

International Orienteering Federation

ANTI-DOPING RULES

Valid as of 1 August 2004

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

These IOF Anti-Doping Rules are based in WADA's Models of Best Practice for International Federations and the 2001 edition of the IOF Anti-Doping Code.

This version of the IOF Anti-Doping Rules is valid from 1 August 2004.

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IOF ANTI-DOPING RULES

INTRODUCTION

Preface

At the IOF Council meeting held on 25-26 April 2003 in Oslo, Norway, the IOF accepted the World Anti-Doping *Code* (the *Code*). These Anti-Doping Rules are adopted and implemented in conformance with the IOF's responsibilities under the *Code*, and are in furtherance of the IOF's continuing efforts to prevent and eradicate doping in the sport of orienteering.

Anti-Doping Rules, like *Competition* rules, are sport rules governing the conditions under which sport is played. *Athletes* accept these rules as a condition of participation. Anti-Doping Rules are not intended to be subject to, or limited by, the requirements and legal standards applicable to criminal proceedings or employment matters. The policies and minimum standards set forth in the *Code* and implemented in these Anti-Doping Rules represent the consensus of a broad spectrum of stakeholders with an interest in fair sport and should be respected by all courts and adjudicating bodies.

Fundamental Rationale for the Code and IOF's Anti-Doping Rules

Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport"; it is the essence of Olympism; it is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is characterized by the following values:

- Ethics, fair play and honesty
- Health
- Excellence in performance
- Character and education
- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and other participants
- Courage
- Community and solidarity

Doping is fundamentally contrary to the spirit of sport.

Basic Principles

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

To be eligible for participation in IOF *Events*, a competitor must have an *IOF licence* issued by his or her National Federation. The IOF licence will only be issued to competitors who have personally signed the Appendix 2, in the actual form approved by the IOF Council. All forms from under-age applicants must be counter-signed by their legal guardians.

The National Federation must guarantee that all athletes registered for an IOF Licence accept the rules of the IOF, including these IOF Anti-Doping Rules compiled in accordance with the World Anti-Doping Code.

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

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

ARTICLE 1 DEFINITION OF DOPING

Doping is defined as the occurrence of one or more of the anti-doping rules violations set forth in Article 2.1 through Article 2.8 of these Anti-Doping Rules.

ARTICLE 2 ANTI-DOPING RULE VIOLATIONS

The following constitute anti-doping rule violations:

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

2.1.1 It is each *Athlete's* personal duty to ensure that no *Prohibited Substance* enters his or her body. *Athletes* are responsible for any *Prohibited Substance* or its *Metabolites* or *Markers* found to be present in their 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 2.1.

2.1.2 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.

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

2.2 Use or Attempted Use of a *Prohibited Substance* or a *Prohibited Method*

2.2.1 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.

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

2.4 Violation of the requirements regarding *Athlete* availability for *Out-of-Competition Testing* including failure to provide required whereabouts information set forth in Article 5.5 (*Athlete* whereabouts requirements) and missed tests which are declared based on reasonable rules.

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

2.6 Possession of Prohibited Substances and Methods

2.6.1 *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 therapeutic use exemption granted in accordance with Article 4.4 (Therapeutic Use) or other acceptable justification.*

2.6.2 *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, Event or training, unless the Athlete Support Personnel establishes that the Possession is pursuant to a therapeutic use exemption granted to an Athlete in accordance with Article 4.4 (Therapeutic Use) or other acceptable justification.*

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

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.*

ARTICLE 3 PROOF OF DOPING

3.1 Burdens and Standards of Proof

The IOF and its *National Federations* shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether the IOF or its *National Federation* has established an anti-doping rule violation to the comfortable satisfaction of the hearing 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.

3.2 Methods of Establishing Facts and Presumptions

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

3.2.1 *WADA-accredited laboratories are presumed to have conducted Sample analysis and custodial procedures in accordance with the International Standard for laboratory analysis. The Athlete may rebut*

this presumption by establishing that a departure from the *International Standard* occurred.

If the *Athlete* rebuts the preceding presumption by showing that a departure from the *International Standard* occurred, then the IOF or its *National Federation* shall have the burden to establish that such departure did not cause the *Adverse Analytical Finding*.

3.2.2 Departures from 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 IOF or its *National Federation* 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.

ARTICLE 4 THE PROHIBITED LIST

4.1 Incorporation of the *Prohibited List*

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

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

Unless provided otherwise in the *Prohibited List* and/or a revision, the *Prohibited List* and revisions shall go into effect under these Anti-Doping Rules three months after publication of the *Prohibited List* by *WADA* without requiring any further action by the IOF. As described in Article 4.2 of the *Code*, the IOF may, upon the recommendation of its Medical Commission, request that *WADA* expand the *Prohibited List* for the sport of orienteering. IOF may also, upon the recommendation of its Medical Commission, request that *WADA* include additional substances or methods, which have the potential for abuse in the sport of orienteering, in the monitoring program described in Article 4.5 of the *Code*. As provided in the *Code*, *WADA* shall make the final decision on such requests by the IOF.

