction, and must provide current and accurate whereabouts information as provided in Article 7.6.

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 IPC and the Athlete's NPC and has been subject to Out-of-Competition Testing for a period of time equal to the period of Ineligibility remaining as of the date the Athlete had retired, but not less than three (3) months.

## **16 STATUTE OF LIMITATIONS**

- 16.1 These Anti-Doping Rules shall not apply retrospectively to matters pending before the date these Anti-Doping Rules came into effect.
- 16.2 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 (8) years from the date the violation occurred.

## **17 CONFIDENTIALITY AND REPORTING**

The IPC agrees to the principles of the coordination of anti-doping results, public transparency and accountability and respect for the privacy interests of individuals alleged to have violated anti-doping rules as provided below:

### **17.1 Information Concerning Adverse Analytical Findings and Other Potential Anti-Doping Rule Violations**

The IPC Anti-Doping Committee, non-voting observers, selected surrogates and all other relevant IPC staff and representatives shall use their best endeavours to maintain in strict confidentiality the Results of all Doping Control Testing and the identities involved in proceedings under this Code, until such time as (a) all proceedings are completed and (b) there has been a public disclosure by the IPC Governing Board.

## **17.2 Public Disclosure**

The identity of Athletes whose Samples have resulted in Adverse Analytical Findings, or Athletes or other Persons who were alleged by an ADO to have violated other anti-doping rules, may be Publicly Disclosed by the IPC but no earlier than the notification of the Athlete following Initial Review according to Article 9.6 and no later than twenty (20) days after notification of the final decision of the IPC Governing Board following the corresponding Expedited and or Internal Hearing (articles 9.8 and 9.17).

## **17.3 Statistical Reporting**

IPC will publish an annual statistical report of its Doping Control activities. A copy will be provided to WADA.

## **17.4 Doping Control Information Clearing House**

WADA shall act as a central clearing house for Doping Control Testing data and Results for International Level Athletes and national level Athletes that have been included in their National Anti-Doping Organization's Registered Testing Pool. To facilitate coordinated test distribution planning and to avoid unnecessary duplication in Testing by the various Anti-Doping Organizations, each Anti-Doping Organization shall report all In-Competition and Out-of-Competition tests on such Athletes to the WADA clearinghouse as soon as possible after such tests have been

conducted. WADA shall make this information accessible to the Athlete, the Athlete's NPC, applicable National Federation, National Anti-Doping Organization, IPSF, and the IPC. Private information regarding an Athlete (including whereabouts information) shall be maintained by the IPC and WADA in strict confidence at all times.

## **18 DOPING CONTROL FOR ANIMALS COMPETING IN SPORT**

### **18.1 Applicable Anti-Doping Rules**

In any sport that includes animals in Competition, the International Federation for that sport shall establish and implement anti-doping rules for the animals included in that sport. The anti-doping rules shall include a list of Prohibited Substances, appropriate Testing procedures and a list of approved laboratories for Sample analysis.

### **18.2 Determining Anti-Doping Rules Violations**

With respect to determining anti-doping rule violations, Results management, fair hearings, Consequences, and appeals for animals involved in sport, the International Federation for that sport shall establish and implement rules that are generally consistent with Articles 2, 3, 4, 9, 10, 11, 12 and 17 of the Code.

## **19 BOOSTING & AUTONOMIC DYSREFLEXIA**

- 19.1 Persons with cervical or high thoracic spinal injuries can suffer from an abnormal sympathetic reflex called Autonomic Dysreflexia. This reflex is caused by painful stimuli to the lower part of the body, particularly distension or irritation of the urinary bladder. The symptoms of dysreflexia are a rapid rise in blood pressure, headache, sweating, skin blotchiness and gooseflesh. In serious cases, confusion, cerebral haemorrhage and even death can occur.

This reflex may happen spontaneously or may be deliberately caused ("Boosting"). As this is a health hazard, the IPC forbids Competition in a dysreflexic state.

- 19.2 An examination may be undertaken by Persons appointed by the IPC Medical & Scientific Director and may be undertaken at anytime including in the call up room or such other areas used by Athletes for warm-up purposes prior to the Event and at any other time deemed appropriate.

Failure to cooperate is forbidden and subject to Disqualification from Competition.

- 19.3 A hazardous dysreflexic state is considered to be present when the systolic blood pressure is 180 mm Hg or above.
- 19.4 An Athlete with a systolic blood pressure of 180 mm Hg or above will be re-examined approximately 10 minutes after the first examination. If on the second examination the systolic blood pressure remains above 180 mm Hg the Athlete shall be withdrawn from the particular Competition in question.
- 19.5 Any deliberate Attempt to induce Autonomic Dysreflexia is forbidden and subject to Disqualification from the particular Competition in question, regardless of the systolic blood pressure.
- 19.6 If an Athlete who has a spinal cord lesion at T6 and above is hypertensive, the Athlete must produce medical evidence prior to Competition supporting this.

19.6.1 This medical evidence must outline the level of the Athlete's blood pressure and what particular treatment the Athlete is taking. This evidence should be submitted to the IPC TUEC.

Athletes in this category will be subject to medical assessment and verification prior to and during Competition.

The IPC is of the view that the elevation of blood pressure through the Use of medications be discouraged.

19.7 The issue of Autonomic Dysreflexia is primarily the responsibility of the Athlete's NPC, especially its medical team. This responsibility includes:

19.7.1 ensuring that their Athlete(s) are not dysreflexic prior to entering the call-up area.

19.7.2 ensuring that their Athlete(s) are not using a mechanism which may cause or provoke dysreflexia.

19.7.3 following the instructions from the IPC Medical & Scientific Director (or Competition Chief Medical Officer if the IPC Medical & Scientific Director representative is not present) at the call-up area.

19.7.4 providing the IPC Medical & Scientific Director with a list of resting blood pressures of their Athletes concerned.

Failure to cooperate is forbidden and subject to sanctions imposed on the Athlete and the Athlete's NPC. Sanctions may include withdrawal of Athletes from the NPC from a particular Competition or Event.

## **20 GENDER VERIFICATION**

The IPC does not perform gender verification Testing. Any protests with regard to the gender of a Participant shall be considered by the IPC Medical & Scientific Director on an individual basis.

## **21 MEDICAL CARE GIVEN TO ATHLETES**

- 21.1 Health of the Participants must prevail above the sport performance or result.

The Prohibited List contains a very small percentage of the currently available pharmacological substances and does not hinder the proper treatment of Athletes for justifiable therapeutic reasons.

The IPC encourages individual countries to establish their own list of permissible drugs and brand names, since the same brand may be used in different countries for medications with different composition. However, this does not give any country the authority to override WADA's determinations as to which Substances are Prohibited.

- 21.2 The only legitimate Use of drugs in sport is under supervision of a physician for a clinically justified purpose and when there is no conflict with the Code.
- 21.3 If a substance on the Prohibited List is used for therapeutic purposes during a Competition, the Athletes must immediately seek for a possible exemption from the IPC TUEC or in the absence of such exemption, withdraw from Competition.

- 21.4 If an Athlete is deemed by the IPC Medical & Scientific Director to be endangering their health or the health of others by continuing to compete, then, after consultation with the Athlete's NPC, the Athlete may be required to withdraw from Competition.
- 21.5 The only possibility for exemption for Use of a substance on the Prohibited List by an Athlete shall be the TUE process.
- 21.6 Organising Committees must guarantee that any promotional materials distributed to Participants are free from contamination by substances on the Prohibited List. Similarly, pharmacies at Competitions must ensure that medications prescribed for Participants that are on the Prohibited List are clearly labelled as such.

## **22 AMENDMENT AND INTERPRETATION OF ANTIDOPING RULES**

- 22.1 These Anti-Doping Rules may be amended from time to time by the IPC Governing Board.
- 22.2 These Anti-Doping Rules, although adopted pursuant to the applicable provisions of the WADC, shall be interpreted as an independent and autonomous text and not by reference to any other existing law or statutes.
- 22.3 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.

- 22.4 The Preamble and Glossary shall be considered integral parts of these Anti-Doping Rules.
- 22.5 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 applicable NPC or National Federation.

## **23 GLOSSARY**

<b>Adverse Analytical Finding:</b>	A report from a laboratory or other approved Testing entity that identifies in a Specimen 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.
<b>Anti-Doping Organization (ADO):</b>	A Signatory of the WADC that is responsible for adopting rules for initiating, implementing or enforcing any part of the Doping Control process. This includes, for example, the IPC, IOC, other Major Competition Organizations that conduct Testing at their Competitions, WADA, IPSFs, NPCs and National Anti-Doping Organizations.
<b>Athlete:</b>	For purposes of Doping Control, any Person who participates in sport at the International Level (as defined by each International Federation) or national level (as defined by each National Anti-

Doping Organization) and any additional Person who participates in sport at a lower level if designated by the Person's National Anti-Doping Organization. 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 WADC.

Athlete Support Personnel:	Any coach, trainer, manager, agent, Team staff, official, medical or para-medical personnel working with or treating Athletes 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.
Autonomic Dysreflexia:	An abnormal sympathetic reflex which can occur in Persons with cervical or high thoracic spinal injuries, caused by painful stimuli to the lower part of the body, particularly distension or irritation of the urinary bladder.
Boosting:	The deliberate causing of Autonomic Dysreflexia.
Code:	The IPC Anti-Doping Code.

Competition:	A series of individual Events conducted together under one ruling body (e.g. the Paralympic Games, IWBF World Championships, or IPC Table Tennis European Championships).
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) <u>Disqualification</u> 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) <u>Ineligibility</u> means the Athlete or other Person is barred for a specified period of time from participating in any Event or other activity or funding as provided in Article 12.9.
Disqualification:	See Consequences of Anti-Doping Rules Violations.
Doping Control:	The process including test distribution planning, Sample collection and handling, laboratory analysis, Results management, hearings and appeals.
Event:	A single race, match, game or singular athletic contest (eg. T51 100m).
Expedited Hearing:	Hearing held as a result of an A Sample Adverse Analytical Finding.
In-Competition:	For purposes of differentiating between In-Competition and Out-of-Competition Testing, unless provided otherwise in the rules of an

	International Federation or other relevant Anti-Doping Organization, an In-Competition test is a test where an Athlete is selected for Testing in connection with a specific Event.
Internal Appeal:	An Appeal, conducted by the IPC, lodged due to a decision taken as a result of an Expedited Hearing.
Internal Appeal Hearing:	Hearing held as a result of an Internal Appeal with or without the requirement for a B Sample Analysis.
Ineligibility:	See Consequences of Anti-Doping Rules Violations.
IPC:	International Paralympic Committee
IPC Anti-Doping Committee:	The Committee responsible for establishing policies, guidelines and procedures with respect to the fight against doping, including Results management and compliance with internationally accepted regulations, including the WADC.
IPC Anti-Doping Committee Chairperson:	A Person appointed by the IPC Governing Board and Chairperson of the IPC Anti-Doping Committee.
IPC Governing Board:	The IPC Governing Board is the representative of the IPC Membership, elected at the General Assembly. The IPC Governing Board is responsible for overseeing the affairs of the IPC in between meetings of the IPC General Assembly.
IPC Legal	The IPC Legal Committee is responsible for

