



## IFBB ANTI-DOPING RULES

JANUARY 2008

### INTRODUCTION

#### Preface

At the IFBB Congress held on November 9, 2003 in Mumbai, India, the IFBB accepted the World Anti-Doping Code (the "*Code*") and, on November 12, 2003, the IFBB became an official Signatory to the *Code*. The *Code* is implemented through these IFBB Anti-Doping Rules (the "*Rules*") adopted at the IFBB Congress held on November 27, 2005 in Shanghai, China. These *Rules* are adopted and implemented in conformance with the IFBB's responsibilities under the *Code*, and are in furtherance of the IFBB's continuing efforts to eradicate doping in the sport it governs.

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 *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 the *Rules*

Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport"; it is the essence of Olympism; 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.

## History

The IFBB first introduced doping controls in 1986 at the Men's World Championships in Tokyo, Japan. In 1987, controls were expanded to include the Women's World Championships and, in 1988, the Juniors & Masters World Championships became the final world-level competition to be controlled. By the early 1990's, anti-doping programs were being implemented at the national, regional and continental levels.

Since 1986, the IFBB anti-doping program has been supervised by its Medical Commission and guided by its Special Advisors; internationally renowned experts in the field of doping control like the late Prof. Dr. Manfred Donike (Germany), Chairman of the IOC Doping Commission, and currently, Prof. Dr. Eduardo H. De Rose (Brazil), member of the IOC Doping Commission.

In January 1996, a new completely revamped IFBB Anti-Doping Program was implemented worldwide. This program was modeled on the *Olympic Movement Anti-Doping Code* (OMADC) and doping control procedures employed by the Canadian Centre for Ethics in Sport (CCES), formerly the Canadian Centre for Drug-free Sport (CCDS), a founding member of the Drug-Free Sport Consortium (DFSC).

In January 1998, under then IOC president Juan Antonio Samaranch, the IOC granted provisional recognition to the IFBB.

In November 2003, the IFBB became an official Signatory to the *Code*. In 2004, working closely with WADA, the IFBB Anti-Doping Program was amended to conform to the provisions of the *Code*.

In July 2005, the IFBB Anti-Doping Program was amended again and renamed the IFBB *Anti-Doping Rules*. On November 27, 2005, at its Annual General Meeting in Shanghai, China, the IFBB International Congress officially adopted the IFBB *Anti-Doping Rules*, which took force and effect as of January 1, 2006.

## Scope

These *Rules* shall apply to the IFBB, each Affiliated Federation<sup>1</sup> of the IFBB, and each participant in the activities of the IFBB or any of its Affiliated Federations by virtue of the participant's membership, accreditation, or participation in the IFBB, its Affiliated Federations, or their activities or events.

<sup>1</sup> "Affiliated Federation" is defined as a National, Regional or Continental Federation that has been duly recognized by the IFBB pursuant to the IFBB Constitution and that has the constitutional power and authority to act as an anti-doping organization.

Each Affiliated Federation must guarantee that all of its *Athletes* agree to be bound by these *Rules* compiled in accordance with the *Code*.

The IFBB and each Affiliated Federation are responsible for applying these *Rules* to all doping controls over which the IFBB and each Affiliated Federation has jurisdiction.

### **Other Documents Available**

(At the WADA website [www.wada-ama.org](http://www.wada-ama.org) )

International Standard for the *Prohibited List*  
International Standard for *Testing*  
International Standard for *Therapeutic Use*  
International Standard for *Laboratory Analysis*  
World Anti Doping *Code*

*\*Note: The Articles with headings in bold reverse print (white text on a black background) are mandatory and must be adopted without any substantive change to the text.*

### **ARTICLE 1: DEFINITION OF DOPING**

Doping is defined as the occurrence of one or more of the *Anti-Doping Rule Violations* set forth in Article 2.1 through Article 2.8.

### **ARTICLE 1: 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 Rule 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 *Rules* or otherwise evading sample collection.