4.3 Criteria for Including Substances and Methods on the *Prohibited List*

As provided in Article 4.4.3 of the *Code*, *WADA*'s determination of the *Prohibited Substances* and *Prohibited Methods* that will be included in the *Prohibited List* shall be final and shall not be subject to challenge by an *Athlete* or other *Person*.

4.4 Therapeutic Use

4.4.1 *Athletes* with a documented medical condition requiring the use of a *Prohibited Substance* or a *Prohibited Method* must first obtain a Therapeutic Use Exemption ("TUE").

4.4.2 *Athletes* included by the IOF in its *Registered Testing Pool* and other *Athletes* prior to their participation in any IOF *Event* must obtain a TUE from the IOF (regardless of whether the *Athlete* previously has received a TUE at the national level). TUE's granted by the IOF shall be reported to the *Athlete's National Federation* and to WADA. Other *Athletes* subject to *Testing* must obtain a TUE from their *National Anti-Doping Organization* or other body designated by their *National Federation*. *National Federations* shall promptly report any such TUE's to the IOF and WADA.

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

4.4.3.1 *IOF Event Level Athletes* who are included in the IOF's *Registered Testing Pool*, should apply to the IOF for the TUE at the same time the *Athlete* first provides whereabouts information to the IOF and, except in emergency situations, no later than 21 days before the *Athlete's* participation in an *IOF Event*.

4.4.3.2 *Athletes* participating in *IOF Events* who are not included in the IOF *Registered Testing Pool* must, except in emergency situations, request a TUE from the IOF no later than 21 days before the *Athlete's* participation in an *IOF Event*.

4.4.3.3 All correspondence between an *Athlete* and the IOF shall go through the *National Federation*.

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

ARTICLE 5 TESTING

5.1 Authority to Test

All *Athletes* affiliated with a *National Federation* shall be subject to *In-Competition Testing* by the IOF, the *Athlete's National Federation*, and any other *Anti-Doping Organization* responsible for *Testing* at a *Competition* or *Event* in which they participate. All *Athletes* affiliated with a *National Federation* shall also be subject to *Out-of-Competition Testing* at any time or place, with or without advance notice, by the IOF, WADA, the *Athlete's National Federation*, the *National Anti-Doping Organization* of any country where the *Athlete* is present.

5.2 Responsibility for IOF Testing

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

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

5.2.3. The IOF may conduct doping tests at Regional and National Championships, or any similar event, and may conduct out-of-competition doping tests on any athlete who is under the jurisdiction of a *National Federation*. The IOF Council may decide, at any time, to conduct such doping tests. Responsibility for the costs associated with conducting such doping tests shall be subject of prior agreement between the IOF and the Regional Organization or the *National Federation* concerned or, in the absence of such agreement, shall be the responsibility of the IOF.

5.2.4 The IOF may delegate the conduct of doping tests to any Regional Organisation or *National Federation* that it deems suitable.

5.3 Testing Standards

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

5.3.1 Blood (or other non-urine) *Samples* may be used either to detect *Prohibited Substances* or *Prohibited Methods* or for screening

procedure purposes only. If the blood is collected for screening only, it will have no other consequences for the *Athlete* other than to identify him/her for a urine test under these anti-doping rules. In these circumstances, the IOF may decide, at its own discretion, which blood parameters are to be measured in the screening *Sample* and what levels of those parameters will be used to indicate that an *Athlete* should be selected for a urine test.

5.4 Co-ordination of Testing

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

5.5 Athlete Whereabouts Requirements

5.5.1 The IOF shall identify a *Registered Testing Pool* of those *Athletes* who are required to provide up-to-date whereabouts information to the IOF. The IOF may revise its *Registered Testing Pool* from time to time as appropriate. Each *Athlete* in the *Registered Testing Pool* shall file semi-annual reports with the IOF on forms provided by the IOF which specify on a daily basis the locations and times where the *Athlete* will be residing, training and competing. *Athletes* shall update this information as necessary so that it is current at all times. All *Athlete's* correspondence shall go through the *National Federation* which bears the ultimate responsibility in providing whereabouts information as requested by the IOF.

5.5.1.1 All *Athletes* of the *National Federation's* A-teams in all *IOF disciplines* will be included in the IOF's *Registered Testing Pool*.

5.5.2 Any *Athlete* in the IOF *Registered Testing Pool* who is unavailable for *Testing* on three attempts during any period of 18 consecutive months shall be considered to have committed an anti-doping rule violation pursuant to Article 2.4. 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 hours at each location. Notification shall be sent to the *Athlete* between each attempt which is to be counted as an unavailable test.

5.5.3 Any *Athlete* in the IOF *Registered Testing Pool* who fails to timely submit a required semi-annual whereabouts report after receipt of two formal written warnings from the IOF or a *National Federation* to do so in the preceding 18 months shall be considered to have committed an anti-doping rule violation pursuant to Article 2.4.