Committee:	advising the IPC Governing Board and the IPC on general legal matters.
IPC Medical & Scientific Director:	A Person employed by the IPC with responsibilities for the IPC Medical & Scientific Department.
IPC Therapeutic Use Exemption Committee (TUEC):	The Panel designated by the IPC Governing Board to assess all Therapeutic Use Exemptions.
International Competition:	A Competition where the IPC, IOC, an IPSF, a Major Competition Organization, or another international sport organization is the ruling body for the Competition or appoints the technical officials for the Competition.
International Level Athlete:	Athletes designated by one or more International Federations as being in the Registered Testing Pool for an International Federation.
International Paralympic Sports Federation (IPSF):	The governing body of a sport on the Paralympic programme.
International Standard:	A standard adopted by WADA in support of the WADC. 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.
<b>Major Competition Organizations:</b>	This term refers to the continental associations of National Paralympic Committees and other international multi-sport organizations that function as the ruling body for any continental, regional or other International Competition.
<b>Marker:</b>	A compound, group of compounds or biological parameters that indicates the Use of a Prohibited Substance or Prohibited Method.
<b>Metabolite:</b>	Any substance produced by a biotransformation process.
<b>Minor:</b>	A natural Person who has not reached the age of majority as established by the applicable laws of his or her country of residence.
<b>National Anti-Doping Organization:</b>	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. If this designation has not been made by the competent public authority(ies), the entity shall be the country's National Paralympic Committee or its designee.
<b>National</b>	The organization recognized by the IPC as the

Paralympic Committee (NPC):	national governing body for Athletes with a disability.
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 no longer intends to have Possession and has renounced the Person's previous Possession.

Prohibited List:	The WADC List identifying the Prohibited Substances and Prohibited Methods.
Prohibited Method:	Any method so described on the Prohibited List.
Prohibited Substance:	Any substance so described on the Prohibited List.
Publicly Disclose:	To disseminate or distribute information to the general public or Persons beyond those Persons entitled to earlier notification in accordance with Article 17.
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 Organization's test distribution plan.

<b>Result:</b>	The information obtained from a Doping Control test.
<b>Sample/Specimen:</b>	Any biological material collected for the purposes of Doping Control.
<b>Sanctioned Competition:</b>	A Competition that meets the appropriate organizational and technical requirements of the IPC.
<b>Tampering:</b>	Altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly to alter Results or prevent normal procedures from occurring.
<b>Team:</b>	Team is a combination of Participants playing as one entity in a sport. The definition of Team includes, not only those of Team Sports but also double, pair, relay, crew, horse and rider and visually impaired Athlete with guide and/or pilot.
<b>Team Sport:</b>	A sport in which the substitution of players is permitted during an Event.
<b>Testing:</b>	The parts of the Doping Control process involving test distribution planning, Sample collection, Sample handling, and Sample transport to the laboratory.
<b>Therapeutic Use Exemption (TUE):</b>	An exemption to Use, for therapeutic purposes, substances on the WADC Prohibited List.

Trafficking:	To sell, give, administer, transport, send, deliver or distribute a Prohibited Substance or Prohibited Method to an Athlete either directly or through one or more third parties, but excluding the sale or distribution (by medical personnel or by Persons other than an Athlete's Support Personnel) of a Prohibited Substance for genuine and legal therapeutic purposes.
Use:	The application, ingestion, injection or consumption by any means whatsoever of any Prohibited Substance or Prohibited Method.
WADA:	The World Anti-Doping Agency.
WADC:	The World Anti-Doping Code.

## **THE 2008 PROHIBITED LIST WORLD ANTI-DOPING CODE**

**Valid 1 January 2008**

**The use of any drug should be limited to medically justified indications**

### **SUBSTANCES AND METHODS PROHIBITED AT ALL TIMES**

#### **(IN- AND OUT-OF-COMPETITION)**

#### **PROHIBITED SUBSTANCES**

##### **S1. ANABOLIC AGENTS**

Anabolic agents are prohibited.

###### **1. Anabolic Androgenic Steroids (AAS)**

a. Exogenous\* AAS, including:

**1-androstendiol** (5 $\alpha$ -androst-1-ene-3 $\beta$ ,17 $\beta$ -diol); **1-androstendione** (5 $\alpha$ -androst-1-ene-3,17-dione); **bolandioli** (19-norandrostenediol); **bolasterone**; **boldenone**; **boldione** (androsta-1,4-diene-3,17-dione); **calusterone**; **clostebol**; **danazol** (17 $\alpha$ -ethynyl-17 $\beta$ -hydroxyandrost-4-eno[2,3-d]isoxazole); **dehydrochloromethyltestosterone** (4-chloro-17 $\beta$ -

hydroxy-17 $\alpha$ -methylandrosta-1,4-dien-3-one); **desoxymethyltestosterone** (17 $\alpha$ -methyl-5 $\alpha$ -androst-2-en-17 $\beta$ -ol); **drostanolone**; **ethylestrenol** (19-nor-17 $\alpha$ -pregn-4-en-17-ol); **fluoxymesterone**; **formebolone**; **furazabol** (17 $\beta$ -hydroxy-17 $\alpha$ -methyl-5 $\alpha$ -androstano[2,3-*c*]-furazan); **gestrinone**; **4-hydroxytestosterone** (4,17 $\beta$ -dihydroxyandrost-4-en-3-one); **mestanolone**; **mesterolone**; **metenolone**; **methandienone** (17 $\beta$ -hydroxy-17 $\alpha$ -methylandrosta-1,4-dien-3-one); **methandriol**; **methasterone** (2 $\alpha$ , 17 $\alpha$ -dimethyl-5 $\alpha$ -androstane-3-one-17 $\beta$ -ol); **methyldienolone** (17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4,9-dien-3-one); **methyl-1-testosterone** (17 $\beta$ -hydroxy-17 $\alpha$ -methyl-5 $\alpha$ -androst-1-en-3-one); **methylnortestosterone** (17 $\beta$ -hydroxy-17 $\alpha$ -methylestr-4-en-3-one); **methyltrienolone** (17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4,9,11-trien-3-one); **methyltestosterone**; **mibolerone**; **nandrolone**; **19-norandrostenedione** (estr-4-ene-3,17-dione); **norboletone**; **norclostebol**; **norethandrolone**; **oxabolone**; **oxandrolone**; **oxymesterone**; **oxymetholone**; **prostanazol** ([3,2-*c*]pyrazole-5 $\alpha$ -etioallocholane-17 $\beta$ -tetrahydropyranol); **quinbolone**; **stanozolol**; **stenbolone**; **1-testosterone** (17 $\beta$ -hydroxy-5 $\alpha$ -androst-1-en-3-one); **tetrahydrogestrinone** (18 $\alpha$ -homo-pregna-4,9,11-trien-17 $\beta$ -ol-3-one); **trenbolone** and other substances with a similar chemical structure or similar biological effect(s).

b. Endogenous\*\* AAS:

**androstenediol** (androst-5-ene-3 $\beta$ ,17 $\beta$ -diol); **androstenedione** (androst-4-ene-3,17-dione); **dihydrotestosterone** (17 $\beta$ -hydroxy-5 $\alpha$ -androstan-3-one); **prasterone** (dehydroepiandrosterone, DHEA); **testosterone** and the following metabolites and isomers:

**5 $\alpha$ -androstane-3 $\alpha$ ,17 $\alpha$ -diol**; **5 $\alpha$ -androstane-3 $\alpha$ ,17 $\beta$ -diol**; **5 $\alpha$ -androstane-3 $\beta$ ,17 $\alpha$ -diol**; **5 $\alpha$ -androstane-3 $\beta$ ,17 $\beta$ -diol**; **androst-4-ene-3 $\alpha$ ,17 $\alpha$ -diol**; **androst-4-ene-3 $\alpha$ ,17 $\beta$ -diol**; **androst-4-ene-3 $\beta$ ,17 $\alpha$ -diol**; **androst-5-ene-3 $\alpha$ ,17 $\alpha$ -diol**; **androst-5-ene-3 $\alpha$ ,17 $\beta$ -diol**; **androst-5-ene-3 $\beta$ ,17 $\alpha$ -diol**;

**4-androstenediol** (androst-4-ene-3 $\beta$ ,17 $\beta$ -diol); **5-androstenedione** (androst-5-ene-3,17-dione); **epi-dihydrotestosterone**; **3 $\alpha$ -hydroxy-5 $\alpha$ -androstan-17-one**; **3 $\beta$ -hydroxy-5 $\alpha$ -androstan-17-one**; **19-norandrosterone**; **19-noretiocholanolone**.

Where an anabolic androgenic steroid is capable of being produced endogenously, a Sample will be deemed to contain such Prohibited Substance and an Adverse Analytical Finding will be reported where the concentration of such Prohibited Substance or its metabolites or markers and/or any other relevant ratio(s) in the Athlete's Sample so deviates from the range of values normally found in humans that it is unlikely to be consistent with normal endogenous production. A Sample shall not be deemed to contain a Prohibited Substance in any such case where an Athlete proves that the concentration of the Prohibited Substance or its metabolites or markers and/or the relevant ratio(s) in the Athlete's Sample is attributable to a physiological or pathological condition.

In all cases, and at any concentration, the Athlete's Sample will be deemed to contain a Prohibited Substance and the laboratory will report an Adverse Analytical Finding if, based on any reliable analytical method (e.g. IRMS), the laboratory can show that the Prohibited Substance is of exogenous origin. In such case, no further investigation is necessary.

When a value does not so deviate from the range of values normally found in humans and any reliable analytical method (e.g. IRMS) has not determined the exogenous origin of the substance, but if there are indications, such as a comparison to endogenous reference steroid profiles, of a possible Use of a Prohibited Substance, or when a laboratory has reported a T/E ratio greater than four (4) to one (1) and any reliable analytical method (e.g. IRMS) has not determined the exogenous origin of the substance, further investigation shall be conducted by the relevant Anti-Doping Organization by reviewing the results of any previous test(s) or by conducting subsequent test(s).

When such further investigation is required the result shall be reported by the laboratory as atypical and not as adverse. If a laboratory reports, using an additional reliable analytical method (e.g. IRMS), that the Prohibited Substance is of exogenous origin, no further investigation is necessary, and the Sample will be deemed to contain such Prohibited Substance. When an additional reliable analytical method (e.g. IRMS) has not been applied, and the minimum of three previous test results are not available, a longitudinal profile of the Athlete shall be established by performing three no-advance notice tests in a period of three months by the relevant Anti-Doping Organization. The result that triggered this longitudinal study shall be reported as atypical. If the longitudinal profile of the Athlete established by the subsequent tests is not physiologically normal, the result shall then be reported as an Adverse Analytical Finding.

In extremely rare individual cases, boldenone of endogenous origin can be consistently found at very low nanograms per milliliter (ng/mL) levels in urine. When such a very low concentration of boldenone is reported by a laboratory and the application of any reliable analytical method (e.g. IRMS) has not determined the exogenous origin of the substance, further investigation may be conducted by subsequent test(s).