**2.4** Violation of applicable requirements regarding *Athlete* availability for Out-of-Competition testing including failure to provide required whereabouts information 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*, competition 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 IFBB or Affiliated Federation shall have the burden of establishing that an *Anti-Doping Rule Violation* has occurred. The standard of proof shall be whether the IFBB or Affiliated 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 IFBB or Affiliated 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 IFBB or Affiliated 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 *Rules* incorporate the *Prohibited List* which is published and revised by WADA as described in Article 4.1 of the *Code*. The IFBB and each Affiliated Federation shall ensure that the *Prohibited List* in force, as published at the WADA website [www.wada-ama.org](http://www.wada-ama.org), is made available to its *Athletes* and other Members. Unless provided otherwise in the *Prohibited List* and/or a revision, the *Prohibited List* and revisions shall go into effect under these *Rules* three months after publication of the *Prohibited List* by WADA without requiring any further action by the IFBB or its Affiliated Federations.

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

The *Prohibited List* shall identify those *Prohibited Substances* and *Prohibited Methods* that are prohibited as doping at all times, both In-Competition and Out-of-Competition, because of their potential to enhance performance (including masking) and those substances and methods that are prohibited In-Competition only. The IFBB may, upon the recommendation of its Medical Commission, request that WADA expand the *Prohibited List* for the sport of bodybuilding and fitness. The IFBB 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 bodybuilding and fitness, 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 IFBB.

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

The criteria for including substances and methods on the *Prohibited List* are governing by Article 4.3 of the *Code*. As provided in Article 4.3.3 of the *Code*, WADA's determination of the *Prohibited Substances* and *Prohibited Methods* that will be included on 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 IFBB in its *Registered Testing Pool* and other *Athletes* prior to their participation in a World Championship<sup>2</sup> must obtain a TUE from the IFBB (regardless of whether the *Athlete* previously received a TUE at the national or other level). TUE's granted by the IFBB shall be reported to the *Athlete's* National Federation and to WADA. Other *Athletes* subject to testing may 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 IFBB, who shall in turn report these to WADA.

<sup>2</sup> *The IFBB is directly responsible for In-Competition testing at the World Championship level. National, Regional and Continental Federations are directly responsible for In-Competition testing at the National, Regional and Continental Championship levels respectively and for establishing their own medical commissions. The IFBB is responsible for implementing an Out-of-Competition program for elite high-calibre athletes at the international (world) level.*

**4.4.3** The IFBB Medical Commission shall consider requests for TUE's from *Athletes* intending to participate at a World Championship. Upon receipt of a TUE request, this Commission 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 IFBB.

4.4.3.1 *Athletes* included by the IFBB in its *Registered Testing Pool* should apply to the IFBB for the TUE at the same time the *Athlete* first provides whereabouts information to the IFBB and, except in emergency situations, no later than 21 days before the *Athlete's* participation at a World Championship.

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

**4.4.4** WADA, at the request of an *Athlete* or on its own initiative, may review the granting or denial of any TUE to an international-level<sup>3</sup> *Athlete*. 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.

<sup>3</sup> *An "international level" Athlete is one who participates in a competition at which Athletes from two or more National Federations are participating e.g. Regional, Continental or World Championship level.*

## **ARTICLE 5: TESTING**

### **5.1 Authority to Test**

All *Athletes* within the IFBB shall be subject to In-Competition testing by the appropriate authority (see note<sup>2</sup>) e.g. IFBB, the *Athlete's* National, Regional or Continental Federation, or any other Anti-Doping Organization responsible for testing at a competition or event in which they participate. All *Athletes* within the IFBB shall also be subject to Out-of-Competition testing at any time or place, with or without advance notice, by the appropriate authority (see note<sup>2</sup>) e.g. IFBB, the *Athlete's* National, Regional or Continental Federation, or the National Anti-Doping Organization of any country where the *Athlete* is present. All *Athletes* participating on behalf of the IFBB in multi-sport events (e.g. World Games) shall be subject to testing as authorized by the rules of the parent organization of the multi-sport event (e.g. International World Games Association). "No advance notice" testing shall be a priority. Target testing shall also be conducted.

### **5.2 Responsibility for IFBB Testing**

The IFBB Medical Commission shall be responsible for overseeing all testing conducted by the IFBB<sup>4</sup>. Testing may be conducted by members of the IFBB Medical Commission or by other qualified persons so authorized by the IFBB.

<sup>4</sup> *The medical commissions of National, Regional and Continental Federations shall be responsible for overseeing all testing at the National, Regional and Continental levels.*

### **5.3 Testing Standards**

Testing conducted by the IFBB or an Affiliated Federation shall be in substantial conformity with the *International Standard* for Testing in force at the time of testing.

