

**UK ATHLETICS LIMITED ("UKA")
DOPING RULES AND PROCEDURES ("these Rules")**

Adopted by the Board, with effect from 1st January 2003

INDEX

<u>Rules</u>	<u>Section</u>
1 - 16	General Principles
17- 20	Sample Collection
21- 28	Disciplinary Procedure
29 - 36	Sanctions
37 – 40	Reinstatement
41 – 42	Retirement
43	Costs

Schedule 1 - Prohibited Substances (2002 edition)

Schedule 2 - Prohibited Techniques (2002 edition)

Schedule 3 – Extract from IAAF Procedural Guidelines for Doping Control (2002 edition)

STATEMENT OF ANTI-DOPING POLICY

UKA is the governing body for the sport of athletics within the United Kingdom and is a member of the International Association of Athletics Federations ("IAAF").

Both the IAAF and UKA have rules which forbid doping in or out of competition and create an offence of doping. This is in order to protect the health of participants in the sport of athletics and their right to participate in a drug-free sport in which the principle of fair play is paramount.

One of UKA's functions is to regulate and prohibit doping in athletics. It does so in accordance with the doping rules and procedures which it makes, maintains and enforces and which are set out below. UKA currently appoints the UK Sports Council ("UK Sport") to carry out sample collection in the UK on its behalf. UKA welcomes, in this regard, UK Sport adopting its own Statement of Anti-Doping Policy. For the avoidance of doubt, the UK Sport Statement of Anti-Doping Policy does not form part of UKA's Doping Rules.

GENERAL PRINCIPLES

1. Doping in or out of competition is strictly forbidden and is an offence.
2. The Board of UKA is responsible for all doping-related matters in accordance with these Rules. It is responsible for the management of testing both in and out of competition. All such testing is operated and co-ordinated by UK Sport or the International Association of Athletics Federations ("IAAF"). The Board of UKA may delegate such doping matters as it sees fit to UKA's Anti-Doping Policy and Support Team.
3. To be eligible for participation in athletic competitions held under UKA and IAAF Rules all athletes must make themselves available for testing when required. All athletes who wish to compete under UKA's and the IAAF's Rules agree, by so competing, that they understand and accept the rules, processes and sanctions relating to anti-doping of both UKA and the IAAF.
4. Athletes who wish to compete in National Championships, athletes who wish to be considered for selection for Great Britain and Northern Ireland Teams at international competitions and other athletes selected at the discretion of UKA and UK Sport may be placed on the "out-of-competition testing register". All athletes agree that they understand and accept the rules, processes and sanctions relating to anti-doping. All athletes on the out-of-competition testing register must notify UKA with details of their training schedule showing the times and places where that athlete may routinely be found training and a current contact address. Such athletes must give five days notice (and details) of any change in that address or training schedule and any temporary address (e.g. at college, or university, while training abroad, while on holiday etc) where the athlete will be if he is absent from his given address for more than three days. All athletes on the out-of-competition testing register will be notified of their inclusion by UKA. Out-of-competition testing shall be conducted only in

respect of the substances listed in Part III of Schedule 1. For the avoidance of doubt, out-of-competition testing may also be carried out on athletes by the IAAF.

5. The offence of doping takes place when:

- (a) a prohibited substance is found to be present within an athlete's body tissue or fluids; or
- (b) an athlete uses or takes advantage of a prohibited technique; or
- (c) an athlete admits having taken advantage of, having used or having attempted to use a prohibited substance or a prohibited technique; or
- (d) an athlete fails or refuses to submit to doping control and to produce a sample after having been requested to do so by an authorised official; or
- (e) a person assists or incites others, or admits having assisted or incited others to use prohibited substances or prohibited techniques; or
- (f) a person trades, trafficks, distributes or sells any prohibited substance otherwise than in the normal course of a recognised profession or trade; or
- (g) an athlete on the out-of-competition testing register fails to notify UKA of his/her address (including a temporary address where an athlete will be absent from his/her given address for more than three days) or training schedule or provides false information without an explanation acceptable to the Drug Advisory Officer appointed by UKA in accordance with Rule 22(b) below. For the avoidance of doubt, where it is documented that on three or more consecutive occasions on separate days an Independent Sampling Officer ("ISO") has been unable to find the athlete, that documentation may be introduced as evidence of the doping offence under this paragraph (g).

For the avoidance of doubt the offence of doping is an absolute or "strict liability" offence. Therefore it is not necessary for UKA to prove any intention (or guilty state of mind) on the part of an athlete to commit such an offence. By way of example and without limitation, it is also no defence to a charge of having committed a doping offence, if a prohibited substance is found to be present as a result of accidental or inadvertent ingestion of a prohibited substance.

NOTE: An admission may be made either orally, in a verifiable manner, or in writing. For the purpose of these Rules, a statement is not to be regarded as an admission where it is made more than six years after the facts to which it relates.

6. "Prohibited substance" shall have the same meaning as in the IAAF Rules and the IAAF Procedural Guidelines for Doping Control from time to time in force. The IAAF Procedural Guidelines for Doping Control ("the Procedural Guidelines") current at the date of publication of these Rules are included at Schedule 3. These may be added to or amended by IAAF from time to time, and references to the Procedural Guidelines in these Rules refer to the most recent edition issued by IAAF.
7.
 - (a) The expression "prohibited substance" shall include a metabolite of a prohibited substance.
 - (b) The expression "prohibited technique" shall include use of substances and/or methods, which alter the integrity and validity of samples used in doping control. (See Schedule 2.)

NOTE: A copy of the lists of prohibited substances and prohibited techniques current at the time of publication of these Rules are included at Schedule 1 and Schedule 2 respectively. These lists may be added to or amended by the IAAF Anti-Doping Commission from time to time.

8. The expression "sample" shall mean a blood sample and/or a urine sample as appropriate.

9. It is the duty of all athletes to ensure that no substances enter their body tissues or fluids which are prohibited under these Rules. Athletes are warned that they are responsible for all and any substance detected in samples given by them.

10. An athlete may request the Anti-Doping Commission of the IAAF to grant prior exemption to allow the taking of a prohibited substance (see Part I(a)# of Schedule 1 for information relating to the use of salbutamol, formoterol, salmeterol or terbutaline by inhalation). For the avoidance of doubt such requests must be submitted each year and such exemption will only be granted in cases of clear and compelling clinical need. Use of such a substance in accordance with the prior exemption obtained before the sample is taken will not be considered an offence of doping. (Details of the procedure for such an application are to be found in the Procedural Guidelines.)

11. An athlete who is requested to submit to doping control by an authorised official must do so whether such a request is made during or outside competition. Failure to submit to doping control and produce a sample will be a doping offence in accordance with Rule 5(d) and the sanctions regarding eligibility set out below shall apply. Any declaration of ineligibility shall be made on the same basis as if a positive result under Rule 29 below had been obtained.

12. Anti-doping tests shall be carried out under the auspices of UK Sport, or the IAAF, by ISOs, unless otherwise required by the UKA. Athletes shall comply with the applicable provisions of the Procedural Guidelines from time to time in force.

13. A departure or departures from the procedures set out in these Rules or the Procedural Guidelines shall not invalidate the finding that a prohibited substance was present in a sample, or that a prohibited technique had been used, unless this departure(s) was such as to cast real doubt on the reliability of such a finding.

14. These Rules should be read in conjunction with the IAAF's Doping Rules and the Procedural Guidelines. As the IAAF's Rules and the Procedural Guidelines may be amended from time to time, where there is any inconsistency between these Rules and

those of the IAAF, the IAAF's Rules and the Procedural Guidelines from time to time in force shall prevail.

15. Athletes are reminded that UK Sport or any other relevant Sports Council may take such action as it thinks fit in relation to an athlete subject to these disciplinary rules and procedures at such time as UK Sport or the relevant Sports Council thinks fit including (without limitation) suspending any funding to an athlete and the prohibition of using certain facilities by that athlete.
16. Until such time as the decision of any disciplinary hearing is given to UKA or, where an athlete has waived his/her right to such a hearing, the athlete concerned is informed that a prohibited substance or evidence of the use of a prohibited substance or evidence of the use of a prohibited technique has been found in the sample or that he/she has committed any of the other doping offences set out in these Rules, all details of the matter must be treated as confidential by all persons connected with doping control. Provided that nothing in this Rule shall prevent UKA at any time:
 - (a) announcing the name of the athlete concerned, the nature of the alleged doping offence and such other details as UKA thinks fit and whether or not that the athlete has been suspended; and
 - (b) giving such information as UKA thinks fit to the relevant Sports Councils, the IAAF, the British Olympic Association and/or any other person or organisation as the Board of UKA thinks fit and all such bodies, persons or organisations may pass that information to other bodies.