For 19-norandrosterone, an Adverse Analytical Finding reported by a laboratory is considered to be scientific and valid proof of exogenous origin of the Prohibited Substance. In such case, no further investigation is necessary.

Should an Athlete fail to cooperate in the investigations, the Athlete's Sample shall be deemed to contain a Prohibited Substance.

## **2. Other Anabolic Agents, including but not limited to:**

**Clenbuterol, selective androgen receptor modulators (SARMs), tibolone, zeranol, zilpaterol.**

*For purposes of this section:*

*\* "exogenous" refers to a substance which is not ordinarily capable of being produced by the body naturally.*

*\*\* "endogenous" refers to a substance which is capable of being produced by the body naturally.*

## **S2. HORMONES AND RELATED SUBSTANCES**

The following substances and their releasing factors, are prohibited:

- 1 Erythropoietin (EPO);**
- 2 Growth Hormone (hGH), Insulin-like Growth Factors (e.g. IGF-1), Mechano Growth Factors (MGFs);**
- 3 Gonadotrophins (e.g. LH, hCG), prohibited in males only;**
- 4 Insulins;**
- 5 Corticotrophins.**

and other substances with similar chemical structure or similar biological effect(s).

Unless the Athlete can demonstrate that the concentration was due to a physiological or pathological condition, a Sample will be deemed to contain a Prohibited Substance (as listed above) where the concentration of the Prohibited Substance or its metabolites and/or relevant ratios or markers in the Athlete's Sample so exceeds the range of values normally found in humans that it is unlikely to be consistent with normal endogenous production.

If a laboratory reports, using a reliable analytical method, that the Prohibited Substance is of exogenous origin, the Sample will be deemed to contain a Prohibited Substance and shall be reported as an Adverse Analytical Finding.

### S3. BETA-2 AGONISTS

All beta-2 agonists including their D- and L-isomers are prohibited.

As an exception, formoterol, salbutamol, salmeterol and terbutaline when administered by inhalation, require an abbreviated Therapeutic Use Exemption.

Despite the granting of any form of Therapeutic Use Exemption, a concentration of salbutamol (free plus glucuronide) greater than 1000 ng/mL will be considered an Adverse Analytical Finding unless the Athlete proves that the abnormal result was the consequence of the therapeutic use of inhaled salbutamol.

### S4. HORMONE ANTAGONISTS AND MODULATORS

The following classes are prohibited:

- 1 Aromatase inhibitors** including, but not limited to: **anastrozole, letrozole, aminoglutethimide, exemestane, formestane, testolactone.**
- 2 Selective estrogen receptor modulators (SERMs)** including, but not limited to: **raloxifene, tamoxifen, toremifene.**
- 3 Other anti-estrogenic substances** including, but not limited to: **clomiphene, cyclofenil, fulvestrant.**
- 4 Agents modifying myostatin function(s)** including but not limited to: **myostatin inhibitors.**

## **S5. DIURETICS AND OTHER MASKING AGENTS**

Masking agents are prohibited. They include:

**Diuretics\***, **epitestosterone**, **probenecid**, **alpha-reductase inhibitors (e.g. finasteride, dutasteride)**, **plasma expanders (e.g. albumin, dextran, hydroxyethyl starch)** and other substances with similar biological effect(s).

Diuretics include:

**Acetazolamide**, **amiloride**, **bumetanide**, **canrenone**, **chlorthalidone**, **etacrynic acid**, **furosemide**, **indapamide**, **metolazone**, **spironolactone**, **thiazides (e.g. bendroflumethiazide, chlorothiazide, hydrochlorothiazide)**, **triamterene**, and other substances with a similar chemical structure or similar biological effect(s) (except for drospirinone, which is not prohibited).

\* A Therapeutic Use Exemption is not valid if an Athlete's urine contains a diuretic in association with threshold or sub-threshold levels of a Prohibited Substance(s).

## **PROHIBITED METHODS**

### **M1. ENHANCEMENT OF OXYGEN TRANSFER**

The following are prohibited:

- 1 Blood doping, including the use of autologous, homologous or heterologous blood or red blood cell products of any origin.
- 2 Artificially enhancing the uptake, transport or delivery of oxygen, including but not limited to perfluorochemicals, efaproxiral (RSR13) and modified haemoglobin products (e.g. haemoglobin-based blood substitutes, microencapsulated haemoglobin products).

## **M2. CHEMICAL AND PHYSICAL MANIPULATION**

- 1 Tampering, or attempting to tamper, in order to alter the integrity and validity of Samples collected during Doping Controls is prohibited. These include but are not limited to catheterisation, urine substitution and/or alteration.
- 2 Intravenous infusion is prohibited. In an acute medical situation where this method is deemed necessary, a retroactive Therapeutic Use Exemption will be required.

## **M3. GENE DOPING**

The non-therapeutic use of cells, genes, genetic elements, or of the modulation of gene expression, having the capacity to enhance athletic performance, is prohibited.

## **SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION**

**In addition to the categories S1 to S5 and M1 to M3 defined above, the following categories are prohibited in competition:**

## **PROHIBITED SUBSTANCES**

### **S6. STIMULANTS**

All stimulants (including both their (D- & L-) optical isomers where relevant) are prohibited, except imidazole derivatives for topical use and those stimulants included in the 2008 Monitoring Program\*.

Stimulants include:

**Adrafinil, adrenaline\*\*, amfepramone, amiphenazole, amphetamine, amphetaminil, benzphetamine, benzylpiperazine, bromantan, cathine\*\*\*, clobenzorex, cocaine, cropropamide, crotetamide, cyclazodone, dimethylamphetamine, ephedrine\*\*\*\*, etamivan, etilamphetamine, etilefrine, famprofazone, fenbutrazate, fencamfamin, fencamine, fenetylline, fenfluramine, fenproporex, furfenorex, heptaminol, isometheptene, levmethamphetamine, meclofenoxate, mefenorex, mephentermine, mesocarb, methamphetamine (D-), methylenedioxyamphetamine, methylenedioxymethamphetamine, p-methylamphetamine, methylephedrine\*\*\*\*, methylphenidate, modafinil, nikethamide, norfenefrine, norfenfluramine, octopamine, ortetamine, oxilofrine, parahydroxyamphetamine, pemoline, pentetrazol, phendimetrazine, phenmetrazine, phenpromethamine, phentermine, 4-phenylpiracetam (carphedon), prolintane, propylhexedrine, selegiline, sibutramine, strychnine, tuaminoheptane and other substances with a similar chemical structure or similar biological effect(s).**

\* The following substances included in the 2008 Monitoring Program (bupropion, caffeine, phenylephrine, phenylpropanolamine, pipradol, pseudoephedrine, synephrine) are not considered as Prohibited Substances.

\*\* **Adrenaline** associated with local anaesthetic agents or by local administration (e.g. nasal, ophthalmologic) is not prohibited.

\*\*\* **Cathine** is prohibited when its concentration in urine is greater than 5 micrograms per milliliter.

\*\*\*\* Each of **ephedrine** and **methylephedrine** is prohibited when its concentration in urine is greater than 10 micrograms per milliliter.

A stimulant not expressly mentioned as an example under this section

should be considered as a Specified Substance only if the Athlete can establish that the substance is particularly susceptible to unintentional anti-doping rule violations because of its general availability in medicinal products or is less likely to be successfully abused as a doping agent.

## **S7. NARCOTICS**

The following narcotics are prohibited:

**Buprenorphine, dextromoramide, diamorphine (heroin), fentanyl and its derivatives, hydromorphone, methadone, morphine, oxycodone, oxymorphone, pentazocine, pethidine.**

## **S8. CANNABINOIDS**

Cannabinoids (e.g. hashish, marijuana) are prohibited.

## **S9. GLUCOCORTICOSTEROIDS**

All glucocorticosteroids are prohibited when administered orally, rectally, intravenously or intramuscularly. Their use requires a Therapeutic Use Exemption approval.

Other routes of administration (intraarticular /periarticular/ peritendinous/ epidural/ intradermal injections and inhalation) require an Abbreviated Therapeutic Use Exemption except as noted below.

Topical preparations when used for dermatological (including iontophoresis/ phonophoresis), auricular, nasal, ophthalmic, buccal, gingival and perianal disorders are not prohibited and do not require any form of Therapeutic Use Exemption.

## **SUBSTANCES PROHIBITED IN PARTICULAR SPORTS**

### **P1. ALCOHOL**

Alcohol (ethanol) is prohibited In-Competition only, in the following sports. Detection will be conducted by analysis of breath and/or blood. The doping violation threshold (haematological values) for each Federation is reported in parenthesis.

- Aeronautic (FAI) (0.20 g/L)
- Archery (FITA, IPC) (0.10 g/L)
- Automobile (FIA) (0.10 g/L)
- Boules (IPC bowls) (0.10 g/L)
- Karate (WKF) (0.10 g/L)
- Modern Pentathlon (UIPM) (0.10 g/L) for disciplines involving shooting
- Motorcycling (FIM) (0.10 g/L)
- Powerboating (UIM) (0.30 g/L)

### **P2. BETA-BLOCKERS**

Unless otherwise specified, beta-blockers are prohibited In-Competition only, in the following sports.

- Aeronautic (FAI)
- Archery (FITA, IPC) (also prohibited Out-of-Competition)
- Automobile (FIA)
- Billiards (WCBS)
- Bobsleigh (FIBT)
- Boules (CMSB, IPC bowls)
- Bridge (FMB)
- Curling (WCF)

- Gymnastics (FIG)
- Motorcycling (FIM)
- Modern Pentathlon (UIPM) for disciplines involving shooting
- Nine-pin bowling (FIQ)
- Powerboating (UIM)
- Sailing (ISAF) for match race helms only
- Shooting (ISSF, IPC) (also prohibited Out-of-Competition)
- Skiing/Snowboarding (FIS) in ski jumping, freestyle aerials/halfpipe and snowboard halfpipe/big air
- Wrestling (FILA)

Beta-blockers include, but are not limited to, the following:

**Acebutolol, alprenolol, atenolol, betaxolol, bisoprolol, bunolol, carteolol, carvedilol, celiprolol, esmolol, labetalol, levobunolol, metipranolol, metoprolol, nadolol, oxprenolol, pindolol, propranolol, sotalol, timolol.**

## **SPECIFIED SUBSTANCES\***

"Specified Substances"\* are listed below:

- All inhaled Beta-2 Agonists, except salbutamol (free plus glucuronide) greater than 1000 ng/mL and clenbuterol (listed under S1.2: Other Anabolic Agents);
- Alpha-reductase inhibitors, probenecid;
- Cathine, cropropamide, crotetamide, ephedrine, etamivan, famprofazone, heptaminol, isometheptene, levmethamphetamine, meclofenoxate,
- p-methylamphetamine, methylephedrine, nikethamide, norfenefrine, octopamine, ortetamine, oxilofrine, phenpromethamine, propylhexedrine, selegiline, sibutramine, tuaminoheptane, and any

other stimulant not expressly listed under section S6 for which the Athlete establishes that it fulfils the conditions described in section S6;

- Cannabinoids;
- All Glucocorticosteroids;
- Alcohol;
- All Beta Blockers.