**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 or her for a urine test under these *Rules*. In these circumstances, the IFBB 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 Coordination of Testing**

Affiliated Federations shall promptly report completed tests to the IFBB, who shall in turn report such tests, in addition to its own tests, through the WADA clearinghouse to avoid unnecessary duplication in testing.

### **5.5 Athlete Whereabouts Requirements**

**5.5.1** The IFBB shall identify a *Registered Testing Pool* of those *Athletes* who are required to provide up-to-date whereabouts information to the IFBB. The IFBB 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 IFBB on forms provided by the IFBB 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. The ultimate responsibility for providing current and updated whereabouts information rests with each *Athlete*<sup>5</sup>; however, it shall be the responsibility of each National Federation<sup>5</sup> to use its best efforts to assist the IFBB in obtaining whereabouts information as requested by the IFBB.

<sup>5</sup> *National Federations are at the core of anti-doping programs since Athletes are direct members of National Federations and are only indirectly associated with Regional and Continental Federations and the IFBB.*

**5.5.2** Any *Athlete* in the *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 *Athletes* between each attempt which is to be counted as an unavailable test.

**5.5.3** Any *Athlete* in the *Registered Testing Pool* who fails to timely submit a required whereabouts report after receipt of two formal written warnings from the IFBB 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 IFBB's *Registered Testing Pool*. The National Federation and National Anti-Doping Organization may establish its own whereabouts reporting requirements and criteria applicable to their *Athletes* for violations under Article 2.4.

**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 IFBB for inclusion in its *Registered Testing Pool* shall continue to be subject to these *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 IFBB that he or she has retired or until he or she no longer satisfies the criteria for inclusion in the IFBB's *Registered Testing Pool* and has been so informed by the IFBB.

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

**5.6.3** National Federations and 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** At the World Championships, the IFBB Medical Commission shall determine the number of finishing placement tests, random tests and target tests to be performed. The IFBB Medical Commission shall target a certain number of *Athletes* not necessarily linked to final placements in order to maximize the diversity of *Athletes* tested.

**5.7.2** At National, Regional and Continental Championships, the medical commission of each National, Regional or Continental Federation shall determine the number of *Athletes* selected for testing and the procedures for selecting the *Athletes* for testing.

**5.7.3** In addition to the selection procedures set forth in Articles 5.7.1 and 5.7.2, the IFBB Medical Commission, at the World Championships, and the medical commissions of each National, Regional and Continental Federation at National, Regional and Continental Championships, may also select *Athletes* for target testing so long as such target testing is not used for any purpose other than legitimate doping control purposes.

**5.7.4** *Athletes* included by the IFBB in its *Registered Testing Pool* shall be selected for Out-of-Competition testing by the IFBB Medical Commission, or *Athletes* included in the *Registered Testing Pool* of National, Regional or Continental Federations, shall be selected by the respective medical commissions of the National, Regional and Continental Federation, through a process that substantially complies with the *International Standard* for Testing in force at the time of selection.

**5.8** The IFBB and its Affiliated Federations, and the organizing committees of National, Regional, Continental and World Championships, shall provide where applicable access to Independent Observers at these events.

## **ARTICLE 6: ANALYSIS OF SAMPLES**

Doping control samples collected under these *Rules* shall be analyzed in accordance with the following principles:

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

The IFBB and its Affiliated Federations 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 exclusively by the IFBB or its Affiliated Federation as the case may be.

### **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 IFBB**

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

**7.1.1** All analytical results must be sent to the IFBB in encoded form, in a report signed by an authorized representative of the laboratory. All communications must be conducted in such a way that the results are confidential.

**7.1.2** Upon receipt of an A sample *Adverse Analytical Finding*; the IFBB Medical Commission (see Article 7.1.2.1) shall conduct an immediate 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 IFBB Medical Commission shall have responsibility for the result management of all *Anti-Doping Rule Violations*, including the review discussed in Articles 7.1.2, 7.1.8, and 7.1.9, and to review any other potential violations of these *Anti-Doping Rules* as may be requested by the IFBB.

**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 IFBB shall promptly notify the *Athlete* of: (a) the *Adverse Analytical Finding*; (b) the anti-doping rule violated, or, in a case under Articles 7.1.8 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 21 days of the notification described in Article 7.1.3. An *Athlete* may accept the A sample analytical results by waiving the requirement for the B sample analysis. The IFBB may nonetheless elect to proceed with the B sample analysis.