SAMPLE COLLECTION

17. Testing at competitions should be carried out at a competition venue and out-of-competition testing must be carried out within 24 hours of notification to an athlete that he/she is to be tested at a venue convenient to the athlete.

18. (a) Where a urine sample is to be provided, an athlete will be required to provide a minimum of 70 millilitres of urine which will be divided into a main "A" sample (the "A" sample) and a reserve "B" sample (the "B" sample) either by the athlete or by the ISO.
 - (b) Where a blood sample is to be provided, an athlete will be required to provide no more than 25 millilitres of blood. Such blood to be taken by medically qualified personnel or by a qualified phlebotomist from a superficial vein in either the athlete's arm or hand.
19. All samples collected pursuant to these Rules shall be the property of UK Sport or other collecting agency. Samples will be analysed and stored by an accredited laboratory in accordance with its usual practices.
 20. If the analysis of the sample does not indicate the presence of a prohibited substance or the use of a prohibited technique, the result of the test will be notified to UKA through UK Sport or the IAAF and, once so notified, UKA will notify the athlete of the result as soon as reasonably practicable. Where the sample is a urine sample, the "B" Sample will be disposed of and no further action will be taken.

DISCIPLINARY PROCEDURE

21. UKA will deal with alleged offences in accordance with these Rules. Disciplinary proceedings will take place in three stages:
 - (a) suspension (an athlete shall be suspended from the time that UKA considers, on the information then before it, that there is prima facie evidence (pursuant to Rule 22(b) and in accordance with Rule 24(a) below) that a doping offence has been committed and written notice to that effect has been sent to the athlete concerned in accordance with Rule 22(c));
 - (b) hearing;

(c) decision on eligibility for competition.

22. If the analysis of the blood sample and/or the "A" sample indicates the presence of a prohibited substance or the use of a prohibited technique, the test will be regarded as positive and the procedure will be as follows:

(a) the result of the test will be notified to UKA through UK Sport or the IAAF and, once so notified, UKA will notify the athlete of the result and as soon as reasonably practicable the athlete will be:

(i) informed of the results of the analysis of the blood sample and/or the "A" sample (as appropriate);

(ii) given such details as UKA has of the nature and particulars of the finding or report;

(iii) (in the case of a urine sample) given specific dates upon which the analysis of the "B" sample can take place and asked to confirm in writing, within two days of receipt of this notification, whether he/she will be attending the "B" sample analysis and, if so, upon which of the specific dates. Where the athlete does not confirm to UKA under this Rule that he/she will attend the "B" sample analysis on a specific date, UKA shall fix the date for the "B" sample analysis.

(iv) given a copy of the procedures to be followed and the sanctions which may be imposed should the offence be established; and

(v) requested to provide a written explanation, within such time as UKA directs or, if UKA does not so direct, within seven (7) days of receipt of this notification from UKA, as to why his/her sample was positive and why the athlete believes that no doping offence has been committed;

- (b) subject to Rule 24(e) below, the Board of UKA will appoint such person as it sees fit to be a Drug Advisory Officer ("DAO") for that case:
 - (i) to carry out a preliminary examination of the information available (including any written explanation from the athlete if received within the period set by UKA in accordance with Rule 22(a)(v) above);
 - (ii) to take such advice and demand such further evidence as the DAO thinks fit; and
 - (iii) to determine whether there is prima facie evidence that a doping offence has been committed;
 - (c) in the event that the DAO is satisfied that there is prima facie evidence that a doping offence has been committed, UKA will inform the athlete as soon as reasonably practicable that he/she has breached UKA's Doping Rules and, if applicable, is therefore suspended pursuant to Rule 21(a) pending the outcome of a disciplinary hearing;
 - (d) if the athlete disputes the finding of the blood sample and/or the "A" sample on the grounds of deficiencies or irregularities in the collection, custody or transportation process, details must be given in writing to UKA within seven (7) days of the athlete receiving the results of the analysis of the relevant sample in accordance with Rule 22(a)(i).
 - (e) for the avoidance of doubt, the DAO is entitled to make his or her determination in accordance with Rule 22(b)(ii) above, even if the analysis of the "B" sample has not been carried out.
23. Unless an athlete has admitted that he/she has committed a doping offence under Rule 5(c), the "B" sample shall be tested by the accredited laboratory as soon as reasonably

practicable and if possible within 21 days of the date of notification of the positive finding to the athlete. The athlete and his/her representative are entitled to be present. A representative or representatives of UKA shall also be present. Once the testing of the "B" sample is complete, the laboratory report will be sent to UKA through UK Sport or the IAAF. UKA will, as soon as reasonably practicable, inform the athlete. The procedure will be as follows:

- (a) if UK Sport or the IAAF advises that the result of the analysis of the "B" sample does not confirm the presence of a prohibited substance, no further disciplinary action will be taken;
 - (b) if a prohibited substance or the use of a prohibited technique has been identified in the "A" sample, and the "B" sample confirms these findings, the disciplinary procedure for doping offences set out in Rule 21 will continue;
 - (c) if the athlete disputes the results of the analysis of the "B" sample on any of the grounds set out in Rule 22(d) above, the provisions of that Rule shall apply.
24. (a) For the purposes of Rule 21(a) there shall be "prima facie evidence" if the DAO considers that the information then before him/her is sufficient that the athlete should be subject to these disciplinary procedures.
- (b) Where the DAO concludes that there is not prima facie evidence that a doping offence has been committed he/she shall report this to UKA and provide such explanation as UKA shall require and UKA will notify the athlete and no further action will be taken.
 - (c) Where the DAO concludes that there is prima facie evidence that a doping offence has been committed he/she shall report this to UKA who shall take any necessary suspensive action pursuant to Rule 21(a).

- (d) Where the positive finding concerns a substance listed in Part II of Schedule 1 and it is the athlete's first doping offence, the athlete concerned shall not be suspended pursuant to Rule 21(a) pending the hearing.
 - (e) If an athlete has been suspended by the IAAF the matter shall not be referred to the DAO but shall instead proceed direct to a Disciplinary Committee hearing. If a test is conducted under the IAAF's Rules or under the authority of the IAAF and the IAAF directs UKA to impose a suspension on the athlete, the athlete shall, if UKA so decides, be suspended forthwith and the matter shall not be referred to a DAO but shall instead proceed direct to a Disciplinary Committee hearing.
25. Following suspension for an offence under Rule 21(a) the athlete shall have the right to request a disciplinary hearing before a Disciplinary Committee at a date to be agreed by the parties or, in the absence of agreement, being a date determined by UKA. The athlete shall be deemed to have waived his/her right to a hearing if he/she fails to give confirmation to UKA within 14 days of the DAO's decision that he/she wishes a hearing to take place. The hearing should take place as soon as possible and under normal circumstances not later than two months after the final laboratory analysis. The athlete shall be given not less than 21 clear days' notice of the hearing. The Disciplinary Committee shall be appointed by the Board of UKA and shall be comprised of such person or persons independent of UKA, selected by UKA in its absolute discretion, and with appropriate medical, legal or administrative experience. For the avoidance of doubt the Disciplinary Committee shall not include the DAO for that particular case but may include any person who was a DAO for any other case. The proceedings before the Disciplinary Committee shall be conducted in such manner as the chairman of the Disciplinary Committee thinks fit and, in particular, directions for the conduct of the matter prior to the disciplinary hearing may be given by the chairman.
26. The Board may decide, in its complete discretion, that the matter shall, instead of being referred to a Disciplinary Committee established by UKA, be referred to a Disciplinary Committee established by the Sports Dispute Resolution Panel

(Company Number 3351039) ("SDRP"), or any other independent dispute resolution service appointed by the Board of UKA, to decide the matter. UKA shall notify the athlete of any decision to refer his/her case to a Disciplinary Committee established by SDRP or other independent dispute resolution service as soon as reasonably practicable after the Board of UKA has so decided. If the matter is referred to a Disciplinary Committee approved by SDRP or other independent dispute resolution service, any reference in these rules to the "Disciplinary Committee" shall be deemed to be reference to any panel formed under the Rules of the SDRP or that other independent dispute resolution service to decide the matter.

27. At the hearing the athlete will be entitled to be represented and will have the opportunity to present his/her case. Representatives of UK Sport are entitled to attend the hearing. The Disciplinary Committee may regulate its proceedings as it sees fit. The Disciplinary Committee may exercise all the disciplinary powers given by these Rules. The Disciplinary Committee shall provide written reasons to UKA and the athlete for its decision as to whether or not a disciplinary offence has taken place. It shall then be for UKA to impose the appropriate sanction on the athlete (if a doping offence has been found to have taken place) in accordance with Rules 29 to 36 below.
28. Athletes are also reminded that the IAAF's Rules relating to disputes (IAAF Rule 21) hereby apply to athletes, and those Rules set out circumstances in which disputes or matters may be referred to the Court of Arbitration for Sport in Lausanne.