5.5.4 Each *National Federation* shall also assist their *National Anti-Doping Organization* in establishing a national level *Registered Testing*

Pool of top level national Athletes who are not already included in the IOF's Registered Testing Pool. The National Federation/National Anti-Doping Organization may establish its own whereabouts reporting requirements and criteria for Article 2.4 violations applicable to those Athletes.

5.5.5 Whereabouts information provided pursuant to Articles 5.5.1 and 5.5.4 shall be shared with WADA and other *Anti-Doping Organizations* having jurisdiction to test an *Athlete* on the strict condition that it be used only for *Doping Control* purposes.

5.6 Retirement and Return to Competition

5.6.1 An *Athlete* who has been identified by the IOF for inclusion in the IOF's *Registered Testing Pool* shall continue to be subject to these Anti-Doping Rules, including the obligation to be available for *No Advance Notice Out-of-Competition Testing*, unless and until the *Athlete* gives written notice to the IOF that he or she has retired or until he or she no longer satisfies the criteria for inclusion in the IOF's *Registered Testing Pool* and has been so informed by the IOF.

5.6.2 An *Athlete* who has given notice of retirement to the IOF may not resume competing unless he or she notifies the IOF at least six months before he or she expects to return to competition and is available for unannounced *Out-of-Competition Testing*, at any time during the period before actual return to competition.

5.6.3 *National Federations/National Anti-Doping Organizations* may establish similar requirements for retirement and returning to competition for *Athletes* in the national *Registered Testing Pool*.

5.7 Selection of Athletes to be Tested

5.7.1 On the proposal of the IOF Medical Commission, the IOF Council shall determine, normally at least 6 months before an *Event*, the number of athletes to undergo doping testing in each competition that is part of the Event, and the way in which the athletes shall be selected.

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

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

5.7.3 In addition to the selection procedures set forth in Articles 5.7.1 and 5.7.2 above, the IOF Council may give the IOF Anti-Doping

Controller or approved nominee the right to select *Athletes* or teams for *Target Testing* so long as such *Target Testing* is not used for any purpose other than legitimate *Doping Control* purposes.

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

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

5.9 IOF Anti-Doping Controller and IOF Medical Commission

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

5.9.1 The IOF Anti-Doping Controller, or nominee approved by the IOF Council, shall be present at competitions where doping control is conducted by, or on behalf of, the IOF. The traveling costs of the IOF Anti-Doping Controller or approved nominee to and from the venue shall be paid by the IOF. Local costs shall normally be paid by the organizer or the organizer's federation, according to national agreements.

ARTICLE 6 ANALYSIS OF SAMPLES

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

6.1 Use of Approved Laboratories

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

6.2 Substances Subject to Detection

Doping Control Samples shall be analyzed to detect *Prohibited Substances* and *Prohibited Methods* identified on the *Prohibited List* and other substances as may be directed by WADA pursuant to the Monitoring Program described in Article 4.5 of the *Code*.

6.3 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* pursuant to its Monitoring Program, without the *Athlete's* written consent.

6.4 Standards for *Sample Analysis and Reporting*

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

ARTICLE 7 RESULTS MANAGEMENT

7.1 Results Management for *Tests Initiated by the IOF*

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

7.1.1 The results from all analyses must be sent to the IOF Secretary General in encoded form, in a report signed by an authorised representative of the laboratory. All communication must be conducted in such a way that the results of the analyses are confidential.

7.1.2 Upon receipt of an *A Sample Adverse Analytical Finding*, the IOF Independent Doping Review Panel shall conduct a review to determine whether:

(a) an applicable therapeutic use exemption has been granted, or

(b) there is any apparent departure from the *International Standards for Testing* or *Laboratory Analysis* that undermines the validity of the *Adverse Analytical Finding*.

7.1.2.1 The IOF Council shall appoint an Independent Doping Review Panel consisting of a Chair and other members with experience in anti-doping. All members of the panel shall be otherwise independent from IOF. Each panel member shall serve a term of four years. In each case, the Chair of the panel shall appoint 1 or more members of the panel (which may include the Chair) to conduct the review described in Articles 7.1.2, 7.1.8, 7.1.9 and 7.1.10 and to review any other potential violations of these Anti-Doping Rules as may be requested by the IOF.

7.1.3 If the initial review under Article 7.1.2 does not reveal an applicable therapeutic use exemption or departure from the *International Standard for Testing* or the *International Standard for Laboratory Analysis* in force at the time of *Testing*, or analysis that undermines the validity of the *Adverse Analytical Finding*, the IOF shall promptly notify

the Athlete's National Federation which shall in turn inform the *Athlete* as soon as reasonably possible of:

(a) the *Adverse Analytical Finding*;

(b) the anti-doping rule violated, or, in a case under Articles 7.1.8 or 7.1.9, a description of the additional investigation that will be conducted as to whether there is an Anti-Doping Rule violation;

(c) the *Athlete's* right to promptly request the analysis of the B *Sample* or, failing such request, that the B *Sample* analysis may be deemed waived;

(d) the right of the *Athlete* and/or the *Athlete's* representative to attend the B *Sample* opening and analysis if such analysis is requested; and

(e) the *Athlete's* right to request copies of the A and B *Sample* laboratory documentation package which includes information as required by the *International Standard* for Laboratory Analysis.