**7.1.5** The *Athlete* and/or his or her representative may be present at the analysis of the B sample. A representative of the *Athlete's* National Federation as well as a representative of the IFBB may also be present.

**7.1.6** If the B sample proves negative, the entire test shall be considered negative and the *Athlete*, his or her National Federation, and the IFBB 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 *Athlete*, his or her National Federation, the IFBB, and to WADA.

**7.1.8** The IFBB Medical Commission shall conduct any follow-up investigation as may be required by the *Prohibited List*. Upon completion of such follow-up investigation, the IFBB shall promptly notify the *Athlete* regarding the results of the follow-up investigation and whether or not the IFBB 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 IFBB shall conduct any necessary follow-up investigation and shall then promptly notify the *Athlete* of the anti-doping rule which appears to have been violated, and the basis of the violation.

**7.1.10** The Anti-Doping Organization (e.g. IFBB, Affiliated Federation) shall be responsible for the costs associated with the collection and analysis of the A sample. The *Athlete* shall be responsible for all costs associated with the analysis of the B sample, including but not limited to any laboratory documentation that may be requested.

## **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 e.g. World Games shall be managed, as far as sanctions beyond disqualification from the event or the results of the event, by the IFBB.

## **7.3 Results Management for Tests Initiated by National, Regional and Continental Federations**

Results management conducted by National, Regional and Continental Federations shall be consistent with the general principles for effective and fair results management which underlie the detailed provisions set forth in Article 7. National, Regional and Continental Federations shall report the results of all doping controls to the IFBB on an annual basis no later than December 31. 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. Any apparent Anti-Doping Rule Violations by an *Athlete* who is a member of another National Federation shall be referred to the *Athlete's* National Federation for hearing.

## **7.4 Provisional Ineligibility**

The IFBB, after consultation with the IFBB Medical Commission, may determine that an *Athlete* is provisionally ineligible 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 7.1.2. If a provisional ineligibility 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 ineligibility or on a timely basis after imposition of the provisional ineligibility. Affiliated Federations may impose provisional ineligibility in accordance with the principles set forth in these *Rules*.

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

### **8.1 Hearings Arising out of IFBB Testing or Tests at International Events**

**8.1.1** The IFBB Executive Council shall appoint, for a four-year term, an independent Anti-Doping Review Board comprised of at least three members who shall have experience in anti-doping matters including medical and legal. The Board shall have power and authority to address 1) whether or not an *Anti-Doping Rule Violation* has been committed; and 2) the consequences of an *Anti-Doping Rule Violation*.

**8.1.2** When it appears, following the results management process described in Article 7, that these *Rules* have been violated in connection with IFBB testing or testing at a World Championships; then the case shall be assigned to the Anti-Doping Review Board for adjudication.

**8.1.3** The Anti-Doping Review Board shall hear each case. The appointed members shall have had no prior involvement with the case to include with the *Athlete* or other person alleged to have violated these *Rules*.

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

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

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

**8.1.7** An *Athlete* or other person may forego a hearing by acknowledging the *Anti-Doping Rule Violation* and accepting consequences consistent with Articles 9 and 10.

**8.1.8** Decisions of the Anti-Doping Review Board may be appealed pursuant to Article 13.

**8.1.9** Every *Athlete* or other person who stands accused and/or convicted of an *Anti-Doping Rule Violation*, and who elects to exercise his or her right of appeal, shall first exhaust all avenues of appeal<sup>6</sup> available within the IFBB before appealing to the Court of Arbitration for Sport (CAS).

<sup>6</sup> *Pursuant to Article 13 of these Rules and Article 20 of the IFBB Constitution*

## **8.2 Hearings Arising Out of National, Regional and Continental Testing**

**8.2.1** When it appears, following the results management process described in Article 7, that these *Rules* have been violated in connection with testing other than in connection with IFBB testing or testing at a World Championships, the *Athlete* or other person involved shall be brought before a disciplinary panel of the *Athlete* or other person's National, Regional or Continental Federation for a hearing to adjudicate whether a violation occurred and if so, what consequences should be imposed.

**8.2.2** 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 IFBB may elect to bring the case directly before the Anti-Doping Review Board at the responsibility and at the expense of the National Federation.

**8.2.3** National, Regional, and Continental Federations shall keep the IFBB fully apprised as to the status of pending cases and the results of all hearings. The IFBB shall in turn notify WADA of such cases and results.