SANCTIONS

29. Where an athlete has committed one of the following doping offences in or out of competition:
 - (a) the finding in an athlete's body tissue or fluids of a prohibited substance listed in Part I of Schedule 1;
 - (b) the use of, or taking advantage of, prohibited techniques listed in Schedule 2;

- (c) admitting having taken advantage of, or having used or having attempted to use a prohibited substance listed in Part I of Schedule 1;
- (d) admitting having taken advantage of, or having used or having attempted to use a prohibited technique listed in Schedule 2;
- (e) failure or refusal to submit to doping control and to produce a sample;
- (f) assisting or inciting others to use or take advantage of prohibited substances or prohibited techniques listed in Part I of Schedule 1 and Schedule 2 or admitting having assisted or incited others;

he/she shall be declared ineligible by UKA to take part in any athletic event within the United Kingdom or abroad:

- (i) for a first offence – for a minimum of two years from the date of the hearing at which it is decided that a doping offence has been committed. When an athlete has served a period of suspension prior to a declaration of ineligibility, such a period of suspension shall be deducted from the period of ineligibility imposed by the relevant Disciplinary Committee;
- (ii) for a second offence – for life.

30. Where an athlete has committed one of the following doping offences:

- (a) the finding in an athlete's body tissue or fluids of a prohibited substance listed in Part II of Schedule 1;
- (b) admitting having taken advantage of, or having used, a prohibited substance listed in Part II of Schedule 1;

he/she shall be declared to have committed a doping offence and:

- (i) for the first offence – shall be given a public warning and be disqualified from the competition at which the sample was collected;
- (ii) for the second offence – he/she shall be declared ineligible by UKA to take part in any athletic event within the United Kingdom or abroad for two years from the date of the hearing at which it is decided that a doping offence has been committed. When an athlete has served a period of suspension prior to a declaration of ineligibility, such a period of suspension shall be deducted from the period of ineligibility imposed by the relevant Disciplinary Committee;
- (iii) for a third offence – he/she shall be declared ineligible by UKA to take part in any athletic event within the United Kingdom or abroad for life.

NOTE: For the purpose of deciding the appropriate sanction under this Rule 30 (ie whether the offence is a first offence, a second offence or a third offence) any previous offence under Rule 29 shall be deemed to have also been committed under this Rule 30. However any previous offence under Rule 30 shall not be deemed to be a previous offence under Rule 29

31. Where substances are detected in an athlete's body tissue or fluids which fall within both Part I and Part II of Schedule 1, the sample shall be regarded as falling within Part I for the purposes of determining the appropriate period of ineligibility.

NOTE: These lists may be added to or amended by the IAAF Doping Commission from time to time.

32. Where an athlete has committed an offence under Rule 5(f) (trading/trafficking prohibited substances) above involving any of the substances listed in Part I of Schedule 1 he/she shall be declared ineligible for life.
33. Where an athlete has committed an offence under Rule 5(g) (failure to notify UKA of whereabouts) he she shall be declared to have committed a doping offence and:

- (i) for a first offence – shall be given a public warning;
 - (ii) for a second offence – he/she shall be declared ineligible by UKA to take part in any athletic event within the United Kingdom or abroad for a minimum of three months from the date of the hearing at which it is decided a second offence has been committed;
 - (iii) for a third offence – he/she shall be declared ineligible by UKA to take part in any athletic event within the United Kingdom or abroad for a minimum of two years from the date of the hearing at which it is decided a third offence has been committed.
34. Persons other than athletes who assist or incite others, or admit to having assisted or incited others, to use a prohibited substance or prohibited technique or who trade, traffick, distribute or sell any prohibited substance, otherwise than in the normal course of a recognised profession or trade, shall be subject to any appropriate sanctions imposed by UKA or the IAAF.
35. If an athlete is found to have committed a doping offence and this is confirmed after a hearing or if an athlete has waived his/her right to a hearing the athlete will be declared ineligible by UKA or (if applicable) given a public warning by UKA as in Rule 30(i). The period of ineligibility will be deemed to have begun from the date of suspension. Performances achieved by the athlete from the date on which the sample was provided shall be annulled. In addition, where testing was conducted in a competition, the athlete shall be disqualified from that competition and the result amended accordingly.
36. Where an athlete has committed a doping offence under Rule 29(c) or (d) then any result obtained or title gained subsequent to the date the admitted offence took place shall cease to be recognised by UKA.

REINSTATEMENT

37. Where athletes have been declared ineligible under Rule 29 or Rule 30 above and wish to resume competing after their period of ineligibility has expired they must have

made themselves available for out-of-competition testing throughout that period of ineligibility. Where an athlete has been rendered ineligible for two years or more, a minimum of three tests must be conducted with at least four months between each test. The results of the tests will be reported to the IAAF. In addition, immediately prior to the end of the suspension period, an athlete must undergo testing for the full range of prohibited substances. The cost of such tests shall be charged to the athlete concerned by UK Sport or UKA. An athlete who has complied with this Rule, will become automatically re-eligible to compete.

38. If the results of any testing carried out under Rule 37 above on an athlete during the period of ineligibility prove positive, this will constitute a separate doping offence and the athlete will be subject to a further sanction as appropriate.

39. Only in exceptional circumstances may an athlete apply to UKA for reinstatement before the full period of ineligibility has expired. UKA shall refer any such application to the IAAF for consideration by its Council in accordance with IAAF Rules and the Procedural Guidelines. A decision on exceptional circumstances shall be made only if the athlete is able to present three negative tests conducted by UKA or the IAAF with a period of at least one month between each test. However, it is emphasised that only truly exceptional circumstances will justify any reduction in the period of ineligibility. For further guidance as to when circumstances will be viewed as exceptional and when they will not, athletes are referred to IAAF's Rules and the Procedural Guidelines.

40. Athletes are reminded that UKA cannot support any application for lottery funding for an athlete who does not meet any eligibility criteria set by the Sports Councils.

RETIREMENT

41. If an athlete who was on the out-of-competition testing register ceases to be available for international competition under IAAF Rules through retirement, notice must be given to the Anti-Doping Co-ordinator of UKA by recorded delivery post. The athlete will immediately be removed from the register. An athlete may choose to stay on the

register for a maximum of six months following retirement to allow for a change of mind.

42. A retired athlete no longer on the "out-of-competition testing register" who wishes to be considered again for international competition must re-apply to join the register and be available for testing for a period of at least six months prior to his/her being permitted to take part in international competition.

COSTS

43. The athlete is responsible for paying all costs (including but not limited to legal costs, scientific or other experts' fees and any costs of medical examinations) incurred by him/her in connection with defending any charge that he/she has committed a doping offence under these Rules.

SCHEDULE 1

PROHIBITED SUBSTANCES

Where a Prohibited Substance (as listed below) is capable of being produced by the body naturally, a sample will be deemed to be positive for that substance where the concentration of the substance or its metabolites and/or their ratios in the athlete's body tissues or fluids so exceeds the range of values normally found in humans so as not to be consistent with normal endogenous production.

A sample may not be regarded as positive for a Prohibited Substance in any such case where the athlete proves by clear and convincing evidence that the concentration of the substance or its metabolites and/or their ratios in the athlete's body tissues or fluids is attributable to a pathological or physiological condition.

Evidence may be obtained from metabolic profiles and/or the measurement of isotopic ratios (isotope ratio mass spectrometry) to draw definite conclusions as to the exogenous origin of a Prohibited Substance or its metabolites.

PART I

(a) Anabolic Agents

(I) Androgenic Anabolic Steroids e.g.

<i>androstenediol</i> <i>androstenedione</i> <i>bolasterone</i> <i>boldenone</i> <i>chlordehydromethyltestosterone</i> <i>clostebol</i> <i>dehydroepiandrosterone</i> <i>dihydrotestosterone</i> <i>fluoxymesterone</i> <i>gestrinone</i> <i>mesterolone</i> <i>methandienone</i>	<i>methenolone</i> <i>methyltestosterone</i> <i>nandrolone</i> <i>19-norandrostenediol</i> <i>19-norandrostenedione</i> <i>norethandrolone</i> <i>oxandrolone</i> <i>oxymesterone</i> <i>oxymetholone</i> <i>stanozolol</i> <i>testosterone</i>
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and chemically or pharmacologically related compounds and precursors.

(II) Other Anabolic Agents e.g.

beta-2-agonists #

(e.g. bambuterol, clenbuterol, reproterol)

Exceptionally, the administration of the beta-2-agonists salbutamol, formoterol, salmeterol or terbutaline are permitted by inhalation where prescribed for therapeutic purposes by properly qualified medical personnel and where prior clearance has been given by the IAAF. (For IAAF procedure, see Procedural Guidelines at Schedule 3).