*\* "The Prohibited List may identify specified substances which are particularly susceptible to unintentional anti-doping rule violations because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents." A doping violation involving such substances may result in a reduced sanction provided that the "...Athlete can establish that the Use of such a specified substance was not intended to enhance sport performance..."*

## Appendix 3: International Standard for Testing

### **The World Anti-Doping Code**

# **INTERNATIONAL STANDARD FOR TESTING**

version 3.0

June 2003

## **PREAMBLE**

World Anti-Doping Code International Standard for Testing is a mandatory International Standard developed as part of the World Anti-Doping Program.

The International Standard for Testing is extracted from the proposed ISO International Standard for Doping Control (ISO ISDC) which is being prepared by an expert group within the International Anti-Doping Arrangement (IADA) and WADA. The ISO ISDC is based on the IADA International Standard for Doping Control (ISDC)/ISO PAS 18873 (1999). WADA supports and is an active partner with IADA in developing the Proposed ISO ISDC to a full ISO standard. The ISO process is expected to be completed in mid 2004.

Version 1.0 of the International Standard for Testing was circulated to Signatories and governments for review and comments in November 2002. Version 2.0 was based on the comments and proposals received from Signatories and governments.

All Signatories and governments were consulted and have had the opportunity to review and provide comments on version 2.0. This draft version 3.0 will be presented for approval to the WADA Executive Committee on June 7th 2003.

The official text of the International Standard for Testing shall be maintained by WADA and shall be published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.

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## **PART ONE: INTRODUCTION, CODE PROVISIONS AND DEFINITIONS**

### **1.0 Introduction and scope**

The main purpose of International Standard for Testing is to plan for effective Testing and to maintain the integrity and identity of the Samples, from notifying the Athlete to transporting Samples for analysis.

The International Standard for Testing includes standards for test distribution planning, notification of Athletes, preparing for and conducting Sample collection, security/post test administration and transport of Samples.

The International Standard for Testing, including all annexes, is mandatory for all Signatories to the Code.

The World Anti-Doping Program encompasses all of the elements needed in order to ensure optimal harmonization and best practice in international and national anti-doping programs. The main elements are: the Code (Level 1), International Standards (Level 2), and Models of Best Practice (Level 3).

In the introduction to the Code, the purpose and implementation of the International Standards are summarized as follows:

“International Standards for different technical and operational areas within the anti-doping program will be developed in consultation with the Signatories and governments and approved by WADA. The purpose of the International Standards is harmonization among Anti-Doping Organizations responsible for specific technical and operational parts of the anti-doping programs. Adherence to the International Standards is mandatory for compliance with the Code. The International Standards may be revised from time to time by the WADA Executive Committee

after reasonable consultation with the Signatories and governments. Unless provided otherwise in the Code, International Standards and all revisions shall become effective on the date specified in the International Standard or revision.”

The standards included in the International Standard for Testing are extracted from the ISO International Standard for Doping Control (ISO ISDC), which also includes management and support processes for Testing activities

Definitions specified in the Code are written in italics. Additional definitions specific to the International Standard for Testing are underlined.

## **2.0 Code Provisions**

The following articles in the Code directly address the International Standard for Testing:

### **Code Article 2 Anti-Doping Rule Violations:**

**2.3** Refusing, or failing without compelling justification, to submit to Sample collection after notification as authorized in applicable anti-doping rules or otherwise evading Sample collection.

**2.4** Violation of applicable requirements regarding Athlete availability for Out-of-Competition Testing including failure to provide required whereabouts information and missed tests which are declared based on reasonable rules.

**2.5** Tampering, or Attempting to tamper, with any part of Doping Control.

**2.8** Administration or Attempted administration of a Prohibited Substance or Prohibited Method to any Athlete, or assisting, encouraging, aiding, abetting,

covering up or any other type of complicity involving an anti-doping rule violation or any Attempted violation.

### **Code Article 3 Proof of Doping:**

**3.2.2** Departures from the International Standard for Testing which did not cause an Adverse Analytical Finding or other anti-doping rule violation shall not invalidate such results. If the Athlete establishes that departures from the International Standard occurred during Testing then the Anti-Doping Organization shall have the burden to establish that such departures did not cause the Adverse Analytical Finding or the factual basis for the anti-doping rule violation.

### **Code Article 5 Testing:**

**5.1 Test Distribution Planning.** Anti-Doping Organizations conducting Testing shall in coordination with other Anti-Doping Organizations conducting Testing on the same Athlete pool:

**5.1.1** Plan and implement an effective number of In-Competition and Out-of-Competition tests. Each International Federation shall establish a Registered Testing Pool for International-Level Athletes in its sport, and each National Anti-Doping Organization shall establish a national Registered Testing Pool for Athletes in its country. The national-level pool shall include International-Level Athletes from that country as well as other national-level Athletes. Each International Federation and National Anti-Doping Organization shall plan and conduct In-Competition and Out-of-Competition Testing on its Registered Testing Pool.

**5.1.2** Make No Advance Notice Testing a priority.

**5.1.3** Conduct Target Testing.

**5.2 Standards for Testing.** Anti-Doping Organizations conducting Testing shall conduct such Testing in conformity with the International Standard for Testing.

**Code Article 7 Results Management:**

**7.3 Further Review of Adverse Analytical Finding Where Required by Prohibited List.** The Anti-Doping Organization or other reviewing body established by such organization shall also conduct any follow-up investigation as may be required by the Prohibited List. Upon completion of such follow-up investigation, the Anti-Doping Organization shall promptly notify the Athlete regarding the results of the follow-up investigation and whether or not the Anti-Doping Organization asserts that an anti-doping rule was violated.

**Code Article 10 Sanctions on Individuals:**

**10.10 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 or herself available for Out-of-Competition Testing by any Anti-Doping Organization having Testing jurisdiction, and must, if requested, provide current and accurate whereabouts information. 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 relevant Anti-Doping Organizations and has been subject to Out-of-Competition Testing for a period of time equal to the period of Ineligibility remaining as of the date the Athlete had retired.

**Code Article 14 Confidentiality and Reporting:**

**14.3 Athlete Whereabouts Information.** Athletes who have been identified by their International Federation or National Anti-Doping Organization for inclusion in an Out-of-Competition Testing pool shall provide accurate,

current location information. The International Federations and National Anti-Doping Organizations shall coordinate the identification of Athletes and the collecting of current location information and shall submit it to WADA.

WADA shall make this information accessible to other Anti-Doping Organizations having authority to test the Athlete as provided in Article 15. This information shall be maintained in strict confidence at all times; shall be used exclusively for purposes of planning, coordinating or conducting Testing; and shall be destroyed after it is no longer relevant for these purposes.

**14.5 Doping Control Information Clearing House.** WADA shall act as a central clearing house for Doping Control Testing data and results for International-Level Athletes and national-level Athletes that have been included in their National Anti-Doping Organization's Registered Testing Pool. To facilitate coordinated test distribution planning and to avoid unnecessary duplication in Testing by the various Anti-Doping Organizations, each Anti-Doping Organization shall report all In-Competition and Out-of-Competition tests on such Athletes to the WADA clearinghouse as soon as possible after such tests have been conducted. WADA shall make this information accessible to the Athlete, the Athlete's National Federation, National Olympic Committee or National Paralympic Committee, National Anti-Doping Organization, International Federation, and the International Olympic Committee or International Paralympic Committee. Private information regarding an Athlete shall be maintained by WADA in strict confidence. WADA shall, at least annually, publish statistical reports summarizing such information.

### **Code Article 15 Clarification of Doping Control Responsibilities:**

**15.1 Event Testing.** The collection of Samples for Doping Control does and should take place at both International Events and National Events. However, only a single organization should be responsible for initiating and

directing Testing during an Event. At International Events, the collection of Doping Control Samples shall be initiated and directed by the international organization which is the ruling body for the Event (e.g., the IOC for the Olympic Games, the International Federation for a World Championship, and PASO for the Pan American Games). If the international organization decides not to conduct any Testing at such an Event, the National Anti-Doping Organization for the country where the Event occurs may, in coordination with and with the approval of the international organization or WADA, initiate and conduct such Testing. At National Events, the collection of Doping Control Samples shall be initiated and directed by the designated National Anti-Doping Organization of that country.

**15.2 Out-of-Competition Testing.** Out-of-Competition Testing is and should be initiated and directed by both international and national organizations. Out-of-Competition Testing may be initiated and directed by: (a) WADA; (b) the IOC or IPC in connection with the Olympic Games or Paralympic Games; (c) the Athlete's International Federation; (d) the Athlete's National Anti-Doping Organization; or (e) the National Anti-Doping Organization of any country where the Athlete is present. Out-of-Competition Testing should be coordinated through WADA in order to maximize the effectiveness of the combined Testing effort and to avoid unnecessary repetitive Testing of individual Athletes.

**15.4 Mutual Recognition.** Subject to the right to appeal provided in Article 13, the Testing, therapeutic use exemptions and hearing results or other final adjudications of any Signatory which are consistent with the Code and are within that Signatory's authority, shall be recognized and respected by all other Signatories. Signatories 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.

## 3.0 Terms and definitions

### 3.1 Defined terms from the Code

**Adverse Analytical Finding:** A report from a laboratory or other approved Testing entity that identifies in a Specimen 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 Paralympic Committee, other Major Event Organizations that conduct Testing at their Events, WADA, International Federations, and National Anti-Doping Organizations.

**Athlete:** For purposes of Doping Control, any Person who participates in sport at the international level (as defined by each International Federation) or national level (as defined by each National Anti-Doping Organization) and any additional Person who participates in sport at a lower level if designated by the Person's National Anti-Doping Organization. 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.

**Code:** The World Anti-Doping Code.

**Competition:** A single race, match, game or singular athletic contest. For example, the finals of the Olympic 100-meter dash. 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).

**Doping Control:** The process including test distribution planning, Sample collection and handling, laboratory analysis, results management, hearings and appeals.

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

**In-Competition:** For purposes of differentiating between In-Competition and Out-of-Competition Testing, unless provided otherwise in the rules of an International Federation or other relevant Anti-Doping Organization, an In-Competition test is a test where an Athlete is selected for Testing in connection with a specific Competition.

**Independent Observer Program:** A team of observers, under the supervision of WADA, who observe the Doping Control process at certain Events and report on observations. If WADA is Testing In-Competition at an Event, the observers shall be supervised by an independent organization.

**Ineligibility:** See Consequences of Anti-Doping Rules 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.

**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. 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 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.

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

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

**Provisional Suspension:** See Consequences above.

**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 Organization's test distribution plan.

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

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

**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.

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

laboratory.

**WADA:** The World Anti-Doping Agency.

### **3.2 Defined Terms from the International Standard for Testing**

**Blood Collection Official:** An official who is qualified to and has been authorized by the ADO to collect a blood Sample from an Athlete.