**8.2.4** WADA shall have the right to attend IFBB hearings as an observer. The IFBB and WADA shall have the right to attend National, Regional and Continental Federation hearings as an observer.

**8.2.5** The *Athlete* or other person may forego a hearing by acknowledging the violation and accepting consequences consistent with Articles 9 and 10.

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

**8.2.7** Hearing decisions by the National, Regional or Continental Federation shall not be subject to further administrative review except as provided in Article 13 or as required by applicable law.

### 8.3 Principles for a Fair Hearing

All hearings<sup>7</sup> pursuant to either Article 8.1 or 8.2 shall respect the following principles:

- a timely hearing;
- a 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 Rule Violation*;
- the right to respond to the asserted *Anti-Doping Rule Violation* and resulting consequences;
- the right of each party to present evidence, including the right to call and question witnesses (subject to the hearing body's discretion to accept testimony by telephone or written submission);
- the person's right to an interpreter at the hearing, with the Anti-Doping Review Board to determine the identity, and responsibility for the cost of the interpreter; and
- a timely, written, reasoned decision.

<sup>7</sup> *At the discretion of the Anti-Doping Review Board, and where circumstances warrant, a hearing may be conducted by written submission so long as the rights of the Athlete or other person as detailed in these Rules are respected*

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

A violation 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 a competition may lead to disqualification of all of the *Athlete's* individual results obtained in that competition with all consequences, including forfeiture of all medals, points and prizes, except as provided in Article 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 competitions shall not be disqualified unless the *Athlete's* results in competitions other than the competition in which the *Anti-Doping Rule Violation* occurred were likely to have been affected by the *Athlete's Anti-Doping Rule Violation*.

## **10.2 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* or *Prohibited Methods*) shall be:

First violation: two-year 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 Rule Violations* because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents. Where an *Athlete* can establish that the use of such a specified substance was not intended to enhance sport performance, the period of ineligibility found in Article 10.2 shall be replaced with the following:

First violation: At a minimum, a warning and a reprimand and no period of ineligibility and, at a maximum, one-year ineligibility.

Second violation: two-year 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, at a minimum, a four-year ineligibility and, at a maximum, a 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: at a minimum, three-month ineligibility and, at a maximum, two-year ineligibility.

Second & subsequent violations: at a minimum, two-year ineligibility and, at a maximum, lifetime ineligibility.

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

**10.5.1 NO FAULT OR NEGLIGENCE:** 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 under Article 2.2 (use of a *Prohibited Substance* or *Prohibited Method*) that he or she bears no fault or negligence for the violation, the otherwise applicable period of ineligibility shall be eliminated. When a *Prohibited Substance* or its metabolites or markers 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 NO SIGNIFICANT FAULT OR NEGLIGENCE:** 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), Article 2.2 (use of a *Prohibited Substance* or *Prohibited Method*), Article 2.3 (failing to submit to sample collection), or Article 2.8 (administration of a *Prohibited Substance* or *Prohibited Method*). If an *Athlete* establishes in an individual case involving such violations that he or she bears no significant fault or negligence, then the period of ineligibility may be reduced, but the reduced period of ineligibility may not be less than one-

half of the minimum period of ineligibility otherwise applicable. If the otherwise applicable period of ineligibility is a lifetime, the reduced period under this section may be no less than eight years. When a *Prohibited Substance* or its metabolites or markers 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 Anti-Doping Review Board may also reduce the period of ineligibility in an individual case where the *Athlete* has provided substantial assistance to the IFBB or an Affiliated Federation which results in the IFBB or an Affiliated Federation 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 eight 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 IFBB or Affiliated 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 IFBB or Affiliated Federation made a reasonable attempt to give notice, of the first *Anti-Doping Rule Violation*; if the IFBB or an Affiliated 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 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, a two-year ineligibility and, at a maximum, a three-year 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 ineligibility 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 ineligibility (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 IFBB 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 a competition or activity (other than authorized anti-doping education or rehabilitation programs) authorized or organized by the IFBB or any Affiliated 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 IFBB and its Affiliated 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 IFBB and its Affiliated 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, Regional, Continental or World Championships.