7.1.4 Arrangements shall be made for *Testing* the B *Sample* within three weeks of the notification described in Article 7.1.3. An *Athlete* may accept the A *Sample* analytical results by waiving the requirement for B *Sample* analysis. The IOF may nonetheless elect to proceed with the B *Sample* analysis.

7.1.5 The *Athlete* and/or his/her representative shall be allowed to be present at the analysis of the B *Sample*. Also a representative of the *Athlete's National Federation* as well as a representative of the IOF shall be allowed to be present.

7.1.6 If the B *Sample* proves negative, the entire test shall be considered negative and the IOF, the *Athlete's National Federation* and the *Athlete* shall be so informed.

7.1.7 If a *Prohibited Substance* or the *Use of a Prohibited Method* is identified, the findings shall be reported to the IOF, the *Athlete's National Federation*, the *Athlete*, and to WADA.

7.1.8 The IOF Independent Doping Review Panel shall conduct any follow-up investigation as may be required by the *Prohibited List*. Upon completion of such follow-up investigation, the IOF shall promptly notify the *Athlete's National Federation*, which shall in turn notify the *Athlete*, regarding the results of the follow-up investigation and whether or not the IOF asserts that an Anti-Doping Rule was violated.

7.1.9 For apparent Anti-Doping Rule violations that do not involve *Adverse Analytical Findings*, the IOF shall conduct any necessary follow-up investigation and shall then promptly notify the *Athlete's National*

Federation, which shall in turn notify the *Athlete*, of the Anti-Doping Rule which appears to have been violated, and the basis of the violation.

7.2 Results Management for Tests Initiated During Other International Events

Results management and the conduct of hearings from a test by a *Major Event Organization* shall be managed, as far as sanctions beyond *Disqualification* from the *Event* or the results of the *Event*, by the IOF.

7.3 Results Management for Tests initiated by National Federations

Results management conducted by *National Federations* shall be consistent with the general principles for effective and fair results management which underlie the detailed provisions set forth in Article 7.1. Results of all *Doping Controls* shall be reported to the IOF within 14 days of the conclusion of the *National Federation's* results management process. Any apparent anti-doping rule violation by an *Athlete* who is a member of that *National Federation* shall be promptly referred to an appropriate hearing panel established pursuant to the rules of the *National Federation* or national law. Apparent Anti-Doping Rule violations by *Athletes* who are members of another *National Federation* shall be referred to the *Athlete's National Federation* for hearing.

7.4 Provisional Suspensions

The IOF Council, after consultation with the IOF Independent Doping Review Panel, may Provisionally Suspend an *Athlete* prior to the opportunity for a full hearing based on an *Adverse Analytical Finding* from the *Athlete's A Sample* or *A and B Samples* and the review described in Article 7.1. If a *Provisional Suspension* is imposed, either the hearing in accordance with Article 8 shall be advanced to a date which avoids substantial prejudice to the *Athlete*, or the *Athlete* shall be given an opportunity for a *Provisional Hearing* before imposition of the *Provisional Suspension* or on a timely basis after imposition of the *Provisional Suspension*. *National Federations* may impose *Provisional Suspensions* in accordance with the principles set forth in this Article 7.4.

ARTICLE 8 RIGHT TO A FAIR HEARING

8.1 When it appears, following the results management process described in Article 7, that these Anti-Doping Rules have been violated, the *Athlete* or other *Person* involved shall be brought before a disciplinary panel of the *Athlete* or other *Person's National Federation* for a hearing to adjudicate whether a violation of these Anti-Doping rules occurred and if so what Consequences should be imposed. Such hearing process shall respect the following principles:

- a timely hearing;
- fair and impartial hearing body;

- the right to be represented by counsel at the *Person's* own expense;
- the right to be fairly and timely informed of the asserted Anti-Doping Rules violation;
- the right to respond to the asserted Anti-Doping Rules violation and resulting *Consequences*;
- the right of each party to present evidence, including the right to call and question witnesses (subject to the hearing body's discretion to accept testimony by telephone or written submission);
- the *Person's* right to an interpreter at the hearing, with the Doping Panel to determine the identity, and responsibility for the cost of the interpreter; and
- a timely, written, reasoned decision.