**Chain of Custody:** The sequence of individuals or organizations who have the responsibility for a Sample/specimen from the provision of the sample/specimen until the Sample/specimen has been received for analysis.

**Chaperone:** An official who is trained and authorized by the ADO to carry out specific duties including notification of the Athlete selected for Sample collection, accompanying and observing the Athlete until arrival at the Doping Control Station, and/or witnessing and verifying the provision of the Sample where the training qualifies him/her to do so.

**Doping Control Officer:** An official who has been trained and authorised by the ADO with delegated responsibility for the on-site management of a Sample Collection Session.

**Doping Control Station:** The location where the Sample Collection Session will be conducted.

**Failure to Comply:** A term used to describe Anti-Doping Rule Violations in Articles 2.3, 2.4, 2.5 and 2.8 of the Code.

**Sample Collection Equipment:** Containers or apparatus used to directly collect or hold the Athlete's Specimen at any time during the Sample collection process. Sample Collection Equipment shall, as a minimum,

consist of:

- For urine Sample collection:
  - Collection vessels for collecting the urine Sample as it leaves the Athlete's body;
  - Sealable and tamper-evident bottles and lids for securing the urine Sample;
  
- For blood Sample collection:
  - Needles for collecting the blood Sample;
  - Blood tubes with sealable and tamper-evident devices for holding the blood Sample.

**Sample Collection Personnel:** A collective term for qualified officials authorised by the ADO who may carry out or assist with duties during the Sample Collection Session.

**Sample Collection Session:** All of the sequential activities that directly involve the Athlete from notification until the Athlete leaves the Doping Control Station after having provided his/her Sample/s.

**Weighted:** A ranking method of selecting Athletes using criteria where the ranking is based on the potential risk of doping and possible doping patterns.

## **PART TWO: STANDARDS FOR TESTING**

### **4.0 Planning**

#### **4.1 Objective**

The objective is to plan and implement an effective distribution of Athlete tests.

#### **4.2 General**

Planning starts with establishing criteria for Athletes to be included in a Registered Testing Pool and ends with selecting Athletes for Sample collection.

The main activities are information gathering, risk evaluation, and developing, monitoring, evaluating and modifying the test distribution plan.

#### **4.3 Requirements for establishing the Registered Testing Pool**

**4.3.1** The Anti-Doping Organization (ADO) shall define and document the criteria for Athletes to be included in a Registered Testing Pool. This shall include as a minimum:

- For International Federations (IFs):  
Athletes who compete at a high level of international competition, and
- For National Anti-Doping Organizations:  
Athletes who are part of national teams in Olympic and Paralympic sports and recognised national federations.

The criteria shall be reviewed at least annually and updated if required.

**4.3.2** The ADO shall include Athletes under their authority in the Registered

Testing Pool who are serving periods of Ineligibility or Provisional Suspensions as Consequences of Anti-Doping Rules Violations.

**4.3.3** The Registered Testing Pool shall be reviewed and updated regularly to reflect changes in Athletes' competing levels to ensure additions to or removals from the pool as required.

#### **4.4 Requirements for collecting Athlete whereabouts information for the purposes of Out of Competition Testing**

**4.4.1** The ADO shall define procedures and/or systems for:

- a) Collecting, maintaining and monitoring sufficient whereabouts information to ensure that Sample collection can be planned and conducted at No Advance Notice for all Athletes included in the Registered Testing Pool, and
- b) When Athletes fail to provide accurate and timely whereabouts information, taking appropriate action to ensure the information stays up to date and complete.

**4.4.2** As a minimum the following Athlete whereabouts information shall be collected:

- a) Name
- b) Sport/discipline,
- c) Home address
- d) Contact phone numbers
- e) Training times and venues
- f) Training camps
- g) Travel plans
- h) Competition schedule

- i) Disability if applicable, including the requirement for third party involvement in notification.

#### **4.5 Requirements for test distribution planning**

**4.5.1** The ADO shall, as a minimum, evaluate the potential risk of doping and possible doping pattern for each sport and/or discipline based on:

- a) Physical demands of the sport and possible performance enhancing effect that doping may elicit;
- b) Available doping analysis statistics;
- c) Available research on doping trends;
- d) Training periods and Competition season.

**4.5.2** The ADO shall develop and document a test distribution plan based on information determined in 4.5.1, the number of Athletes per sport/discipline in the Registered Testing Pool and the evaluation outcomes of previous test distribution planning cycles.

**4.5.3** The ADO shall allocate the number of Sample collections by type of Sample collection for each sport/discipline, including No Advance Notice, Out-of-Competition, In-Competition, blood and urine Sample collection, as required to achieve effective deterrence.

**4.5.4** The ADO shall establish a system whereby the test distribution plan is reviewed and, if necessary, updated on a regular basis in order to incorporate new information and take into account Sample collection from Athletes in the Registered Testing Pool by other ADOs.

**4.5.5** The ADO shall establish a system for maintaining test distribution planning data. Such data shall be used to assist with determining whether modifications to the plan are necessary. This information shall include as a minimum:

For each test:

- a) The sport/discipline;
- b) The country represented by the Athlete (if applicable);
- c) The type of Sample collection (No Advance Notice, Out-of-Competition, In-Competition or advance notice);
- d) The date of Sample collection; and
- e) The country in which the Sample collection occurred.

In addition, for each Adverse Analytical Finding:

- a) Dates of Sample collection and analysis;
- b) Class of substance/s found;
- c) Actual substance/s detected;
- d) Sanctions of Anti-Doping Rules Violations, if any.

**4.5.6** The ADO shall ensure that the athlete support personnel shall not be involved in the test distribution planning for their athletes.

**4.5.7** In planning and conducting tests at International Event, and where the relevant IF does not have a doping control program that complies with this standard, the National Anti-Doping Organization shall be the preferred Sample collection supplier.

## **4.6 Requirements for selection of Athletes**

**4.6.1** In accordance with the number of Sample collections allocated to each sport/discipline in the test distribution plan, the ADO shall select Athletes for Sample collection using Target Testing, Weighted and random selection methods.

**4.6.2** As a minimum, the ADO shall consider Target Testing Athletes based on the following information:

- a) Injury;
- b) Withdrawal or absence from expected Competition;
- c) Going into or coming out of retirement;
- d) Behaviour indicating doping;
- e) Sudden major improvements in performance;
- f) Changes in Athlete whereabouts information that can indicate a potential increase in the risk of doping, including moving to a remote location;
- g) Athlete sport performance history;
- h) Details of past Doping Controls;
- i) Athlete reinstatement after a period of Ineligibility; and
- j) Reliable information from a third party.

**4.6.3** An ADO may select Athletes under their authority for Sample collection who are not included in the Registered Testing Pool defined in 4.3.1 and 4.3.2.

**4.6.4** Where the ADO authorises a Doping Control Officer (DCO) to select Athletes for Sample collection, the ADO shall provide selection criteria to the DCO in accordance with the test distribution plan.

**4.6.5** Following the selection of an Athlete for Sample collection and prior to notification of the Athlete, the ADO and/or DCO shall ensure Athlete selection decisions are disclosed only to those who need to know in order to ensure the Athlete can be notified and tested on a No Advance Notice basis.

## **5.0 Notification of Athletes**

### **5.1 Objective**

To ensure that the selected Athlete is notified, the rights of the Athlete are maintained, there are no opportunities to manipulate the Sample to be provided and the notification is documented.

## **5.2 General**

Notification of Athletes starts when the ADO initiates the notification of the selected Athlete and ends when the Athlete arrives at the Doping Control Station or when the Athlete's possible failure to comply is brought to the ADO's attention.

The main activities are:

- a) Appointment of DCOs, Chaperones and other Sample Collection Personnel;
- b) Locating the Athlete and confirming his/her identity;
- c) Informing the Athlete that he/she has been selected to provide a Sample and of his/her rights and responsibilities;
- d) For No Advance Notice Sample collection, continuously chaperoning the Athlete from the time of notification to the arrival at the designated Doping Control Station; and
- e) Documenting the notification.

## **5.3 Requirements prior to notification of Athletes**

**5.3.1** No Advance Notice shall be the notification method for Out-of-Competition Sample collection whenever possible.

**5.3.2** To conduct or assist with Sample Collection Sessions, the ADO shall appoint and authorise Sample Collection Personnel who have been trained for their assigned responsibilities, who do not have a conflict of interest in the outcome of the Sample collection, and who are not Minors.

**5.3.3** Sample Collection Personnel shall have official identification that is provided and controlled by the ADO. The minimum identification requirement is an official card/document naming the ADO through which they have been authorised. For DCOs, additional identification requirements shall include their name, their photograph and the card's/document's expiry date. For Blood

Collection Officials additional identification requirements include evidence of their professional training in the collection of blood Samples.

**5.3.4** The ADO shall establish criteria to validate the identity of an Athlete selected to provide a Sample. This ensures the selected Athlete is the Athlete who is notified.

**5.3.5** The ADO, DCO or Chaperone, as applicable, shall establish the location of the selected Athlete and plan the approach and timing of notification, taking into consideration the specific circumstances of the sport/Competition and the situation in question.

**5.3.6** For Out-of-Competition Sample collection, the ADO shall establish criteria to ensure that reasonable attempts are made to notify Athletes of their selection for Sample collection.

**5.3.7** Reasonable attempts shall be defined by the ADO and at a minimum shall consider alternative times of day/evening and alternative locations over a specified period of time from the initial notification attempt.

**5.3.8** The ADO shall establish a system for logging Athlete notification attempt/s and outcome/s.

**5.3.9** The Athlete shall be the first one notified that he/she has been selected for Sample collection except where prior contact with a third party is required as specified in 5.3.10.

**5.3.10** The ADO/DCO/Chaperone, as applicable, shall consider whether a third party is required to be notified prior to notification of the Athlete when the Athlete is a Minor, where required by an Athlete's disability as provided for in Annex B - Modifications for Athletes with disabilities, or in situations where an interpreter is required for the notification.

**5.3.11** If the Athlete can not be contacted after having made reasonable attempts using the information supplied in 4.4.2 and logging the attempts in accordance with 5.3.8, the DCO or ADO, as applicable, shall institute Annex A – Investigating a possible failure to comply.

**5.3.12** The ADO shall not re-schedule or change a Sample collection from No Advance Notice to advance notice except where an unexpected situation forces the need for an advanced notice Sample collection. Any such decision shall be recorded.

**5.3.13** Notification for advance notice Sample collection shall be by any means that indicates the Athlete received the notice.