### **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 ineligibility or ineligibility, make him or herself available for Out-of-Competition testing by the IFBB, the applicable National, Regional and Continental 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 IFBB and the applicable National, Regional or Continental Federation and has been subject to Out-of-Competition testing for a period of time equal to the longer of the period 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 two 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 IFBB. In addition, immediately prior to the end of the ineligibility period, an *Athlete* must undergo testing by the IFBB or the applicable Affiliated Federation for the *Prohibited Substances* and *Prohibited Methods* for Out-of-Competition testing. Once the period of an *Athlete's* ineligibility has expired, and the *Athlete* has fulfilled the conditions of reinstatement, then the *Athlete* will become automatically re-eligible and no application by the *Athlete* or by the *Athlete's* National Federation will then be necessary.

#### **ARTICLE 11: CONSEQUENCES TO TEAMS**

**11.1** If a member of a team is found to have committed a violation during an event where a team ranking is based on the addition of individual results (e.g. Best National Team Award), the results of the *Athlete* committing the violation will be subtracted from the team result.

**11.2** If more than one member of a team is found to have committed a violation during an event where a team ranking is based on the addition of individual results (e.g. Best National Team Award), the results of the entire team will be declared invalid.

#### **ARTICLE 12: SANCTIONS & COSTS ASSESSED AGAINST AFFILIATED FEDERATIONS**

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

**12.2** Affiliated Federations shall be obligated to reimburse the IFBB for all costs (including but not limited to laboratory fees, hearing expenses and travel) related to a violation committed by an *Athlete* or other person affiliated with that federation.

**12.3** The IFBB may elect to take additional disciplinary action against a National, Regional or Continental Federation with respect to recognition, the eligibility of its officials and *Athletes* to participate in international events, and fines based on the following:

**12.3.1** If four or more violations (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 IFBB or Anti-Doping Organizations other than the National Federation or its National Anti-Doping Organization, then the IFBB may in its discretion elect to: (a) ban all officials from that National Federation for participation in IFBB activities (including at the national, regional and continental levels) for a period of up to two years and/or (b) fine the National Federation in an amount as determined from time to time by the IFBB Executive Council (for purposes of this rule, any fine paid pursuant to Rule 12.3.2 shall be credited against any fine assessed).

12.3.1.1 If four or more violations (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 IFBB or Anti-Doping Organizations other than the National Federation or its National Anti-Doping Organization, then the IFBB may suspend that National Federation's membership for a period of up to 4 years.

**12.3.2** If an *Athlete* or other person from a National Federation commits an *Anti-Doping Rule Violation* during a World Championships, then the IFBB may fine that National Federation in an amount as determined from time to time by the IFBB Executive Council.

**12.3.3** If a National Federation fails to make diligent efforts to keep the IFBB informed about an *Athlete's* whereabouts after receiving a request for that information from the IFBB, then the IFBB may fine the National Federation in an amount as determined from time to time by the IFBB Executive Council per *Athlete* in addition to all IFBB costs incurred in testing that National Federation's *Athletes*.

## **ARTICLE 13: APPEALS**

### **13.1 Decisions Subject to Appeal**

Decisions made under these *Rules* may be appealed as set forth below in 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 must be exhausted.

### **13.2 Appeals from Decisions Regarding *Anti-Doping Rule Violations*, Consequences, and Provisional Ineligibility**

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 IFBB or an Affiliated Federation lacks jurisdiction to rule on an alleged *Anti-Doping Rule Violation* or its consequences, and a decision to impose a provisional ineligibility as a result of a provisional hearing or otherwise in violation of Article 7.4 may be

appealed exclusively as provided in this Article. Notwithstanding any other provision herein, the only person that may appeal from a provisional ineligibility is the *Athlete* or other person upon whom the provisional ineligibility is imposed.

**13.2.1** In cases arising from competition in an international event or in cases involving international-level *Athletes*, the decision<sup>8</sup> may be appealed exclusively to the Court of Arbitration for Sport (CAS) in accordance with the provisions applicable before such court (see Article 13.6).

<sup>8</sup> *To mean decision of the final appeal open to the Athlete or other person within the IFBB, including Article 13 of these Rules and Article 20 of the IFBB Constitution.*

**13.2.2** In cases involving *Athletes* that do not have a right to appeal under Article 13.2.1, each National, Regional and Continental 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 IFBB'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 IFBB and any other Anti-Doping Organization under whose rules a sanction could have been imposed; (d) and 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 IFBB; and (d) WADA. For cases under Article 13.2.2, WADA and the IFBB shall also have the right to appeal to CAS with respect to the decision of the national-level reviewing body.