(b) Amphetamines: e.g.

<i>amineptine</i> <i>amphetamine</i> <i>amphetaminil</i> <i>benzphetamine</i>	<i>mesocarb</i> <i>methoxyphenamine</i> <i>methylamphetamine</i> <i>methylphenidate</i>
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bromantan
 carphedon
 dimethylamphetamine
 ethylamphetamine
 fenethylamine
 fenproporex
 furfenorex
 mefenorex

morazone
 pemoline
 phendimetrazine
 phenmetrazine
 pipradrol
 pyrovalerone
 selegiline

and chemically or pharmacologically related compounds.

(c) **Cocaine**

(d) **Peptide Hormones, Mimetics and Analogues**

Chorionic Gonadotrophin (hCG - human chorionic gonadotrophin – prohibited in males only): it is well known that the administration to males of human chorionic gonadotrophin and other compounds with related activity leads to an increased rate of production of endogenous androgenic steroids and is considered equivalent to the exogenous administration of testosterone.

Pituitary and Synthetic Gonadotrophins (LH – prohibited in males only)

Corticotrophin (ACTH, Tetracosactide): corticotrophin has been misused to increase the blood levels of endogenous corticosteroids notably to obtain the euphoric effect of corticosteroids. The application of corticotrophin is considered to be equivalent to the oral, intra-muscular or intravenous application of glucocorticosteroids (see PART I (e) below).

Growth Hormone (hGH, somatotrophin): the misuse of growth hormone in sport is deemed to be unethical and dangerous because of various adverse effects, for example, allergic reactions, diabetogenic effects, and acromegaly when applied in high doses.

Insulin-like Growth Factor (IGF-1)

Erythropoietin (EPO): EPO stimulates the production of red blood corpuscles. Testing for EPO shall be conducted by taking both a blood sample and a urine sample from the athlete concerned. The blood sample shall be screened for indication of a possible administration of EPO and the positive finding for EPO shall be confirmed by the presence of administered EPO in the urine.

All other erythropoiesis-stimulating proteins (e.g. NESP, Dynepo and others) are also banned.

Insulin: permitted only to treat insulin-dependent diabetes, with written notification by an endocrinologist (for IAAF exemption procedure, see Procedural Guidelines at Schedule 3).

All the respective releasing factors (and their mimetics and analogues) of the above-mentioned substances are also banned.

(e) **Glucocorticosteroids**

The systemic use of glucocorticosteroids is prohibited when administered orally, rectally, or by intravenous or intramuscular injection.

(f) **Miscellaneous**

Clomifene, cyclofenil, tamoxifen (prohibited in males only)
 Aromatase inhibitors (prohibited in males only)

(g) **Prohibited Techniques:**
 (see SCHEDULE 2)

PART II

(a) Stimulants: e.g.

<i>amiphenazole</i>	<i>etilefrine</i>
<i>bupropion</i>	<i>fencamfamin</i>
<i>caffeine*</i>	<i>heptaminol</i>
<i>cathine*</i>	<i>methylephedrine*</i>
<i>chlorphentermine</i>	<i>nikethamide</i>
<i>clobenzorex</i>	<i>pentetrazol</i>
<i>clorprenaline</i>	<i>phentermine</i>
<i>cropropamide</i>	<i>phenylpropanolamine*</i>
<i>crotethamide</i>	<i>prolintane</i>
<i>ephedrine*</i>	<i>propylhexedrine</i>
<i>etafedrine</i>	<i>pseudoephedrine*</i>
<i>ethamivan</i>	<i>strychnine</i>

and chemically or pharmacologically related compounds

- * *For caffeine, the definition of a positive finding is one in which the concentration in urine exceeds 12 micrograms/millilitre. A sample may not be regarded as positive for caffeine where an athlete proves by clear and convincing evidence that the elevated concentration is attributable to the athlete having an impaired caffeine metabolism condition.*

For cathine, the definition of a positive finding is one in which the concentration in urine exceeds 5 micrograms/millilitre. For ephedrine and methylephedrine, the definition of a positive finding is one in which the concentration in urine exceeds 10 micrograms per millilitre. For phenylpropanolamine and pseudoephedrine, the definition of a positive finding is one in which the concentration in urine exceeds 25 micrograms per millilitre.

(b) Narcotic Analgesics: e.g.

<i>alphaprodine</i>	<i>methadone</i>
<i>anileridine</i>	<i>morphine*</i>
<i>buprenorphine</i>	<i>nalbuphine</i>
<i>dextromoramide</i>	<i>pentazocine</i>
<i>diamorphine</i>	<i>pethidine</i>
<i>dipipanone</i>	<i>phenazocine</i>
<i>ethoheptazine</i>	<i>trimeperidine</i>
<i>levorphanol</i>	

and chemically or pharmacologically related compounds

- * *For morphine, the definition of a positive finding is one in which the concentration of free and conjugated morphine in the urine exceeds 1 microgram/millilitre and there is no simultaneous finding of codeine (morphine being a metabolite of the permitted substance, codeine).*

PART III

Substances and prohibited techniques to be detected during Out-of-Competition Testing.

**(a) Anabolic Agents
(see PART I (a))**

- (b) **Peptide Hormones, Mimetics and Analogues**
(see PART I (d))
- (c) **Glucocorticosteroids**
(see PART I (e))
- (d) **Miscellaneous**
(see PART I (f))
- (e) **Prohibited Techniques**
(see SCHEDULE 2)

SCHEDULE 2

PROHIBITED TECHNIQUES

The expression "prohibited techniques" shall include:

- i) *Blood doping including any sort of blood transfusion, the use of EPO or other erythropoiesis-stimulating proteins, blood plasma expanding products (e.g. HES), artificial oxygen carriers.
(See SCHEDULE 1 PART I (d))*
- ii) *Pharmacological, chemical and physical manipulation, i.e. use or attempted use of substances and of methods e.g. diuretics, which alter the integrity and validity of urine samples used in doping controls. Examples of prohibited techniques are catheterisation, urine substitution and/or tampering, inhibition of renal excretion, e.g. by probenecid, bromantan and related compounds.*
- iii) *Epitestosterone.*

SCHEDULE 3

IAAF PROCEDURAL GUIDELINES FOR DOPING CONTROL (2002 EDITION)

(This extract is from the text of the 2002 version of the IAAF Procedural Guidelines for doping control. The guidelines are updated from time to time and reference should be made to the latest version as issued by the IAAF. The copyright in the text belongs to IAAF.)

CONTENTS

1. Introduction
2. Doping Control during Competition
3. Out-of-Competition Testing
4. Exceptional Circumstances
5. Procedure for Exemption to Use Prohibited Substances

Note: Where appropriate in these Guidelines, the masculine shall include the feminine and the singular shall include the plural.

Doping is expressly forbidden and any athlete breaching the IAAF Doping Rules (55-61) renders himself ineligible to take part in competitions under IAAF Rules and/or the Rules of his National Federation.

These Procedural Guidelines take into account the IAAF Doping Rules 55-61 and the Guidelines should be followed as far as is reasonably practicable.

This document supersedes all previously published regulations.

1. INTRODUCTION

- 1.1 Athletes, coaches and team officials should acquaint themselves with the Doping Control Procedures contained in IAAF Rules 55-61 and in these Procedural Guidelines. Although they govern testing carried out by the IAAF, it is intended that they are closely followed by all Members and act as a model for testing throughout the World.*
- 1.2 These Guidelines must be followed as far as is reasonably practicable. However, in accordance with IAAF Rule 55, a departure or departures from these Guidelines shall not invalidate the finding of a doping offence, unless it was such as to cast real doubt on the reliability of the finding.*
- 1.3 Under IAAF Rule 55, a doping offence is committed when a prohibited substance is present within an athlete's body tissues or fluids. For the purposes of IAAF Rules and these Procedural Guidelines, the body fluids analysed are urine and blood. The IAAF Council reserves the right to order testing to be conducted on any other body fluids if advances in the detection of prohibited substances indicate that such analysis would be helpful.*
- 1.4 All communications and correspondence intended for the Anti-Doping Commission shall be sent to the IAAF Bureau in Monaco.*

2. DOPING CONTROL DURING COMPETITION

Facilities and Materials

- 2.1 *A Doping Control Station shall be provided. It should consist of a waiting room, working room and WCs (men and women). It should be equipped with all necessary IAAF-approved materials, including collecting vessels, bottles and sealing equipment. There should be a varied selection of sealed drinks for the athletes. The Doping Control Officials should ensure that the facilities are clean and adequate and that the materials are acceptable prior to the start of the competition.*
- 2.2 *The Doping Control Station should be clearly identified.*