8.2 Hearings pursuant to this Article shall be completed expeditiously and in all cases within three months of the completion of the Results Management process described in Article 7. Hearings held in connection with Events may be conducted by an expedited process. If the completion of the hearing is delayed beyond three months, the IOF may elect, if the *Athlete* is an *IOF Level Athlete*, to bring the case directly to a single arbitrator from the Court of Arbitration for Sport. The case before the Court of Arbitration for Sport shall be handled in accordance with the Court of Arbitration for Sport appeal procedure without reference to any time limit for appeal. If the completion of the hearing is delayed beyond three months, and the *Athlete* is not an *IOF Level Athlete*, the IOF may elect to bring the case directly to the national appellate body referenced in Article 13.2.2. In either case, the hearing shall proceed at the responsibility of, and at the expense of, the National Federation. In either case, the appeal against such decision shall be to the Court Of Arbitration for Sport.

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

8.4 The IOF has the right to attend hearings as an observer.

8.5 The *Athlete* or other *Person* may forego a hearing by acknowledging the violation of these Anti-Doping Rules and accepting *Consequences* consistent with Article 9 and 10 as proposed by the *National Federation*.

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

8.7 Hearing decisions by the *National Federation* shall not be subject to further administrative review at the national level, except as provided in Article 13, or as required by applicable national law.

ARTICLE 9 AUTOMATIC DISQUALIFICATION OF INDIVIDUAL RESULTS

A violation of these Anti-Doping Rules in connection with an *In-Competition* test automatically leads to *Disqualification* of the individual result obtained in that *Competition* with all resulting consequences, including forfeiture of any medals, points and prizes.

ARTICLE 10 SANCTIONS ON INDIVIDUALS

10.1 *Disqualification of Results in Event During which an Anti-Doping Rule Violation Occurs*

An *Anti-Doping Rule* violation occurring during or in connection with an *Event* may lead to *Disqualification* of all of the *Athlete's* individual results obtained in that *Event* with all consequences, including forfeiture of all medals, points and prizes, except as provided in Article 10.1.1.

10.1.1 If the *Athlete* establishes that he or she bears *No Fault or Negligence* for the violation, the *Athlete's* individual results in the other *Competition* shall not be *Disqualified* unless the *Athlete's* results in *Competition* other than the *Competition* in which the *Anti-Doping Rule* violation occurred were likely to have been affected by the *Athlete's* *Anti-Doping Rule* violation.

10.2 *Imposition of Ineligibility for Prohibited Substances and Prohibited Methods*

Except for the specified substances identified in Article 10.3, the period of *Ineligibility* imposed for a violation of Article 2.1 (presence of *Prohibited Substance* or its *Metabolites* or *Markers*), Article 2.2 (*Use* or *Attempted Use* of *Prohibited Substance* or *Prohibited Method*) and Article 2.6 (*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 10.5.

10.3 *Specified Substances*

The *Prohibited List* may identify specified substances which are particularly susceptible to unintentional *Anti-Doping Rules* 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 10.2 shall be replaced with the following:

First violation: At a minimum, a warning and reprimand and no period of *Ineligibility* from future *Events*, and at a maximum, one (1) year's *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 10.5.

10.4 *Ineligibility* for Other *Anti-Doping Rule* Violations

The period of *Ineligibility* for other violations of these *Anti-Doping Rules* shall be:

10.4.1 For violations of Article 2.3 (refusing or failing to submit to *Sample* collection) or Article 2.5 (*Tampering* with *Doping Control*), the *Ineligibility* periods set forth in Article 10.2 shall apply.

10.4.2 For violations of Article 2.7 (*Trafficking*) or Article 2.8 (administration of *Prohibited Substance* or *Prohibited Method*), the period of *Ineligibility* imposed shall be a minimum of four (4) years up to lifetime *Ineligibility*. 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 10.3, 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.

10.4.3 For violations of Article 2.4 (Whereabouts Violations or Missed *Tests*), the period of *Ineligibility* shall be:

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

Second and subsequent violations: Two (2) years' *Ineligibility*.

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

10.5.1 If the *Athlete* establishes in an individual case involving an anti-doping rule violation under Article 2.1 (presence of *Prohibited Substance* or its *Metabolites* or *Markers*) or *Use of a Prohibited*

Substance or *Prohibited Method* under Article 2.2 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 2.1 (presence of *Prohibited Substance*), the *Athlete* must also establish how the *Prohibited Substance* entered his or her system in order to have the period of *Ineligibility* eliminated. In the event this Article is applied, and the period of *Ineligibility* otherwise applicable is eliminated, the anti-doping rule violation shall not be considered a violation for the limited purpose of determining the period of *Ineligibility* for multiple violations under Article 10.2, 10.3 and 10.6.

10.5.2 This Article 10.5.2 applies only to Anti-Doping Rule violations involving Article 2.1 (presence of *Prohibited Substance* or its *Metabolites* or *Markers*), *Use of a Prohibited Substance* or *Prohibited Method* under Article 2.2, failing to submit to *Sample* collection under Article 2.3, or administration of a *Prohibited Substance* or *Prohibited Method* under Article 2.8. 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 2.1 (presence of *Prohibited Substance*), the *Athlete* must also establish how the *Prohibited Substance* entered his or her system in order to have the period of *Ineligibility* reduced.