### **13.3 Appeals from 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*, IFBB, 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 which are not reversed by WADA may be appealed by international-level *Athletes* to CAS and by other *Athletes* to the national level reviewing body described in Article 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 Appeals from Decisions Pursuant to Article 12**

Decisions<sup>9</sup> by the IFBB pursuant to Article 12 may be appealed exclusively to CAS by the National Federation.

<sup>9</sup> *After an appeal pursuant to Article 20 of the IFBB Constitution.*

### **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.

### **13.6 Appeal Avenues within the IFBB**

Notwithstanding the right of appeal granted pursuant to this Article, *Athletes* and Affiliated Federations shall first exhaust all avenues of appeal available within the IFBB before appealing to the Court of Arbitration for Sport (CAS) as provided in this Article.

## **ARTICLE 14: AFFILIATED FEDERATIONS' INCORPORATION OF THESE RULES, REPORTING AND RECOGNITION**

### **14.1 Incorporation of these Rules**

The IFBB and all National, Regional and Continental Federations shall comply with these *Rules*. These *Rules* shall also be incorporated either directly or by reference into the rules of each National, Regional and Continental Federation. All National, Regional and Continental Federations shall include in their regulations the procedural rules necessary to effectively implement these *Rules*. The IFBB and each National, Regional and Continental Federation shall obtain the written acknowledgement and agreement (see Appendix 1) of all *Athletes* subject to doping control. Notwithstanding whether or not the required form has been signed, the rules of each National, Regional and Continental Federation shall specifically provide that all *Athletes*, *Athlete* support personnel and other persons under the jurisdiction of the IFBB or its National, Regional and Continental Federations shall be bound by these *Rules*.

## **14.2 Statistical Reporting**

Affiliated Federations shall report to the IFBB at the end of each year (December 31) the results of all doping controls within their jurisdiction sorted by *Athlete* and identifying each date on which the *Athlete* was tested, the entity conducting the test, and whether the test was In-Competition or Out-of-Competition. The IFBB may periodically publish testing data received from Affiliated Federations as well as comparable data from testing under the IFBB's jurisdiction.

## **14.3 Doping Control Information ClearingHouse**

When an Affiliated Federation has received an *Adverse Analytical Finding* on one of its *Athletes* it shall report the following information to the IFBB within fourteen (14) days of the process described in Article 7.1.2 and 7.1.3: the *Athlete's* name, country, sport and discipline within the sport, whether the test was In-Competition or Out-of-Competition, the date of sample collection and the analytical result reported by the laboratory. The Affiliated Federation shall also regularly update the IFBB 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 IFBB within fourteen (14) days of the notification described in Article 7.1.9, with respect to other violations. 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 IFBB shall be provided with a written reasoned decision explaining the basis for the elimination or reduction. The IFBB shall then report this information to WADA. Neither the IFBB nor WADA shall disclose this information beyond those persons within their organizations with a need to know until the Affiliated Federation has made public disclosure or has failed to make public disclosure as required in Article 14.4 below.

## **14.4 Public Disclosure**

Neither the IFBB nor its National, Regional or Continental Federations shall publicly identify *Athletes* whose samples have resulted in *Adverse Analytical Findings*, or who were alleged to have violated other Articles 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 a determination has been made that the *Athlete* is provisionally ineligible. Once a violation has been established, it shall be publicly reported within 21 days.

## **14.5 Recognition of Decisions by the IFBB and Affiliated Federations**

Any decision of the IFBB or an Affiliated Federation regarding a violation of these *Rules* shall be recognized by all Affiliated Federations, which shall take all necessary action to render such results effective.

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

Subject to the right of 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 IFBB and its Affiliated Federations. The IFBB and its Affiliated 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 *Rules* against an *Athlete* or other person for a violation of an anti-doping rule contained in these *Rules* unless such action is commenced within eight years from the date the violation occurred.

## **ARTICLE 17: IFBB COMPLIANCE REPORTS TO WADA**

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

## **ARTICLE 18: AMENDMENT AND INTERPRETATION OF THESE RULES**

**18.1** These *Rules* may be amended from time to time by the IFBB Executive Council.

**18.2** Except as provided in Article 18.5, these *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 *Rules* are for convenience only and shall not be deemed part of the substance of these *Rules* or to affect in any way the language of the provisions to which they refer.