Selection of Athletes to be tested

- 2.3 *The selection of athletes shall be on a final position basis and/or random basis.*
- 2.4 *In addition, selection of further athletes may be ordered at the discretion of the IAAF, the Official in charge of the Doping Control Station, the IAAF Delegate or the Doping Delegate (if appointed), by any method that it or he shall choose.*
- 2.5 *Doping control shall also be conducted on any athlete who is deemed to have broken or equalled an Area or World Record.*

Collection of Urine Samples

- 2.6 *Athletes selected for doping control must be handed a doping control notification form at the completion of their event stating that they are required to undergo doping control.. The handing over of the notification form shall be carried out as discreetly as possible and the athlete shall acknowledge receipt on the relevant section of the form.*
- 2.7 *If an athlete refuses to sign the notification form, the steward shall make this fact known to the Official in charge of the Doping Control Station as soon as possible. The Official in charge of the Doping Control Station, or such other responsible official of the Meeting as designated by him, shall then attempt to contact the athlete and inform him of his obligation to undergo doping control. If the athlete refuses to sign the notification form, the relevant official should explain to the athlete that, by refusing to undergo doping control, he shall be deemed to have refused to submit to doping control and may be subject to sanctions under IAAF Rule 60. If the athlete still refuses to sign the notification form, he shall be deemed to have refused to submit to doping control for the purpose of IAAF Rule 56.*
- 2.8 *Once the athlete has signed a notification form, he should report to the Doping Control Station as soon as possible, but no later than the time stipulated on the form (being one hour after notification). During the period between notification and reporting, a steward should accompany the athlete. Once the athlete has reported to the Doping Control Station, he shall be expected to remain there until the doping control procedure is completed. He may leave the Doping Control Station only in exceptional circumstances, and only then if accompanied by an official steward. If the athlete, having signed the notification form, subsequently fails to report to the Doping Control Station by the time stipulated on the form, he shall be deemed to have refused to submit to doping control for the purpose of IAAF Rule 56.*
- 2.9 *When attending the Doping Control Station, the athlete may be accompanied by a representative of his choice and/or by an interpreter. A urine sample shall be collected under supervision. The competitor shall have fulfilled his duty to submit to doping control only after having delivered the necessary volume of acceptable urine, irrespective of the time required for this.*
- 2.10 *In addition to the persons already referred to above, only the following officials should be allowed in the working room of the Doping Control Station:*
- *Doping Control Officer(s)*

- *Doping Control Assistant(s)*
- *Qualified personnel for taking blood samples*
- *Other persons as determined by the IAAF Delegate, the Doping Delegate (if appointed) or the Official in charge of the Doping Control Station.*

It is recommended, though not compulsory, that a security person be positioned outside the Doping Control Station to monitor the flow of people in and out and to keep unauthorised persons from entering the Station.

- 2.11 *When an athlete feels he is ready to provide a sample, he shall select a sample-collection vessel from a choice of at least two clean, unused vessels and proceed to the WC.*
- 2.12 *No one other than the athlete and an official of the Doping Control Station should be present in the WC when the urine is collected.*
- 2.13 *To ensure authenticity of the sample, the athlete may be required to disrobe as far as is necessary to confirm that the urine has been produced by him. This usually means the exposure of the body from the middle of the back to below the knees.*
- 2.14 *An athlete shall usually be requested to provide a minimum of 70ml of urine. The collection of urine shall be witnessed by an official of the Doping Control Station. The witness shall be of the same gender as the athlete. If the athlete is unable to provide the required amount of urine, his sample should be kept secure in the working room. The athlete should return to the waiting area until he feels he is able to provide a further sample. He should then add to or "top up" the urine previously provided to the required amount.*
- 2.15 *Specific gravity and pH of the urine shall be measured using a residual volume of urine in the collection vessel. A specific gravity of 1.010 or higher is recommended (or 1.005 where a refractometer is used). If the sample does not meet these specifications, a second sample may be required. Samples that do not meet the required specific gravity should be processed, sealed and documented in accordance with normal IAAF practice. Any subsequent sample collected from the athlete on this occasion shall also be processed in the normal manner and documented on the form.*
- 2.16 *An athlete shall be allowed to choose one kit (containing two bottles) from a selection of sealed, unused kits. One bottle from the chosen kit shall be marked sample "A" and the other sample "B".*
- 2.17 *The sample shall be divided in the presence of the athlete and the Doping Control Officer into the two bottles. It is recommended that the main sample "A" usually be of at least 40ml and the reserve sample "B" usually 30ml. However, any shortfall in the amount of urine shall not invalidate a test, provided there is sufficient urine for the test to be adequately performed. Where an athlete provides more than 70 ml of urine, the excess amount should be divided approximately between the two bottles.*
- 2.18 *The two bottles or the individual outer container in which each bottle has been placed shall be sealed in the presence of the athlete and the Doping Control Officer and the athlete should ensure that the code on each bottle is the same as that entered by the official on the athlete's Doping Control Form.*
- 2.19 *Signatures of the athlete, the accompanying person (if any) and an official of the Doping Control Station must appear on the Doping Control Form, confirming that the above procedures have been carried out. If the athlete feels that the procedures have not been carried out satisfactorily, he should declare so on the Doping Control Form and state the reasons for his dissatisfaction. In the absence of any such declaration, the athlete shall be deemed to have waived any alleged procedural breach. The athlete shall also provide details of any medication and dietary supplements recently used by him on the Doping Control Form.*
- 2.20 *The Doping Control Form should be devised so that duplicate copies are produced at the same time. These should be dealt with as follows:*

- (a) *the original to be retained by or sent to the IAAF;*
- (b) *a copy to be retained by the representative of the relevant testing authority (e.g. the IAAF, Area Association or National Federation);*
- (c) *a copy to be given to the athlete; and*
- (d) *a special copy to be sent to the laboratory which is to conduct the analysis. The copy which is sent to the laboratory should not contain any information which could identify the athlete who provided the sample.*

- 2.21 *If the Doping Control Officer believes that the circumstances surrounding the giving of a sample are suspicious, he may request the athlete to provide a second sample. The first sample provided shall be retained by the Officer for analysis. The second sample shall be collected in accordance with the procedures governing the collection of the first sample as set out above. Once the second sample has been taken, all samples (being the main "A" and reserve "B" portions of both samples) shall be despatched to the laboratory for analysis. The laboratory shall be informed (without disclosing the athlete's identity) that the first and second samples have been taken from the same athlete.*
- 2.22 *If the athlete refuses to provide a urine sample (or a second sample), the Doping Control Officer should explain to the athlete that, by refusing to provide a sample, he shall be deemed to have refused to submit to doping control and may be subject to sanctions under IAAF Rule 60. If the athlete still refuses to provide a sample (or a second sample), the Doping Control Officer should note this on the Doping Control Form, sign his name on the form and ask the athlete to sign the form. The Doping Control Officer should also note any other irregularities in the doping control process.*

Collection of Blood Samples

- 2.23 *If an athlete is selected to provide a blood sample, he shall be handed a doping control notification form at the completion of his event stating that he is required to undergo blood testing.. The notification form shall be given to the athlete as discreetly as possible and the athlete shall acknowledge receipt on the relevant section of the form.*
- 2.24 *If an athlete refuses to sign the notification form, the steward shall make this fact known to the Official in charge of the Doping Control Station as soon as possible. The Official in charge of the Doping Control Station, or such other responsible official of the Meeting as designated by him, shall then attempt to contact the athlete and inform him of his obligation to undergo doping control. If the athlete refuses to sign the notification form, the relevant official should explain to the athlete that, by refusing to undergo doping control, he shall be deemed to have refused to submit to doping control and may be subject to sanctions under IAAF Rule 60. If the athlete still refuses to sign the notification form, he shall be deemed to have refused to submit to doping control for the purpose of IAAF Rule 56.*
- 2.25 *Once the athlete has signed a notification form, he should report to the Doping Control Station as soon as possible but no later than the time stipulated on the form (one hour after notification). During the period between notification and reporting, a steward should accompany the athlete. Once the athlete has reported to the Doping Control Station, he shall be expected to remain there until the doping control procedure is completed. He may leave the Doping Control Station only in exceptional circumstances and only then if accompanied by an official steward. If the athlete, having signed the notification form, subsequently fails to report to the Doping Control Station by the time stipulated on the form, he shall be deemed to have refused to submit to doping control for the purpose of IAAF Rule 56.*
- 2.26 *When attending the Doping Control Station the athlete may be accompanied by a representative of his choice and/or by an interpreter.*
- 2.27 *Only those persons referred to in paragraph 2.10 above shall be allowed to be present in the working room of the Doping Control Station at the time the sampling takes place.*