#### **5.4 Requirements for notification of Athletes**

**5.4.1** When initial contact is made, the ADO, DCO or Chaperone, as applicable, shall ensure that the Athlete and/or a third party if required in accordance with 5.3.10, is informed:

- a) That the Athlete is required to undergo a Sample collection;
- b) Of the authority under which the Sample collection is to be conducted;
- c) Of the type of Sample collection and any conditions that need to be adhered to prior to the Sample collection;
- d) Of the Athlete's rights, including the right to:
  - i. Have a representative and, if required, an interpreter;
  - ii. Ask for additional information about the Sample collection process;
  - iii. Request a delay in reporting to the Doping Control Station for valid reasons; and
  - iv. Request modifications as provided for in Annex B – Modifications for Athletes with disabilities.
- e) Of the Athlete's responsibilities, including the requirement to:
  - i. Remain within sight of the DCO/Chaperone at all times from the first moment of in-person notification by the DCO/Chaperone until the

- completion of the Sample collection procedure;
  - ii. Produce identification in accordance with 5.3.4; and
  - iii. Comply with Sample collection procedures and the possible consequences of failure to comply; and
  - iv. Report to the Doping Control Station, unless delayed for valid reasons, as soon as possible and within 60 minutes of notification for a No Advance Notice Sample collection and 24 hours of receipt of notification for an advance notice Sample collection.
- f) Of the location of the Doping Control Station.

**5.4.2** When in-person contact is made, the DCO/Chaperone shall:

- a) From this time until the Athlete leaves the Doping Control Station at the end of his/her Sample Collection Session, keep the Athlete under observation at all times.
- b) Identify themselves to the Athlete using their official ADO identification card/document;
- c) Confirm the Athlete's identity as per the criteria established in 5.3.4. Any failure to confirm the identity of the Athlete shall be documented. In such cases, the DCO responsible for conducting the Sample Collection Session shall decide whether it is appropriate to report the situation in accordance with Annex A – Investigating a possible failure to comply.

**5.4.3** The Chaperone/DCO shall then have the Athlete sign an appropriate form to acknowledge and accept the notification. If the Athlete refuses to sign that he/she has been notified or evades the notification, the Chaperone/DCO shall inform the Athlete of the consequences of failing to comply if possible, and the Chaperone (if not the DCO) shall immediately report all relevant facts to the DCO. When possible the DCO shall continue to collect a Sample. The DCO shall document the facts and report the circumstances to the ADO. The DCO and ADO shall follow the steps prescribed in Annex A – Investigating a possible failure to comply.

**5.4.4** The DCO/Chaperone shall consider any reasonable request by the Athlete to delay reporting to the Doping Control Station within 60 mins of acknowledgement and acceptance of notification and approve or reject such requests as appropriate in accordance with 5.4.5 and 5.4.6. The DCO shall document the reasons for any such delay that may require further investigation by the ADO. The first urine Sample post notification shall be collected.

**5.4.5** A DCO may accept a request from an Athlete to delay reporting to the Doping Control Station beyond 60 mins, and/or once the athlete arrives at the Doping Control Station and wishes to leave if the Athlete can be continuously chaperoned during the delay and if the request relates to the following activities:

- a) Participation in a victory ceremony;
- b) Fulfilment of media commitments;
- c) Competing in further competitions;
- d) Performing a warm down;
- e) Obtaining necessary medical treatment;
- f) Locating a representative and/or interpreter.

The DCO shall document the reasons for delay in reporting to the Doping Control Station and/or reasons for leaving the Doping Control Station once arriving that may require further investigation by the ADO.

**5.4.6** A DCO/Chaperone shall reject a request for delay from an Athlete if it will not be possible for the Athlete to be continuously chaperoned.

**5.4.7** When an Athlete notified of an advance notice Sample collection does not report to the Doping Control Station at the designated time, the DCO shall use his/her judgement whether to attempt to contact the Athlete. At a minimum, the DCO shall wait 30 minutes after the appointed time before

departing. If the Athlete still has not reported by the time the DCO departs, the DCO shall follow the requirements of Annex A – Investigating a possible failure to comply.

**5.4.8** If the Athlete reports to the Doping Control Station after the minimum waiting time and prior to the DCO's departure, the DCO shall decide as to whether to process a possible failure to comply. If at all possible the DCO shall proceed with collecting a Sample, and shall document the details of the delay in the Athlete reporting to the Doping Control Station.

**5.4.9** If, while keeping the Athlete under observation, Sample Collection Personnel observe any matter with potential to compromise the test, the circumstances shall be reported to and documented by the DCO. If deemed appropriate by the DCO, the DCO shall follow the requirements of Annex A – Investigating a possible failure to comply.

## **6.0 Preparing for the Sample Collection Session**

### **6.1 Objective**

To prepare for the Sample Collection Session in a manner that ensures that the session can be conducted efficiently and effectively.

### **6.2 General**

Preparing for the Sample Collection Session starts with the establishment of a system for obtaining relevant information for effective conduct of the session and ends when it is confirmed that the Sample Collection Equipment conforms to the specified criteria.

The main activities are:

- a) Establishing a system for collecting details regarding the Sample Collection Session;

- b) Establishing criteria for who may be authorised to be present during a Sample Collection Session;
- c) Ensuring that the Doping Control Station meets the minimum criteria prescribed in 6.3.2;
- d) Ensuring that Sample Collection Equipment used by the ADO meets the minimum criteria prescribed in 6.3.4.

### **6.3 Requirements for preparing for the Sample Collection Session**

**6.3.1** The ADO shall establish a system for obtaining all the information necessary to ensure that the Sample Collection Session can be conducted effectively, including special requirements to meet the needs of Athletes with disabilities as provided in Annex B – Modifications for Athletes with disabilities.

**6.3.2** The DCO shall use a Doping Control Station which, at a minimum, ensures the Athlete's privacy and is used solely as a Doping Control Station for the duration of the Sample Collection Session. The DCO shall record any significant deviations from these criteria.

**6.3.3** The ADO shall establish criteria for who may be authorised to be present during the Sample Collection Session in addition to the Sample Collection Personnel. At a minimum the criteria shall include:

- a) An Athlete's entitlement to be accompanied by a representative and/or interpreter during the Sample Collection Session except when the Athlete is passing a urine Sample.
- b) A Minor Athlete's entitlement, and the witnessing DCO/Chaperone's entitlement to have a representative observe the Chaperone when the Minor Athlete is passing a urine Sample, but without the representative directly observing the passing of the Sample unless requested to do so by the Minor Athlete.
- c) An Athlete with a disability's entitlement to be accompanied by a

representative as provided for in Annex B - Modifications for Athletes with disabilities.

- d) A WADA Independent Observer where applicable under the Independent Observer Program. The WADA Independent Observer shall not directly observe the passing of a urine Sample.

**6.3.4** The DCO shall only use Sample Collection Equipment systems that are authorised by the ADO, which at a minimum, shall meet the following criteria. They shall:

- a) Have a unique numbering system incorporated into all bottles, containers, tubes or any other item used to seal the Athlete's Sample;
- b) Have a sealing system that is tamper evident;
- c) Ensure the identity of the Athlete is not evident from the equipment itself;
- d) Ensure that all equipment is clean and sealed prior to use by the Athlete.

## **7.0 Conducting the Sample Collection Session**

### **7.1 Objective**

To conduct the Sample Collection Session in a manner that ensures the integrity, security and identity of the Sample and respects the privacy of the Athlete.

### **7.2 General**

The Sample Collection Session starts with defining overall responsibility for the conduct of the Sample Collection Session and ends once the Sample collection documentation is complete.

The main activities are:

- a) Preparing for collecting the Sample;

- b) Collecting the Sample; and
- c) Documenting the Sample collection.

### **7.3 Requirements prior to Sample collection**

**7.3.1** The ADO shall be responsible for the overall conduct of the Sample Collection Session with specific responsibilities delegated to the DCO.

**7.3.2** The DCO shall ensure that the Athlete is informed of his/her rights and responsibilities as specified in 5.4.1.

**7.3.3** The DCO shall provide the Athlete with the opportunity to hydrate.

**7.3.4** The Athlete shall only leave the Doping Control Station under continuous observation by the DCO/Chaperone and with the approval of the DCO. The DCO shall consider any reasonable request by the Athlete to leave the Doping Control Station, as specified in 5.4.5 and 5.4.6, until the Athlete is able to provide a Sample.

**7.3.5** If the DCO gives approval for the Athlete to leave the Doping Control Station, the DCO shall agree with the Athlete on:

- a) The purpose of the Athlete leaving the Doping Control Station; and
- b) The time of return (or return upon completion of an agreed activity).

The DCO shall document this information and the actual time of the Athlete's departure and return.

### **7.4 Requirements for Sample collection**

**7.4.1** The DCO shall collect the Sample from the Athlete according to the following protocol/s for the specific type of Sample collection:

- a) Annex C: Collection of urine Samples

b) Annex D: Collection of blood Samples

**7.4.2** Any behaviour by the Athlete and/or persons associated with the Athlete or anomalies with potential to compromise the Sample collection shall be recorded. If appropriate, the ADO and/or DCO, as applicable, shall institute Annex A – Investigating a possible failure to comply.

**7.4.3** If there are doubts as to the origin or authenticity of the Sample, the Athlete shall be asked to provide an additional Sample. If the Athlete refuses to provide an additional Sample the DCO shall institute Annex A – Investigating a possible failure to comply.

**7.4.4** The DCO shall provide the Athlete with the opportunity to document any concerns he/she may have about how the session was conducted.

**7.4.5** In conducting the Sample Collection Session the following information shall be recorded as a minimum:

- a) Date, time and type of notification (No Advance Notice, advance notice, In-Competition or Out-of-Competition);
- b) Date and time of Sample provision;
- c) The name of the Athlete;
- d) The date of birth of the Athlete;
- e) The gender of the Athlete;
- f) The Athlete's home address and telephone number;
- g) The Athlete's sport and discipline;
- h) The Sample code number;
- i) The name and signature of the Chaperone who witnessed the urine Sample provision;
- j) The name and signature of the Blood Collection Official who collected the blood Sample, where applicable;
- k) Required laboratory information on the Sample;

- l) Medications and supplements taken and recent blood transfusion details if applicable, within the timeframe specified by the lab as declared by the Athlete;
- m) Any irregularities in procedures;
- n) Athlete comments or concerns regarding the conduct of the session, if provided;
- o) The name and signature of the Athlete;
- p) The name and signature of the Athlete's representative, if required; and
- q) The name and signature of the DCO.

**7.4.6** The Athlete and DCO shall sign appropriate documentation to indicate their satisfaction that the documentation accurately reflects the details of the Athlete's Sample Collection Session, including any concerns recorded by the Athlete. The Athlete's representative shall sign on behalf of the Athlete if the Athlete is a Minor. Other persons present who had a formal role during the Athlete's Sample Collection Session may sign the documentation as a witness of the proceedings.

**7.4.7** The DCO shall provide the Athlete with a copy of the records of the Sample Collection Session that have been signed by the Athlete.

## **8.0 Security/Post test administration**

### **8.1 Objective**

To ensure that all Samples collected at the Doping Control Station and Sample collection documentation are securely stored prior to their departure from the Doping Control Station.

### **8.2 General**

Post test administration begins when the Athlete has left the Doping Control Station after providing his/her Sample/s, and ends with preparation of all of the collected Samples and documentation for transport.

### **8.3 Requirements for Security/post test administration**

**8.3.1** The ADO shall define criteria ensuring that any sealed Sample will be stored in a manner that protects its integrity, identity and security prior to transport from the Doping Control Station. The DCO shall ensure that any sealed Sample is stored in accordance with these criteria.