10.5.3 The IOF Council may also reduce the period of *Ineligibility* in an individual case where the *Athlete* has provided substantial assistance to the IOF which results in the IOF discovering or establishing an anti-doping rule violation by another *Person* involving *Possession* under Article 2.6.2 (*Possession by Athlete Support Personnel*), Article 2.7 (*Trafficking*), or Article 2.8 (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 Article may be no less than 8 years.

10.6 Rules for Certain Potential Multiple Violations

10.6.1 For purposes of imposing sanctions under Article 10.2, 10.3 and 10.4, a second Anti-Doping Rule violation may be considered for purposes of imposing sanctions only if the IOF (or its *National Federation*) can establish that the *Athlete* or other *Person* committed the second anti-doping rule violation after the *Athlete* or other *Person*

received notice, or after the IOF (or its *National Federation*) made a reasonable attempt to give notice, of the first anti-doping rule violation; if the IOF (or its *National Federation*) cannot establish this, the violations shall be considered as one single first violation, and the sanction imposed shall be based on the violation that carries the more severe sanction.

10.6.2 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 10.3 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.

10.6.3 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 10.3 (specified substances) and the other involving a *Prohibited Substance* or *Prohibited Method* governed by the sanctions set forth in Article 10.2 or a violation governed by the sanctions in Article 10.4.1, the period of *Ineligibility* imposed for the second offense shall be at a minimum two years' *Ineligibility* and at a maximum three years' *Ineligibility*. Any *Athlete* found to have committed a third Anti-Doping Rule violation involving any combination of specified substances under Article 10.3 and any other Anti-Doping Rule violation under Article 10.2 or 10.4.1 shall receive a sanction of lifetime *Ineligibility*.

10.7 Disqualification of Results in Competitions Subsequent to Sample Collection

In addition to the automatic *Disqualification* of the results in the *Competition* which produced the positive *Sample* under Article 9 (Automatic *Disqualification* of Individual Results), all other competitive results obtained from the date a positive *Sample* was collected (whether *In-Competition* or *Out-of-Competition*), or other 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.

10.8 Commencement of Ineligibility Period

The period of *Ineligibility* shall start on the date of the hearing decision providing for *Ineligibility* or, if the hearing is waived, on the date *Ineligibility* is accepted or otherwise imposed. 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 IOF or *Anti-Doping Organization* imposing the sanction may start

the period of *Ineligibility* at an earlier date commencing as early as the date of *Sample* collection.

10.9 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) authorized or organized by the IOF or any *National Federation*. In addition, for any anti-doping rule violation not involving specified substances described in Article 10.3, some or all sport-related financial support or other sport-related benefits received by such *Person* will be withheld by the IOF and its *National Federations*. A *Person* subject to a period of *Ineligibility* longer than four years may, after completing four years of the period of *Ineligibility*, participate in local sport events in a sport other than sports subject to the jurisdictions of the IOF and its *National Federations*, but only so long as the local sport event is not at a level that could otherwise qualify such *Person* directly or indirectly to compete in (or accumulate points toward) a national championship or an *IOF Event*.

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-/herself available for *Out-of-Competition Testing* by the IOF, the applicable *National Federation*, and any other *Anti-Doping Organization* having *Testing* jurisdiction, and must provide current and accurate whereabouts information as provided in Article 5.5. If an *Athlete* subject to a period of *Ineligibility* retires from sport and is removed from *Out-of-Competition Testing* pools and later seeks reinstatement, the *Athlete* shall not be eligible for reinstatement until the *Athlete* has notified the IOF and the applicable *National Federation* and has been subject to *Out-of-Competition Testing* for a period of time equal to the longer of the periods set forth in Article 5.6 or the period of *Ineligibility* remaining as of the date the *Athlete* had retired. During such remaining period of *Ineligibility*, a minimum of 2 tests must be conducted on the *Athlete* with at least three months between each test. The *National Federation* shall be responsible for conducting the necessary tests, but tests by any *Anti-Doping Organization* may be used to satisfy the requirement. The results of such tests shall be reported to the IOF. In addition, immediately prior to the end of the suspension period, an *Athlete* must undergo *Testing* by the IOF for the *Prohibited Substances* and *Methods* for *Out-of-Competition Testing*. Once the period of an *Athlete's* suspension has expired, and the *Athlete* has fulfilled the conditions of reinstatement, then the *Athlete* will become automatically re-eligible and no application by the *Athlete* or by the *Athlete's National Federation* will then be necessary.

ARTICLE 11 CONSEQUENCES TO TEAMS

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

ARTICLE 12 SANCTIONS AND COSTS ASSESSED AGAINST NATIONAL FEDERATIONS

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

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

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

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

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

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

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

12.3.2 More than one *Athlete* or other *Person* from a *National Federation* commits an *Anti-Doping Rule* violation during an *IOF Event*.

In such event, the IOF may fine that *National Federation* in an amount up to 100,000 Euros.