- 2.28 *Blood sampling shall only be conducted by medically qualified personnel or by a qualified phlebotomist. The official conducting the blood sampling shall provide the athlete with evidence of his qualification before the blood sampling takes place.*
- 2.29 *No blood sample shall be taken unless an athlete has had the blood sampling procedures explained to him and has signed a form of consent to blood testing. If an athlete refuses to sign a form of consent, a sample shall not be taken from him. Such a failure, other than in the circumstances set out in paragraph 2.32 below, shall, however, be regarded as a refusal to submit to doping control under IAAF Rule 56 and the athlete may be subject to sanctions under IAAF Rule 60.*
- 2.30 *At the commencement of the blood sampling procedure, the athlete shall be given a choice of blood sampling kit from a selection of at least two sealed, unused kits.*
- 2.31 *The athlete shall select a blood sampling kit and the sampling shall begin. The official shall clean the skin with a sterile disinfectant serviette and shall take the blood sample from a superficial vein. The official shall attempt to do this as painlessly as possible. No more than 25 millilitres of blood shall be withdrawn from an athlete during the blood sampling. No blood sample shall be taken from any part of the athlete's body other than the arm or hand.*
- 2.32 *An athlete shall be entitled to refuse to provide a blood sample if:*
- (i) an official purporting to conduct the blood sampling is unable to provide evidence of his qualification;*
 - (ii) the blood sampling kit is not sealed and intact;*
 - (iii) an official seeks to withdraw more than 25 millilitres of blood from the athlete;*
 - (iv) an official seeks to withdraw blood otherwise than from a specified site set out above.*
- 2.33 *The blood shall be withdrawn from the athlete into a tube (or tubes). Each tube shall be marked with a code number. This code number should be recorded by the relevant official on the athlete's Doping Control Form and the athlete should ensure that the code number used corresponds to that entered by the official on the Form.*
- 2.34 *Signatures of the athlete, the accompanying person (if any) and an official of the Doping Control Station must appear on the Doping Control Form, confirming that the above procedures have been carried out. If an athlete thinks that the procedures have not been carried out satisfactorily, he should declare so on the Doping Control Form and state the reasons for his dissatisfaction. In the absence of any such declaration, the athlete shall be deemed to have waived any alleged procedural breach.*
- 2.35 *The athlete shall also provide details on the Doping Control Form of any medication and dietary supplements taken by him recently and of whether he has received a blood transfusion in the last six months.*
- 2.36 *The Doping Control Form shall be devised so that duplicate copies are produced at the same time. These should be dealt with as follows:*
- (a) the original to be retained by or sent to the IAAF;*
 - (b) a copy to be retained by the representative of the relevant testing authority (e.g. the IAAF, Area Association or National Federation);*
 - (c) a copy to be given to the athlete;*
 - (d) a special copy to be sent to the laboratory or retained by the mobile testing unit which is to conduct the analysis. The copy that is sent to the laboratory should not contain any information that could identify the athlete who provided the sample.*

Storage and Despatch of Samples

- 2.37 *Where samples are to be sent to a laboratory for analysis, it should be confirmed, before the bottles containing the urine samples and/or the tubes containing the blood samples are packed, that all samples taken are present and that the number of samples is in accordance with the list of code numbers.*
- 2.38 *The samples should be placed in a suitable outer container and should be despatched to the laboratory as soon as possible after doping control.*
- 2.39 *If at all possible, the outer container should not be opened during transit to the laboratory. The opening of the outer container will not, of itself, however, invalidate doping control.*

Analysis of Samples

- 2.40 *Samples provided by athletes for the purpose of doping control immediately become the property of the IAAF.*
- 2.41 *Only laboratories accredited by the IOC and approved by the IAAF, and mobile testing units and haematological laboratories authorised by the IAAF, may be used to test samples on its behalf.*
- 2.42 *The analysis of samples should be carried out as soon as is reasonably practicable after arrival at the laboratory or mobile testing unit. A fixed time limit may be imposed on any analysis at the request of the IAAF.*
- 2.43 *Access to the laboratory or mobile testing unit during the analysis should be restricted to relevant personnel, to representatives of the IAAF and to other authorised observers.*
- 2.44 *If, at any stage, any question or issue arises on the analysis or interpretation of results, the person responsible for the analysis at the laboratory or mobile testing unit may consult the IAAF for guidance.*
- 2.45 *If, at any stage, any question or issue arises in relation to the sample, the laboratory or mobile testing unit may conduct any further or other tests necessary to clarify the question or issue so raised and such tests may be relied upon by the IAAF when deciding whether a sample has tested positive for a prohibited substance.*
- 2.46 *Subject to the athlete's consent, if the analysis of a sample, whether of urine or blood, reveals the presence of any ailment, illness, disease or condition detrimental to the health of the athlete (other than the presence of a substance prohibited under IAAF Rules), this must be disclosed by the laboratory to the IAAF. The IAAF shall ensure that the athlete is advised of such condition as soon as possible and shall hold this information in the strictest confidence.*
- 2.47 *In analysing samples to determine whether or not a prohibited substance is present or a prohibited technique has been used, the laboratory involved may use any method or protocol which it believes to be appropriate and reliable.*
- 2.48 *Where the IAAF carries out blood testing, it may also require that an athlete provides a urine sample. If an athlete refuses to provide such a sample, he shall be deemed to have refused to submit to doping control and may be subject to sanctions under IAAF Rule 60. The urine sample shall be collected in accordance with paragraphs 2.11-2.22 of these Procedural Guidelines. The IAAF may rely on the results of the blood sample and the urine sample analysis as evidence that a doping offence has taken place.*

Communication of Results

- 2.49 *Where the analysis of the main "A" sample indicates the presence of a prohibited substance, the laboratory shall immediately confirm the result in writing, either to the IAAF, in the case of an IAAF test, or to the relevant National Federation, in the case of a national test (with a copy to the IAAF). In*

the case of a national test, the National Federation shall inform the IAAF of the "A" sample result and the name of the athlete promptly on receipt of the information from the laboratory and, in all circumstances, within two weeks. The IAAF shall then request that the National Federation seeks an explanation from the athlete within a period set by the IAAF. The National Federation shall, in turn, inform the athlete of the results of the analysis as soon as is reasonably practicable and seek such an explanation. The explanation, if any, should be conveyed by the National Federation to the IAAF as soon as reasonably practicable, but within the time limit set by the IAAF.

- 2.50 *Where the analysis of the main "A" sample indicates the presence of a prohibited substance whose presence is capable of being attributable to a physiological or pathological condition (e.g. testosterone, dihydrotestosterone, epitestosterone, hCG), the IAAF may require such further tests to be carried out upon the athlete as it considers appropriate to clarify the issue. It may also review, where available, the results of previous analyses of samples provided by that athlete. If, having conducted these further tests and/or having reviewed the results of the previous analyses, the IAAF concludes that the result of the analysis of the original sample indicates the presence of a prohibited substance in a ratio or concentration which is inconsistent with normal endogenous production, the IAAF shall then inform the athlete's National Federation. Thereafter, the procedure shall continue in the manner set out in paragraph 2.49 above and 2.52 below.*
- 2.51 *Where, in accordance with paragraph 2.50 above, the IAAF conducts a subsequent test upon an athlete to investigate whether a prohibited substance is present, and the result of such analysis is consistent with normal endogenous production of that substance, the IAAF shall not usually conduct a "B" sample analysis on such a sample.*
- 2.52 *If no adequate explanation is received from the athlete or his National Federation within the time limit set by the IAAF, the test shall be regarded as positive. Where doping control is the responsibility of the IAAF under IAAF Rule 58.1, the athlete shall be suspended by the IAAF, where appropriate, at this time suspension being a provisional matter pending the resolution of the case. Where doping control is the responsibility of an Area or a Member, the National Federation of the athlete shall impose the relevant suspension, where appropriate, by written notification to the athlete, suspension again being a provisional matter pending resolution of the case. In any circumstance where the IAAF or a National Federation imposes suspension, each should advise the other in writing within five days that this has been done and the athlete shall thereafter be subject to disciplinary proceedings in accordance with IAAF Rule 59.*
- If, contrary to the above paragraph, the National Federation fails, in the opinion of the IAAF, to properly impose a suspension, the IAAF may itself impose that suspension. Once the suspension is imposed, it shall notify the fact of the imposition of such a suspension to the National Federation which must then conduct disciplinary proceedings in accordance with IAAF Rule 59.*
- 2.53 *The athlete may, at any time before the hearing by the athlete's National Federation, raise any matter he feels relevant with the IAAF (whether by its Anti-Doping Commission or otherwise) via his National Federation. The IAAF is empowered to consider all such representations, to require further information from the relevant parties and, in exceptional circumstances, to request the athlete to appear before it. The IAAF may give any weight it chooses to representations made to it and is under no obligation to explain to any party what account it took of representations submitted to it in reaching any decision it may take.*
- 2.54 *If the athlete raises matters which the IAAF thinks indicate that a doping offence has not been committed, or if the results of the "B" sample analysis requested by an athlete do not confirm the presence of the substance detected in the "A" sample, the IAAF may lift an athlete's suspension and declare that he will no longer be subject to disciplinary proceedings in accordance with IAAF Rule 59.*
- 2.55 *Every athlete shall have the right to request that the reserve "B" sample be tested to ascertain whether that sample discloses the presence of the same prohibited substance detected in the main "A" sample. Such request must be made within 28 days of the notification to the athlete that the main "A" sample discloses the presence of a prohibited substance. A laboratory shall not be obliged to keep any reserve "B" samples after this time, unless so requested by the IAAF. An athlete shall remain suspended, despite the fact that he has requested analysis of the "B" sample.*