**18.4** The INTRODUCTION and the DEFINITIONS shall be considered integral parts of these *Rules*.

**18.5** These *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 *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 *Rules* shall not apply retrospectively to matters pending before the date these *Rules* came into effect.

## **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 Paralympic Committee, other Major Event Organizations that conduct testing at their events, WADA, International Federations, and National Anti-Doping Organizations.

### ***Athlete***

For purposes of doping control, any person who participates in sport at the international level (as defined by each International Federation) or national level (as defined by each National Anti-Doping Organization) and any additional person who participates in sport at a lower level if designated by the person's National Anti-Doping Organization. For purposes of anti-doping information and education, any person who participates in sport under the authority of any Signatory, government, or other sports organization accepting the *Code*.

### ***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 denounces 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 finals of the Olympic 100-meter dash. For stage races and other athletic contests where prizes are awarded on a daily or other interim basis the distinction between a competition and an event will be as provided in the rules of the applicable International Federation.

### ***Consequences of Anti-Doping Rules Violations***

An *Athlete's* or other person's violation of an anti-doping rule may result in one or more of the following: (a) Disqualification means the *Athlete's* results in a particular competition or event are invalidated, with all resulting consequences including forfeiture of any medals, points and prizes; (b) Ineligibility means the *Athlete* or other person is barred for a specified period of time from participating in any competition or other activity or funding as provided in Article 10.9; and (c) Provisional Ineligibility 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., the Olympic Games, FINA World Championships, or Pan American Games).

#### ***In-Competition***

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

#### ***Independent Observer Program***

A team of observers, under the supervision of WADA, who observe the doping control process at certain events and report on observations. If WADA is testing In-Competition at an event, the observers shall be supervised by an independent organization.

#### ***Ineligibility***

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

#### ***International Event***

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

#### ***International-Level Athlete***

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

***International Standard***

A standard adopted by WADA in support of the *Code*. Compliance with an International Standard (as opposed to another alternative standard, practice or procedure) shall be sufficient to conclude that the procedures addressed by the International Standard were performed properly.

***Major Event Organizations***

This term refers to the continental associations of National Olympic Committees and other international multi-sport organizations that function as the ruling body for any continental, regional or other International Event.

***Marker***

A compound, group of compounds or biological 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 international or national-level *Athletes* that is not an International Event.

***National Federation***

A national or regional entity which is a member of or is recognized by an IF as the entity governing the IF's sport in that nation or region.

***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 on the *Prohibited List*.

***Prohibited Substance***

Any substance so described on 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 Ineligibility***

See Consequences of Anti-Doping Rule Violations 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.

***Sample/Specimen***

Any biological material collected for the purposes of doping control.

***Signatories***

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

***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 1

**Acknowledgment and Agreement**

I the undersigned, as a Member of an IFBB affiliated National Federation and as a participant in an IFBB sanctioned competition or event, do hereby acknowledge and agree:

1. That the IFBB has constitutional power and authority to conduct both In-Competition and Out-of-Competition doping controls.
2. That I am solely responsible to remain current with the IFBB Anti-Doping Rules that are published by the IFBB on its official website [www.ifbb.com](http://www.ifbb.com).
3. That I am solely responsible to remain current with the Prohibited List as published by the World Anti-Doping Agency (WADA) on its official website [www.wada-ama.org](http://www.wada-ama.org); that I may be tested for substances and methods on the Prohibited List.
4. That I will comply with and be bound by all of the provisions of the IFBB 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.
5. That I will cooperate fully with the IFBB, its Medical Commission and its doping control officials during the doping control procedures; that I will freely and faithfully submit a proper sample of my urine for analysis at a WADA accredited laboratory selected by the IFBB.
6. That the IFBB has constitutional power and authority to impose sanctions for anti-doping rule violations as provided in the IFBB Anti-Doping Rules.
7. That, if found guilty of an anti-doping rule violation, and if I choose to appeal, I agree to exercise my right of appeal pursuant to the IFBB Anti-Doping Rules, to include exhausting all avenues of appeal open to me within the IFBB before I exercise my right of appeal to the Court of Arbitration for Sport (CAS).
8. 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.

I have read and understand this Acknowledgement and Agreement.

\_\_\_\_\_  
Date

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

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