**8.3.2** Without exception, all Samples collected shall be sent for analysis to a WADA accredited laboratory or as otherwise approved by WADA.

**8.3.3** The ADO/DCO shall develop a system to ensure that the documentation for each sealed Sample is completed and securely handled.

**8.3.4** The ADO shall develop a system to ensure that, where required, instructions for the type of analysis to be conducted are provided to the WADA accredited laboratory or as otherwise approved by WADA.

## **9.0 Transport of Samples and documentation**

### **9.1 Objective**

- a) To ensure that Samples and related documentation arrive at the WADA accredited laboratory or as otherwise approved by WADA in proper condition to do the necessary analysis, and
- b) To ensure the Sample Collection Session documentation is sent by the DCO to the ADO in a secure and timely manner.

### **9.2 General**

Transport starts when the sealed Samples and documentation leave the Doping Control Station and ends with the confirmed receipt of the Samples and Sample collection documentation at their intended destinations.

The main activities are arranging for the secure transport of Samples and

related documentation to the WADA accredited laboratory or as otherwise approved by WADA, and arranging for the secure transport of Sample collection documentation to the ADO.

### **9.3 Requirements for transport of Samples and documentation**

**9.3.1** The ADO shall authorise a transport system that ensures Samples and documentation will be transported in a manner that protects their integrity, identity and security.

**9.3.2** The ADO shall develop a system for recording the Chain of Custody of the Samples and Sample collection documentation which includes confirming that both the Samples and Sample collection documentation have arrived at their intended destinations.

**9.3.3** Sealed Samples shall always be transported to the WADA accredited laboratory or as otherwise approved by WADA, using the ADO's authorised transport method as soon as practicable after the completion of the Sample Collection Session.

**9.3.4** Documentation identifying the Athlete shall not be included with the Samples or documentation sent to the WADA accredited laboratory or as otherwise approved by WADA.

**9.3.5** The DCO shall send all relevant Sample Collection Session documentation to the ADO using the ADO's authorised transport method as soon as practicable after the completion of the Sample Collection Session.

**9.3.6** Chain of Custody shall be checked by the ADO if receipt of either the Samples with accompanying documentation or Sample collection documentation is not confirmed at their intended destination or a Sample's integrity or identity may have been compromised during transport. In this instance, the ADO shall consider whether the Sample should be voided.

## **PART THREE: ANNEXES**

### **Annex A - Investigating a possible failure to comply**

#### **A.1 Objective**

To ensure that any matters occurring before, during or after a Sample Collection Session that may lead to a determination of a failure to comply are assessed, acted upon and documented.

#### **A.2 Scope**

Investigating a possible failure to comply begins when the ADO or a DCO becomes aware of a matter with the potential to compromise an Athlete's test and ends when the ADO takes appropriate follow-up action based on the outcomes of its investigation into the possible failure to comply.

#### **A.3 Responsibility**

**A.3.1** The ADO is responsible for ensuring that:

- a) Any matters with the potential to compromise an Athlete's test are assessed to determine if a possible failure to comply has occurred;
- b) All relevant information, including information from the immediate surroundings when applicable, is obtained as soon as possible or when practicable to ensure that all knowledge of the matter can be reported and be presented as possible evidence; and
- c) Appropriate documentation is completed to report any possible failure to comply.

**A.3.2** Sample Collection Personnel are responsible for reporting to the DCO any matter with the potential to compromise a test, and the DCO is responsible for reporting such matters to the ADO.

## **A.4 Requirements**

**A.4.1** Any matters with the potential to compromise the test shall be reported as soon as practicable.

**A.4.2** If the matter has potential to compromise the test, the Athlete shall be notified if possible:

- a) Of the possible consequences;
- b) That a possible failure to comply will be investigated by the ADO and appropriate follow-up action will be taken.

**A.4.3** The necessary information about the possible failure to comply shall be obtained from all relevant sources as soon as possible and recorded.

**A.4.4** If possible, the Athlete's Sample Collection Session shall be completed.

**A.4.5** The ADO shall establish a system for ensuring that the outcomes of its investigation into the possible failure to comply are considered for results management action and, if applicable, for further planning and Testing.

## **Annex B - Modifications for Athletes with disabilities**

### **B.1 Objective**

To ensure that the special needs of Athletes with disabilities are provided as much as possible in relation to the provision of a Sample.

### **B.2 Scope**

The scope of determining whether modifications need to be considered starts with identification of situations where Sample collection involves Athletes with disabilities and ends with the necessary modifications to Sample collection procedures and equipment as possible for these Athletes.

### **B.3 Responsibility**

The ADO has responsibility for ensuring, when possible, that the DCO has any information and Sample Collection Equipment necessary to conduct a Sample Collection Session with an Athlete with a disability. The DCO has responsibility for the Sample collection.

### **B.4 Requirements**

**B.4.1** All aspects of notification and Sample collection for Athletes with disabilities shall be carried out in accordance with the standard notification and Sample collection procedures unless modifications are necessary due to the Athlete's disability.

**B.4.2** In planning or arranging Sample collection, the ADO and DCO shall consider whether there will be any Sample collection for Athletes with disabilities that may require modifications to the standard procedures for notification or Sample collection, including Sample Collection Equipment and facilities.

**B.4.3** The DCO shall have the authority to make modifications as the situation requires when possible and as long as such modifications will not compromise the identity, security or integrity of the Sample.

**B.4.4** For Athletes with a physical disability or a sensorial disability, the Athlete can be assisted by the Athlete's representative or Sample Collection Personnel during the Sample Collection Session where authorised by the Athlete and agreed to by the DCO.

**B.4.5** For Athletes with an intellectual disability, the ADO or DCO shall determine whether the Athlete must have a representative at the Sample Collection Session and the nature of the assistance that the representative must provide. Additional assistance can be provided by the representative or Sample Collection Personnel during the Sample Collection Session where

authorised by the Athlete and agreed to by the DCO.

**B.4.6** The DCO can decide that alternative Sample Collection Equipment or facilities will be used when required to enable the Athlete to provide the Sample as long as the Sample's identity, security and integrity will not be affected.

**B.4.7** Athletes who are using urine collection or drainage systems are required to eliminate existing urine from such systems before providing a urine Sample for analysis.

**B.4.8** The DCO will record modifications made to the standard Sample collection procedures for Athletes with disabilities, including any applicable modifications specified in the above actions.

## **Annex C - Collection of urine Samples**

### **C.1 Objective**

To collect an Athlete's urine Sample in a manner that ensures:

- a) Consistency with relevant principles of internationally recognised standard precautions in healthcare settings so that the health and safety of the Athlete and Sample Collection Personnel are not compromised;
- b) The Sample is of a quality and quantity that meets laboratory guidelines;
- c) The Sample is clearly and accurately identified; and
- d) The Sample is securely sealed.

### **C.2 Scope**

The collection of a urine Sample begins with ensuring the Athlete is informed of the Sample collection requirements and ends with discarding any residual urine remaining at the end of the Athlete's Sample Collection Session.

### **C.3 Responsibility**

The DCO has the responsibility for ensuring that each Sample is properly collected, identified and sealed. The DCO/Chaperone has the responsibility for directly witnessing the passing of the urine Sample.

### **C.4 Requirements**

**C.4.1** The DCO shall ensure that the Athlete is informed of the requirements of the Sample collection, including any modifications as provided for in Annex B – Modifications for Athletes with disabilities.

**C.4.2** The DCO shall ensure that the Athlete is offered a choice of appropriate equipment for collecting the Sample. If the nature of an Athlete's disability requires that he/she must use additional or other equipment as provided for in Annex B – Modifications for Athletes with disabilities, the DCO shall inspect that equipment to ensure that it will not affect the identity or integrity of the Sample.

**C.4.3** The DCO shall instruct the Athlete to select a collection vessel.

**C.4.4** When the Athlete selects a collection vessel and for selection of all other Sample Collection Equipment that directly holds the urine Sample, the DCO will instruct the Athlete to check that all seals on the selected equipment are intact and the equipment has not been tampered with. If the Athlete is not satisfied with the selected equipment, he/she may select another. If the Athlete is not satisfied with any of the equipment available for the selection, this shall be recorded by the DCO.

If the DCO does not agree with the Athlete's opinion that all of the equipment available for the selection is unsatisfactory, the DCO shall instruct the Athlete to proceed with the Sample Collection Session. If the DCO agrees with the reasons put forward by the Athlete that all of the equipment available for the selection is unsatisfactory, the DCO shall terminate the collection of the

Athlete's urine Sample and this shall be recorded by the DCO.

**C.4.5** The Athlete shall retain control of the collection vessel and any Sample provided until the Sample is sealed, unless assistance is required by an Athlete's disability as provided for in Annex B – Modifications for Athletes with disabilities.

**C.4.6** The DCO/Chaperone who witnesses the passing of the Sample shall be of the same gender as the Athlete providing the Sample.

**C.4.7** The DCO/Chaperone and Athlete shall proceed to an area of privacy to collect a Sample.

**C.4.8** The DCO/Chaperone shall witness the Sample leaving the Athlete's body and record the witnessing in writing.

**C.4.9** The DCO shall use the relevant laboratory's specifications to verify, in full view of the Athlete, that the volume of the urine Sample satisfies the laboratory's requirements for analysis.

**C.4.10** Where the volume of urine is insufficient, the DCO shall conduct a partial Sample collection procedure as prescribed in Annex E – Urine Samples – insufficient volume.

**C.4.11** The DCO shall instruct the Athlete to select a Sample collection kit containing A and B bottles in accordance with C.4.4.

**C.4.12** Once a Sample collection kit has been selected, the DCO and the Athlete shall check that all code numbers match and that this code number is recorded accurately by the DCO.

If the Athlete or DCO finds that the numbers are not the same, the DCO shall

instruct the Athlete to choose another kit in accordance with C.4.4. The DCO shall record the matter.

**C.4.13** The Athlete shall pour the relevant laboratory's prescribed minimum volume of urine into the B bottle, and then fill the A bottle as much as possible. The Athlete shall then fill the B bottle as much as possible with the remaining urine. The Athlete shall ensure that a small amount of urine is left in the collection vessel.

**C.4.14** The Athlete shall seal the bottles as directed by the DCO. The DCO shall check, in full view of the Athlete, that the bottles have been properly sealed.

**C.4.15** The DCO shall use the relevant laboratory's guidelines for pH and specific gravity to test the residual urine in the collection vessel to determine if the Sample is likely to meet the laboratory guidelines. If it is not, then the DCO shall follow Annex F - Urine Samples - Samples that do not meet laboratory pH and specific gravity guidelines.

**C.4.16** The DCO shall ensure any residual urine that will not be sent for analysis is discarded in full view of the Athlete.

## **Annex D - Collection of blood Samples**

### **D.1 Objective**

To collect an Athlete's blood Sample in a manner that ensures:

- a) The health and safety of the Athlete and Sample Collection Personnel are not compromised;
- b) The Sample is of a quality and quantity that meets the relevant analytical guidelines;
- c) The Sample is clearly and accurately identified; and
- d) The Sample is securely sealed.