- 2.56 *Once an athlete has requested analysis of the reserve "B" sample, a date shall be arranged within 21 days of the request for the conduct of the analysis. A date and time shall be arranged for the analysis which is convenient both for the athlete and for the IAAF. The athlete's National Federation shall be informed of the date and time of the analysis. Should he so wish, the athlete and/or his representative may be present at the analysis. A representative of the athlete's National Federation may also be present, as may a representative of the IAAF. Once testing on the reserve "B" sample is complete, the laboratory report should be sent to the IAAF as well as, in due course, a copy of all relevant laboratory data.*
- 2.57 *The IAAF may at any time request analysis of the "B" sample if it believes that this will be relevant to the consideration of an athlete's case.*
- 2.58 *The IAAF may in appropriate circumstances order that a sample be transferred from one IOC-accredited laboratory to another for the purpose of conducting an analysis (or further analysis such as isotope ratio mass spectrometry (IRMS)) of the sample concerned. The laboratory despatching the sample shall take adequate steps to ensure that a documentary record of the custody of the sample is maintained from the time the sample is despatched to the time it is received at the second laboratory.*
- 2.59 *Confidentiality shall be observed by all persons connected with doping control for a period of three months from the date of the "A" sample analysis or until the "B" sample analysis confirms the "A" sample, whichever is the earlier.*
- 2.60 *Every athlete shall have the right to a hearing before the relevant tribunal of his National Federation before any decision on eligibility is reached. This hearing should take place as soon as possible and under normal circumstances not later than three months after the final laboratory analysis.*
- 2.61 *If the athlete is found at a hearing before the relevant tribunal of his National Federation to have committed a doping offence, or he waives his right to a hearing, he shall be declared ineligible. His ineligibility shall begin from the date on which it is decided that a doping offence has been committed (see Rule 60.2(a) and (b)).*
- 2.62 *In the course of such a hearing, disciplinary process or anticipated disciplinary process before the relevant tribunal of the National Federation, neither the IAAF, nor the National Federation nor the athlete shall be obliged to disclose:*
- (i) *the contents of any legal advice obtained by it or by that person in connection with any issues arising from the case; or*
 - (ii) *any communications between any parties made or created for the sole or dominant purpose of giving or receiving advice or preparing evidence with regard to any impending or anticipated disciplinary sanction.*

3. OUT-OF-COMPETITION TESTING

International Doping Control Officers (IDCOs)

- 3.1 *The IAAF Bureau may, on the advice of the Anti-Doping Commission, appoint International Doping Control Officers (IDCOs) to conduct unannounced Out-of-Competition doping control. It may also appoint any third party as an Out-of-Competition collection agency which may, in turn, appoint IDCOs to conduct unannounced Out-of-Competition doping control on the IAAF's behalf.*
- 3.2 *The IAAF Bureau shall maintain a record of persons selected by the IAAF or authorised IAAF collection agency to act as IDCOs on its behalf. However, the fact that an individual's name has not yet been added to the list of IDCOs will not affect his competence to carry out this function.*
- 3.3 *The appointment of a person to act as an IDCO on the IAAF's behalf shall be evidenced by the issue of an IDCO's licence or a letter of appointment from the IAAF or IAAF collection agency. Before an*

IDCO can validly conduct Out-of-Competition testing, he must also receive a letter or other document of authorisation from the IAAF or IAAF collection agency specifying, in general terms, where and when he is to conduct Out-of-Competition doping control.

Selection of Athletes to be tested

- 3.4 *The IAAF Bureau or IAAF authorised collection agency shall keep a record of athletes who may be required to undergo Out-of-Competition doping control.*
- 3.5 *This record shall primarily focus on the top-ranked athletes in each event according to official IAAF statistics. However, other individual athletes or groups of athletes may also be tested at the discretion of the IAAF at any time.*
- 3.6 *No athlete who has been selected for Out-of-Competition doping control shall be entitled to receive prize money from the IAAF in respect of any IAAF competition in which he has competed unless he has undergone two Out-of-Competition tests in the 12-month period prior to the competition in question. This requirement may be reduced to one Out-of-Competition test if the athlete has entered the target group of athletes to be tested for the first time less than four months prior to the competition in question.*

Whereabouts information

- 3.7 *In accordance with IAAF Rule 57.4, the IAAF may require an athlete, upon written notice to his National Federation, to keep his whereabouts information on file in the form of a current address and training schedule. Athletes are strongly recommended to send the completed forms directly to the IAAF at the contact address stated on the forms. If the athlete chooses to send the completed forms to his National Federation, the National Federation shall immediately forward copies of the forms to the IAAF.*
- 3.8 *Athletes shall be required to keep their whereabouts information on file on a quarterly period basis until further notice from the IAAF. If an athlete changes his current address during any quarterly period, or if he intends to be away from his current address for more than 3 days in such a period (other than for the purpose of participation in any international competition), he shall immediately notify the IAAF or his National Federation of his new address or provide details of any temporary address at which he may be contacted. Similarly, if an athlete changes his training schedule during any quarterly period, he shall immediately notify the IAAF or his National Federation of any such change and provide details of any new training place or times at which he may be located. Athletes are strongly recommended to send this information to the IAAF at the contact address stated on the form. If the athlete chooses to notify this information to his National Federation, the National Federation shall in turn immediately inform the IAAF.*
- 3.9 *If, on receipt of whereabouts information from an athlete, the IAAF considers that it requires clarification of any information that has been provided, or requires any further information in order to be able to conduct Out-of-Competition doping control on the athlete, it shall attempt to contact the athlete concerned.*
- 3.10 *The failure by an athlete to keep his whereabouts information on file having been requested to do so by the IAAF (including failing to provide notification of any changes to his whereabouts information on file), or the filing of false information, will be considered a doping offence in accordance with IAAF Rule 57.4 and the athlete concerned will be subject to the sanctions set out in IAAF Rule 60.4.*

Contacting the Athlete

- 3.11 *When an athlete has been selected for Out-of-Competition doping control, the IDCO should arrive unannounced at the athlete's training location, accommodation or any other place where the athlete is likely to be found based on the whereabouts information that the athlete has provided. In exceptional cases, the IDCO may also make an arrangement to meet the athlete.*

- 3.12 *Where an IDCO arrives unannounced, he must give the athlete a reasonable time to complete any activity in which he is engaged. Such activity must take place within the IDCO's clear and continuous view and testing should commence within one hour of the IDCO's first contact with the athlete. When an IDCO arrives unannounced, it is the athlete's responsibility to co-operate fully in the conduct of the test. An appeal by the athlete on the grounds that he had to leave the meeting place urgently without co-operating with the IDCO will not normally be considered.*
- 3.13 *Where, in exceptional cases, the IDCO decides to make an arrangement for the testing of the athlete, the IDCO shall contact the athlete in order to arrange a time and venue for the testing to take place. In such cases, the IDCO and the athlete shall seek to agree on a time and venue that is convenient to both parties. If they are unable to agree, the final decision shall be taken by the IDCO.*
- 3.14 *Where such an arrangement has been made between the IDCO and the athlete, it is the athlete's responsibility to check prior to the arranged meeting that there is no possible confusion over the arranged time and precise location where the meeting will take place. The IDCO will wait up to two hours beyond the time agreed, but thereafter the athlete will be declared absent from testing. An appeal on the grounds that the athlete did not fully understand where to go, or that he went at the wrong time, will not normally be considered. An athlete who is absent from testing will be deemed to have refused to submit to doping control in accordance with IAAF Rule 56 and may be subject to sanctions under IAAF Rule 60.*