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

ARTICLE 13 APPEALS

13.1 Decisions Subject to Appeal

Decisions made under these Anti-Doping Rules may be appealed as set forth below in Article 13.2 through 13.4. Such decisions shall remain in effect while under appeal unless the appellate body orders otherwise. Before an appeal is commenced, any post-decision review authorized in Article 8.7 must be exhausted.

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

A decision that an Anti-Doping Rule violation was committed, a decision imposing *Consequences* for an anti-doping rule violation, a decision that no Anti-Doping Rule violation was committed, a decision that the *IOF* or its *National Federation* lacks jurisdiction to rule on an alleged anti-doping rule violation or its *Consequences*, and a decision to impose a *Provisional Suspension* as a result of a *Provisional Hearing* or otherwise in violation of Article 7.4 may be appealed exclusively as provided in this Article 13.2. Notwithstanding any other provision herein, the only *Person* that may appeal against a *Provisional Suspension* is the *Athlete* or other *Person* upon whom the *Provisional Suspension* is imposed.

13.2.1 In cases arising from competition in an *IOF Event* or in cases involving *IOF 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.

13.2.2 In cases involving *Athletes* that do not have a right to appeal under Article 13.2.1, each *National Federation* shall have in place an appeal procedure that respects the following principles: a timely hearing, a fair and impartial hearing body; the right to be represented by a counsel at the person's expense; and a timely, written, reasoned decision. The IOF's rights of appeal with respect to these cases are set forth in Article 13.2.3 below.

13.2.3 In cases under Article 13.2.1, the following parties shall have the right to appeal to CAS:

- (a) the *Athlete* or other *Person* who is the subject of the decision being appealed;
- (b) the other party to the case in which the decision was rendered;
- (c) the IOF and any other *Anti-Doping Organization* under whose rules a sanction could have been imposed; and
- (d) *WADA*.

In cases under Article 13.2.2, the parties having the right to appeal to the national level reviewing body shall be as provided in the *National Federation's* rules but, at a minimum, shall include:

- (a) the *Athlete* or other *Person* who is the subject of the decision being appealed;
- (b) the other party to the case in which the decision was rendered;
- (c) the IOF; and
- (d) *WADA*.

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

13.3 Appeals against Decisions Granting or Denying a Therapeutic Use Exemption

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

13.4 Appeal against Decisions Pursuant to Article 12

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

13.5 Time for Filing Appeals

The time to file an appeal to CAS shall be twenty-one (21) days from the date of receipt of the decision by the appealing party. The above notwithstanding, the following shall apply in connection with appeals filed by a party entitled to

appeal but which was not a party to the proceedings having lead to the decision subject to appeal:

a) Within ten (10) days from notice of the decision, such party/ies shall have the right to request, from the body having issued the decision, a copy of the file on which such body relied;

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

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

14.1 Incorporation of the IOF Anti-Doping Rules

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

14.2 Statistical Reporting

National Federations shall report to the IOF, at the end of every year, results of all *Doping Controls* within their jurisdiction sorted by *Athlete* and identifying each date on which the *Athlete* was tested, the entity conducting the test, and whether the test was *In-Competition* or *Out-of-Competition*. The IOF may periodically publish *Testing* data received from *National Federations* as well as comparable data from *Testing* under the IOF's jurisdiction.

14.3 Doping Control Information Clearing House

When a *National Federation* has received an *Adverse Analytical Finding* on one of its *Athletes* it shall report the following information to the IOF and WADA within fourteen (14) days of the process described in Article 7.1.2 and 7.1.3: the *Athlete's* name, country, sport and discipline within the sport, whether the test was *In-Competition* or *Out-of-Competition*, the date of *Sample* collection and the analytical result reported by the laboratory. The *National Federation* shall also regularly update the IOF and WADA on the status and findings of any review or proceedings conducted pursuant to Article 7 (*Results Management*), Article 8 (*Right to a Fair Hearing*) or Article 13 (*Appeals*), and comparable information shall be provided to the IOF and WADA within 14 days of the

notification described in Article 7.1.9, with respect to other violations of these Anti-Doping Rules. In any case in which the period of *Ineligibility* is eliminated under Article 10.5.1 (*No Fault or Negligence*) or reduced under Article 10.5.2 (*No Significant Fault or Negligence*), the IOF and WADA shall be provided with a written reasoned decision explaining the basis for the elimination or reduction. Neither the IOF, nor WADA, shall disclose this information beyond those persons within their organisations with a need to know until the *National Federation* has made public disclosure or has failed to make public disclosure as required in Article 14.4 below.

14.4 Public Disclosure

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

14.5 Recognition of Decisions by the IOF and National Federations

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

ARTICLE 15 RECOGNITION OF DECISIONS BY OTHER ORGANISATIONS

Subject to the right to appeal provided in Article 13, the *Testing*, therapeutic use exemptions and hearing results or other final adjudications of any *Signatory* to the *Code* which are consistent with the *Code* and are within the *Signatory's* authority, shall be recognized and respected by the IOF and its *National Federations*. The IOF and its *National Federations* may recognize the same actions of other bodies which have not accepted the *Code* if the rules of those bodies are otherwise consistent with the *Code*.