## **D.2 Scope**

The collection of a blood Sample begins with ensuring the Athlete is informed of the Sample collection requirements and ends with properly storing the Sample prior to dispatch for analysis at the WADA accredited laboratory or as otherwise approved by WADA.

## **D.3 Responsibility**

**D.3.1** The DCO has the responsibility for ensuring that:

- a) Each Sample is properly collected, identified and sealed; and
- b) All Samples have been properly stored and dispatched in accordance with the relevant analytical guidelines.

**D.3.2** The Blood Collection Official has the responsibility for collecting the blood Sample, answering related questions during the provision of the Sample, and proper disposal of used blood sampling equipment not required for completing the Sample Collection Session.

## **D.4 Requirements**

**D.4.1** Procedures involving blood shall be consistent with relevant principles of internationally recognised standard precautions in health care settings.

**D.4.2** Blood Sample Collection Equipment shall consist of, either an A sample tube, or an A sample tube and a B sample tube. If the sample collection consists solely of blood then a B sample shall be collected and used as a confirmation if required.

**D.4.3** The DCO shall ensure that the Athlete is informed of the requirements of the Sample collection, including any modifications as provided for in Annex B – Modifications for Athletes with disabilities.

**D.4.4** The DCO/Chaperone and Athlete shall proceed to the area where the Sample will be provided.

**D.4.5** The DCO shall ensure the Athlete is offered comfortable conditions including being in a relaxed position for at least 10 minutes prior to providing a Sample.

**D.4.6** The DCO shall instruct the Athlete to select the Sample collection kit/s required for collecting the Sample and to check that the selected equipment has not been tampered with and the seals are intact. If the Athlete is not satisfied with a selected kit, he/she may select another. If the Athlete is not satisfied with any kits and no others are available, this shall be recorded by the DCO.

If the DCO does not agree with the Athlete's opinion that all of the available kits are unsatisfactory, the DCO shall instruct the Athlete to proceed with the Sample Collection Session.

If the DCO agrees with the reasons put forward by the Athlete that all available kits are unsatisfactory, the DCO shall terminate the collection of the Athlete's blood Sample and this shall be recorded by the DCO.

**D.4.7** When a Sample collection kit has been selected, the DCO and the Athlete shall check that all code numbers match and that this code number is recorded accurately by the DCO.

If the Athlete or DCO finds that the numbers are not the same, the DCO shall instruct the Athlete to choose another kit in accordance with D.4.5. The DCO shall record the matter.

**D.4.8** The Blood Collection Official shall clean the skin with a sterile disinfectant wipe or swab in a location unlikely to adversely affect the Athlete or his/her performance and, if required, apply a tourniquet. The Blood Collection Official shall take the blood Sample from a superficial vein into the final collection container. The tourniquet, if applied, shall be immediately removed after the venipuncture has been made.

**D.4.9** The amount of blood removed shall be adequate to satisfy the relevant analytical requirements for the Sample analysis to be performed.

**D.4.10** If the amount of blood that can be removed from the Athlete at the first attempt is insufficient, the Blood Collection Official shall repeat the procedure. Maximum attempts shall be three. Should all attempts fail, then the Blood Collection Official shall inform the DCO. The DCO shall terminate the collection of the blood Sample and record this and the reasons for terminating the collection.

**D.4.11** The Blood Collection Official shall apply a dressing to the puncture site/s.

**D.4.12** The Blood Collection Official shall dispose of used blood sampling equipment not required for completing the Sample Collection Session.

**D.4.13** The Athlete shall seal his/her Sample into the Sample collection kit as directed by the DCO. In full view of the Athlete, the DCO shall check that the sealing is satisfactory.

**D.4.14** The sealed Sample shall be kept at a cool, but not freezing, temperature prior to analysis at the Doping Control Station or dispatch for analysis at the WADA accredited laboratory or as otherwise approved by WADA.

## **Annex E - Urine Samples - Insufficient volume**

### **E.1 Objective**

To ensure that where an insufficient volume of urine is provided, appropriate procedures are followed.

## **E.2 Scope**

The procedure begins with informing the Athlete that the Sample is of insufficient volume and ends with the provision of a Sample of sufficient volume.

## **E.3 Responsibility**

The DCO has the responsibility for declaring the Sample volume insufficient and for collecting the additional Sample/s to obtain a combined Sample of sufficient volume.

## **E.4 Requirements**

**E.4.1** If the Sample collected is of insufficient volume, the DCO shall inform the Athlete that a further Sample shall be collected to meet the relevant laboratory's volume requirements.

**E.4.2** The DCO shall instruct the Athlete to select partial Sample Collection Equipment in accordance with C.4.4.

**E.4.3** The DCO shall then instruct the Athlete to open the relevant equipment, pour the insufficient Sample into the container and seal it as directed by the DCO. The DCO shall check, in full view of the Athlete, that the container has been properly sealed.

**E.4.4** The DCO and the Athlete shall check that the equipment code number, and the volume and identity of the insufficient Sample are recorded accurately by the DCO. Either the Athlete or the DCO shall retain control of the sealed partial Sample.

**E.4.5** While waiting to provide an additional Sample, the Athlete shall remain under continuous observation and be given the opportunity to hydrate.

**E.4.6** When the Athlete is able to provide an additional Sample, the

procedures for collection of the Sample shall be repeated as prescribed in Annex C – Collection of urine Samples until a sufficient volume of urine will be provided by combining the initial and additional Sample/s.

**E.4.7** When the DCO is satisfied that a sufficient volume of urine has been provided, the DCO and Athlete shall check the integrity of the seal/s on the partial Sample container/s containing the previously provided insufficient Sample/s. Any irregularity with the integrity of the seal/s will be recorded by the DCO and investigated according to Annex A – Investigating a possible failure to comply.

**E.4.8** The DCO shall then direct the Athlete to break the seal/s and combine the Samples, ensuring that additional Samples are added sequentially to the first Sample collected until the required volume is met.

**E.4.9** The DCO and Athlete shall then continue with C.4.11.

## **Annex F - Urine Samples - Samples that do not meet laboratory pH or specific gravity guidelines**

### **F.1 Objective**

To ensure that when the urine Sample does not meet the contracted laboratory pH or specific gravity guidelines, appropriate procedures are followed.

### **F.2 Scope**

The procedure begins with the DCO informing the Athlete that a further Sample is required and ends with the collection of a Sample that meets laboratory pH and specific gravity guidelines or appropriate follow-up action by the ADO if required.

### **F.3 Responsibility**

The ADO is responsible for establishing criteria for the number of additional Samples to be collected at the Athlete's Sample Collection Session. If the additional Sample/s collected do not meet the relevant laboratory's guidelines for analysis, the ADO is responsible for scheduling a new Sample Collection Session for the Athlete and, if required, taking subsequent appropriate action.

The DCO is responsible for collecting additional Sample/s in accordance with the ADO's criteria.

#### **F.4 Requirements**

**F.4.1** The ADO shall establish criteria for the number of additional Samples to be collected by the DCO when the DCO determines that an Athlete's Sample is unlikely to meet the relevant laboratory's pH or specific gravity guidelines.

**F.4.2** The DCO shall inform the Athlete that he/she is required to provide a further Sample.

**F.4.3** While waiting to provide an additional Sample, the Athlete shall remain under continuous observation.

**F.4.4** When the Athlete is able to provide an additional Sample, the DCO shall repeat the procedures for collection of the Sample as prescribed in Annex C – Collection of urine Sample and in accordance with the ADO's criteria for the number of additional Samples to be collected as established in F.4.1.

**F.4.5** The DCO shall record that the Samples collected belong to a single Athlete and the order in which the Samples were provided.

**F.4.6** The DCO shall then continue with C.4.16.

**F.4.7** If it is determined by the relevant laboratory that all of the Athlete's

Samples do not meet the laboratory's pH and specific gravity requirements for analysis and this is not related to natural causes, the ADO shall schedule another Sample Collection Session for the Athlete as Target Testing as soon as possible.

**F.4.8** If the Target Testing Sample Collection Session also results in Samples that do not meet the laboratory's pH and/or specific gravity requirements for analysis, the ADO shall investigate a possible anti-doping rule violation.

## **Annex G - Sample Collection Personnel Requirements**

### **G.1 Objective**

To ensure that Sample Collection Personnel have no conflict of interest and have adequate qualifications and experience to conduct Sample collection sessions.

### **G.2 Scope**

Sample Collection Personnel requirements starts with the development of the necessary competencies for Sample Collection Personnel and ends with the provision of identifiable accreditation.

### **G.3 Responsibility**

The ADO has the responsibility for all activities defined in this Annex G.

### **G.4 Requirements - Qualifications and Training**

**G.4.1** The ADO shall determine the necessary competence and qualification requirements for the positions of Doping Control Officer, Chaperone and Blood Collection Official. The ADO shall develop duty statements for all Sample Collection Personnel that outline their respective responsibilities. As a minimum:

- a) Sample Collection Personnel shall be of adult age.

b) Blood Collection Officials shall have adequate qualifications and practical skills required to perform blood collection from a vein.

**G.4.2** The ADO shall ensure that Sample Collection Personnel that have an interest in the outcome of the collection or testing of a Sample from any Athlete who might provide a Sample at a session are not appointed to that Sample collection session. Sample Collection Personnel are deemed to have an interest in the collection of a Sample if they are:

- a) Involved in the planning of the sport for which testing is being conducted; or
- b) Related to, or involved in the personal affairs of any Athlete who might provide a Sample at that session.

**G.4.3** The ADO shall establish a system that ensures that Sample Collection Personnel are adequately qualified and trained to carry out their duties.

**G.4.4** The training program for Chaperones and Blood Collection Officers as a minimum shall include studies of all relevant requirements of the testing process and familiarization of relevant standard precautions in healthcare settings.

**G.4.5** The training program for Doping Control Officers as a minimum shall include:

- a) Comprehensive theoretical training in different types of testing activities relevant to the Doping Control Officer position;
- b) One observation of all doping control activities related to requirements in this standard, preferably on site;
- c) The satisfactory performance of one complete Sample collection on site under observation by a qualified Doping Control Officer or similar.

The requirement related to actual passing of Sample shall not be

included in the on site observations.

**G.4.6** The ADO shall maintain records of education, training, skills and experience.

### **G.5 Requirements - Accreditation, re-accreditation and delegation**

**G.5.1** The ADO shall establish a system for accrediting and re-accrediting Sample Collection Personnel.

**G.5.2** The ADO shall ensure that Sample Collection Personnel have completed the training program and are familiar with the requirements in this testing standard before granting accreditation.

**G.5.3** Accreditation shall only be valid for a maximum of two years. Sample Collection Personnel shall be required to repeat a full training program if they have not participated in Sample collection activities within the year prior to re-accreditation.

**G.5.4** Only Sample Collection Personnel that have an accreditation recognised by the ADO shall be authorised by the ADO to conduct Sample collection activities on behalf of the ADO.

**G.5.5** Doping Control Officers may personally perform any activities involved in the Sample Collection Session, with the exception of blood collection unless particularly qualified, or they may direct a Chaperone to perform specified activities that fall within the scope of the Chaperone's authorised duties.

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