Identification

- 3.15 *When an IDCO has identified an athlete to be tested, the IDCO must show the athlete:*
- (a) either his IDCO licence or his letter of appointment as an IDCO from the IAAF or the IAAF's authorised collection agency (in the latter case, together with a proof of identity); and*
 - (b) a document issued by the IAAF or the IAAF's authorised collection agency confirming his authority to collect the sample.*
- 3.16 *The IDCO may require proof of identity of the athlete. Whenever possible, this will involve photographic proof of identity (passport, ID Card, etc.).*

Collection of Urine Samples

- 3.17 *The IDCO will make every effort to collect the urine sample as discreetly as possible, and with maximum privacy, but the circumstances may impose difficulties on the IDCO that cannot be overcome.*
- 3.18 *When the athlete feels he is ready to provide a sample, he shall select a sample collection vessel from at least two clean, unused vessels.*
- 3.19 *An athlete shall usually be requested to provide a minimum of 70ml of acceptable urine. The collection of urine shall be witnessed by the IDCO or his appointee. The witness shall be of the same gender as the athlete. If the athlete is unable to provide the required amount of urine, his sample should be kept secure by the IDCO. When the athlete feels he is able to provide a further sample, he should then add to or "top up" the urine previously provided to the required amount.*
- 3.20 *Specific gravity and pH of the urine shall be measured using a residual volume of urine in the collection vessel. A specific gravity of 1.010 or higher is recommended (or 1.005 where a refractometer is used). If the sample does not meet these specifications, a second sample may be required. Samples that do not meet the required specific gravity should be processed, sealed and documented in accordance with normal IAAF practice. Any subsequent sample collected from the athlete on this occasion shall also be processed in the normal manner and documented on the form.*

- 3.21 *An athlete shall be allowed to choose one kit (containing two bottles) from a selection of sealed, unused kits. One bottle from the chosen kit shall be marked sample "A" and the other sample "B". The sample shall then be divided in the presence of the athlete into the two bottles. It is recommended that the main sample "A" usually be of at least 40ml and the reserve sample "B" usually 30ml. However, any shortfall in the amount of urine provided shall not invalidate a test, provided there is sufficient urine for the test to be adequately performed. Where an athlete provides more than 70ml of urine, the excess amount should be divided approximately between the two bottles.*
- 3.22 *The two bottles or the individual outer container in which each bottle has been placed shall be sealed in the presence of the athlete and the IDCO and the athlete should ensure that the code on each bottle is the same as that entered by the IDCO on the athlete's Doping Control Form.*
- 3.23 *Signatures of the athlete, the accompanying person (if any) and the IDCO must appear on the Doping Control Form, confirming that the above procedures have been carried out. If the athlete feels that the procedures have not been carried out satisfactorily, he should declare so on the Doping Control Form and state the reasons for his dissatisfaction. In the absence of any such declaration, the athlete shall be deemed to have waived any alleged procedural breach. The athlete shall also provide details of any medication and dietary supplements recently used by him on the Doping Control Form.*
- 3.24 *The Doping Control Form should be so devised that duplicate copies are produced at the same time. These should be dealt with as follows:-*
- (a) the original to be transmitted to the IAAF;*
 - (b) a copy to be retained by the IDCO;*
 - (c) a copy to be given to the athlete;*
 - (d) a special copy to be sent to the laboratory which is to conduct the analysis. The copy sent to the laboratory should not contain any information which could identify the athlete who provided the sample.*
- 3.25 *If an athlete refuses to provide a urine sample (or a second sample), the IDCO should explain to the athlete that, by refusing to provide a sample, he shall be deemed to have refused to submit to doping control and may be subject to sanctions under IAAF Rule 60. If the athlete still refuses to provide a sample (or a second sample), the IDCO should note this on the Doping Control Form, sign his name and ask the athlete to sign the Form. The IDCO should also note any other irregularities in the doping control process.*

Collection of Blood Samples

- 3.26 *Blood samples may be collected in the course of an Out-of-Competition (or pre-Competition) doping control. Where blood samples are to be taken, the procedure set out in paragraphs 2.28 to 2.36 and paragraph 2.48 of the Guidelines covering the In-Competition blood-testing procedure will apply to the collection of these samples. Additionally, any other provisions dealing with blood sampling which apply when samples are taken In-Competition shall, where relevant, also apply when blood samples are taken Out-of-Competition (or pre-Competition).*

Storage and Despatch of Samples

- 3.27 *Where samples are to be sent to a laboratory for analysis, the samples should be placed in a suitable outer container and despatched to the laboratory as soon as practicable.*
- 3.28 *If at all possible, the outer container should not be opened during transit to the laboratory. Identification labels may be provided, if required, for customs purposes. The opening of the outer container will not, of itself, however, invalidate doping control.*

Analysis of Samples and Communication of Results

3.29 *The same procedure as listed above for the analysis of samples taken during Competition, and the subsequent communication of results, should also be followed for Out-of-Competition testing.*

Waiver

3.30 *The nature of Out-of-Competition doping control makes it inevitable that no, or, in exceptional cases, little prior warning is given to the athlete. Every effort will be made by the IDCO to collect the sample speedily and efficiently with the minimum of interruption to the athlete's training plans and/or social or work arrangements. If there is an interruption, however, no athlete may take action to gain compensation for any inconvenience caused.*

4. EXCEPTIONAL CIRCUMSTANCES

- 4.1 *Under IAAF Rule 60, an athlete may apply to the Council for reinstatement before the IAAF's period of ineligibility has expired provided he is able to present three negative tests conducted by his National Federation or the IAAF with a period of at least one month between each test. It is not possible to state comprehensively the circumstances in which the discretion to reinstate will be exercised by the Council. However, the Council will not regard as exceptional for the purposes of Rule 60 an allegation that the prohibited substance was given to an athlete by another person without his knowledge, an allegation that the prohibited substance was taken by mistake, an allegation that the prohibited substance was due to the taking of contaminated food supplements or a suggestion that medication was prescribed by a doctor in ignorance of the fact that it contained a prohibited substance. The Council may, however, consider that exceptional circumstances exist where an athlete has provided substantial evidence or assistance to a National Federation or the IAAF in the course of disciplinary or legal proceedings brought against those dealing in prohibited substances or coaches or athletes representatives who are taking, or inciting or assisting others to take, such substances.*
- 4.2 *Where an athlete believes that exceptional circumstances exist, application should be made through the athlete's National Federation to the General Secretary of the IAAF. No applications can be accepted otherwise than through an athlete's National Federation which shall indicate at the same time whether or not it supports the athlete's application.*
- 4.3 *The General Secretary shall consider the circumstances put forward by the athlete through his National Federation and, if he thinks there is some merit in the case put forward, shall include discussion of the case on the agenda of the next meeting of the Council.*
- 4.4 *If the General Secretary thinks there is no merit in the case, he shall write to the athlete's National Federation in those terms. Despite this, the athlete's National Federation may reply within 28 days of the General Secretary's letter, requesting that the matter be placed on the Council's agenda. The General Secretary shall then place the matter on the Council's agenda for its next meeting.*
- 4.5 *Where an athlete's application for early reinstatement has been added to the agenda of the Council meeting, the Council shall consider the question of reinstatement. It shall consider both the application by the athlete and the circumstances surrounding the athlete's ineligibility.*

**5. PROCEDURE FOR APPLICATION FOR EXEMPTION
TO USE PROHIBITED SUBSTANCES**

General

- 5.1 *IAAF Rule 55.5 was introduced in order to make it possible for an athlete who, for a limited or prolonged period of time, needs a prohibited substance for medical reasons to participate in sport.*
- 5.2 *Exemption will not, therefore, normally be granted in cases of acute disease and never when a sporting activity may be hazardous to the athlete. Consequently, exemptions will only rarely be granted and in very special cases.*
- 5.3 *Out-of-Competition doping control is used as a deterrent for the use of anabolic agents and certain listed hormones, including the substances under prohibited techniques. Application for exemption of drug use during training is therefore only needed for these substances.*

Procedure

- 5.4 *An application for exemption must contain a certificate from a qualified physician setting out the reasons why the administration of a prohibited substance is necessary for the health of the athlete. It must also contain the dosage and duration of the medication, as well as an explanation as to why a non-listed drug cannot be used.*
- 5.5 *The application shall be in writing and addressed to the IAAF Anti-Doping Commission. An application with respect to salbutamol, salmeterol or terbutaline inhalation therapy can be made either to the Anti-Doping Commission or to the relevant body of the athlete's National Federation. Any exemption granted will be in effect during a maximum period of one year, unless renewed by the Anti-Doping Commission or the relevant body of an athlete's National Federation.*
- 5.6 *In evaluating any medical opinion advanced on behalf of an athlete, the Anti-Doping Commission is authorised, if necessary, to take advice from a specialist or panel of specialists in the field relevant to the issue.*