ARTICLE 16 STATUTE OF LIMITATIONS

No action may be commenced under these Anti-Doping Rules against an *Athlete* or other *Person* for a violation of an anti-doping rule contained in these Anti-Doping Rules unless such action is commenced within eight years from the date the violation occurred.

ARTICLE 17 IOF COMPLIANCE REPORTS TO WADA

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

ARTICLE 18 AMENDMENT AND INTERPRETATION OF ANTI-DOPING RULES

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

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

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

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

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

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

18.7 These Anti-Doping Rules shall not apply retrospectively to matters pending before the date these Anti-Doping Rules came into effect.

APPENDIX 1 - DEFINITIONS

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 Paralympics Committee, and 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*.

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*.

Code. The World Anti-Doping *Code*.

Competition. A single race, match, game or singular athletic contest. For example, the World Orienteering Championships long distance final. For stage races and other athletic contests where prizes are awarded on a daily or other interim basis the distinction between a *Competition* and an *Event* will be as provided in the rules of the applicable International Federation.

Consequences of Anti-Doping Rules Violations. An *Athlete's* or other *Person's* violation of an anti-doping rule may result in one or more of the following:

(a) *Disqualification* means the *Athlete's* results in a particular *Competition* or *Event* are invalidated, with all resulting consequences including forfeiture of any medals, points and prizes;

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

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

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

Doping Control. 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. IOF World Championships, the Olympic Games, 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.

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

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

IOF Level Athlete. Athletes of the National Federation's A-teams as included in the IOF Registered Testing Pool and any other athlete participating in *IOF Events*.

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

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.

Major Event Organizations. This term refers to the regional and international multi-sport associations (e.g. the International World Games Association, the International Masters Games Association and the European Masters Association) that function as the ruling body for any regional or other International Event.

Marker. A compound, group of compounds or biological parameters that indicates the Use of a *Prohibited Substance* or *Prohibited Method*.

Metabolite. Any substance produced by a biotransformation process.

Minor. A natural *Person* who has not reached the age of majority as established by the applicable laws of his or her country of residence.

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

National Event. A sport *Event*, involving IOF or national level Athletes, that is not an *IOF Event*.

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

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

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

No Fault or Negligence. The *Athlete's* establishing that he or she did not know or suspect, and could not reasonably have known or suspected even with the exercise of utmost caution, that he or she had *Used* or been administered the *Prohibited Substance* or *Prohibited Method*.

No Significant Fault or Negligence. The *Athlete's* establishing that his or her fault or negligence, when viewed in the totality of the circumstances and taking into account the criteria for *No Fault or Negligence*, was not significant in relationship to the anti-doping rule violation.

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

Participant. Any Athlete or Athlete Support Personnel.

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

Possession. The actual, physical possession, or the constructive possession (which shall be found only if the person has exclusive control over the *Prohibited Substance/Method* or the premises in which a *Prohibited Substance/Method* exists); provided, however, that if the person does not have exclusive control over the *Prohibited Substance/Method* or the premises in which a *Prohibited Substance/Method* exists, constructive possession shall only be found if the person knew about the presence of the *Prohibited Substance/Method* and intended to exercise control over it. Provided, however, there shall be no anti-doping rule violation based solely on possession if, prior to receiving notification of any kind, that the *Person* has committed an anti-doping rule violation, the *Person* has taken concrete action demonstrating that the *Person* no longer intends to have *Possession* and has renounced the *Person's* previous *Possession*.

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

Prohibited Method. Any method so described in the *Prohibited List*.

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

Provisional Hearing. For purposes of Article 7.5, an expedited abbreviated hearing occurring prior to a hearing under Article 8 (Right to a Fair Hearing) that provides the *Athlete* with notice and an opportunity to be heard in either written or oral form.

Provisional Suspension. See *Consequences* above.

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

Registered Testing Pool. The pool of top level *Athletes*, established separately by each International Federation and *National Anti-Doping Organization*, who are subject to both *In-Competition* and *Out-of-Competition Testing* as part of that International Federation's or Organization's test distribution plan. In the *sport of orienteering*, all athletes of the respective National Federation's A-teams in all *IOF disciplines* are included in the Registered Testing Pool, and each National Federation shall report to the IOF the names and addresses of these athletes.

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, the International Paralympic Committee, *National Olympic Committees*, National Paralympic Committees, *Major Event Organizations*, *National Anti-Doping Organizations*, and WADA.

Sport of orienteering. Orienteering is a sport involving non-motorised (with the exception of wheelchairs) navigation with a map. The recognised orienteering disciplines are foot orienteering, ski orienteering, trail orienteering and mountain bike (MTB) orienteering.

Tampering. 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.

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

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

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

Trafficking. 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.

APPENDIX 2 - Acknowledgement and Agreement

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

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

Date

Print Name (Last Name, First Name)

Date of Birth
(Day/Month/Year)

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