

ANTI-DOPING RULES

INTERPRETATION

These Anti-Doping Rules take effect on 1st January 2016.

In these Anti-Doping Rules, references to Sporting Administration Body should be read as references to BRITISH POWERLIFTING. BRITISH POWERLIFTING's international federation is the International Powerlifting Federation (IPF).

These Anti-Doping Rules should be read in conjunction with the IPF Anti-Doping Rules.

WARNING TO ATHLETES AND ATHLETE SUPPORT PERSONNEL

- You are responsible for knowing what the anti-doping rule violations are.
- You must find out which substances and methods are prohibited.
- Ignorance is no excuse.
- You must be aware of the rules in this document.
- These Anti-Doping rules adopt the strict liability principle.
- *Athletes* are responsible for anything found in their system.
- You must be aware of the sanctions that could be applied to you in these Anti-Doping rules.

AMENDMENT RECORD

DATE	AMENDMENT	APPROVED BY
January 2016	First issue	AGM 13/3/16
May 2016	Article 18 updated	
February 2017	Updates and corrections in line with new Articles of Association and By-Laws.	AGM 5/3/17
December 2018	Updated in accordance with IPF requirements. Option for documentary hearings added.	Board January 2019
November 2019	Updated in accordance with IPF recommendations recognising IPF as Result Management Authority	Board 12/1/20

CONTENTS

INTRODUCTION	1
ARTICLE 1 - APPLICATION OF ANTI-DOPING POLICY	3
ARTICLE 2 - DEFINITION OF DOPING - ANTI-DOPING RULE VIOLATIONS	3
ARTICLE 3 - PROOF OF DOPING	8
ARTICLE 4 - THE PROHIBITED LIST	10
ARTICLE 5 - TESTING AND INVESTIGATIONS	15
ARTICLE 6 - ANALYSIS OF SAMPLES	21
ARTICLE 7 - RESULTS MANAGEMENT	23
ARTICLE 8 - RIGHT TO A FAIR HEARING	31
ARTICLE 9 - AUTOMATIC DISQUALIFICATION OF INDIVIDUAL RESULTS	32
ARTICLE 10 - SANCTIONS ON INDIVIDUALS	33
ARTICLE 11 - CONSEQUENCES TO TEAMS	46
ARTICLE 12 - APPEALS	47
ARTICLE 13 - CONFIDENTIALITY AND REPORTING	50
ARTICLE 14 - APPLICATION AND RECOGNITION OF DECISIONS	53
ARTICLE 15 - STATUTE OF LIMITATIONS	54
ARTICLE 16 - EDUCATION	54
ARTICLE 17 - AMENDMENT AND INTERPRETATION OF ANTI-DOPING RULES	54
ARTICLE 18 - INTERPRETATION OF THE CODE	56
ARTICLE 19 - ADDITIONAL ROLES AND RESPONSIBILITIES OF ATHLETES AND OTHER <i>PERSONS</i>	56
APPENDIX 1 DEFINITIONS	58

INTRODUCTION

These Anti-Doping rules are adopted and implemented in accordance with BRITISH POWERLIFTING's responsibilities as a National Federation under the *Code* and the IPF Anti-Doping Rules and in furtherance of BRITISH POWERLIFTING's continuing efforts to eradicate doping in sport¹. Any reference made to *Anti-Doping Organisation*, refers to the International Powerlifting Federation, BRITISH POWERLIFTING or WADA.

These Anti-Doping Rules are sport rules governing the conditions under which sport is played. Aimed at enforcing anti-doping principles in a global and harmonized manner, they are distinct in nature from criminal and civil laws, and are not intended to be subject to or limited by any national requirements and legal standards applicable to criminal or civil proceedings. When reviewing the facts and the law of a given case, all courts, arbitral tribunals and other adjudicating bodies should be aware of and respect the distinct nature of these Anti-Doping Rules implementing the Code and the fact that these rules represent the consensus of a broad spectrum of stakeholders around the world as to what is necessary to protect and ensure fair sport.

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

Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport". It is the essence of Olympism, the pursuit of human excellence through the dedicated perfection of each person's natural talents. It is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is reflected in values we find in and through sport, including:

- 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.

NOTE: Wherever the term "sport of Powerlifting" or "Powerlifting" appears in these Anti-Doping Rules, it refers to Powerlifting and the certain disciplines within the sport of Powerlifting, including the Bench Press.

Scope of these Anti-Doping Rules

These Anti-Doping Rules shall apply to British Powerlifting and to each of the Home Nations and Divisions. They also apply to the Athletes, Athlete Support Personnel and other Persons, each of whom is deemed, as a condition of his/her membership, accreditation and/or participation in the sport, to have agreed to be bound by these Anti-Doping Rules as well as the IPF Anti-Doping Rules, and to have submitted to the authority of BRITISH POWERLIFTING to enforce these Anti-Doping Rules and to the jurisdiction of the IPF Anti-Doping Commission or Doping Hearing Panel, as specified in Article 8 and Article 12, to hear and determine cases brought under these Anti-Doping Rules.

Specifically, this includes:

- a. all Athletes and Athlete Support Personnel who are members of BRITISH POWERLIFTING or of any member or affiliate organization of any Home Nation or Division (including any clubs, teams, associations or leagues);
- b. all Athletes and Athlete Support Personnel participating in such capacity in Events, Competitions and other activities organized, convened, authorized or recognized by BRITISH POWERLIFTING or of any member or affiliate organization of any Home Nation or Division (including any clubs, teams, associations or leagues); wherever held;
- c. any other Athlete or Athlete Support Personnel or other Person who, by virtue of an accreditation, a license or other contractual arrangement, or otherwise, is subject to the jurisdiction of BRITISH POWERLIFTING or of any member or affiliate organization of any Home Nation or Division (including any clubs, teams, associations or leagues); for purposes of anti-doping.

BRITISH POWERLIFTING Official Responsible

The BRITISH POWERLIFTING official responsible for the maintenance and application of this policy is the BRITISH POWERLIFTING Doping Control Officer. The DCO is responsible to the Chief Executive Officer and BRITISH POWERLIFTING Board and can be contacted via dopingcontrol@britishpowerlifting.org

PRECEDENCE

In the event of any material conflict between these rules and those of the IPF, the IPF rules shall take precedence.

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 2.10 of these Anti-Doping Rules.

ARTICLE 2 ANTI-DOPING RULE VIOLATIONS

The purpose of Article 2 is to specify the circumstances and conduct which constitute anti-doping rule violations. Hearings in doping cases will proceed based on the assertion that one or more of these specific rules have been violated.

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

The following constitute anti-doping rule violations:

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

2.1.1 It is each *Athlete's* personal duty to ensure that no *Prohibited Substance* enters his or her body. *Athletes* are responsible for any *Prohibited Substance* or its *Metabolites* or *Markers* found to be present in their *Samples*. Accordingly, it is not necessary that intent, *Fault*, negligence or knowing *Use* on the *Athlete's* part be demonstrated in order to establish an anti-doping rule violation under Article 2.1¹.

2.1.2 Sufficient proof of an anti-doping rule violation under Article 2.1 is established by any of the following: presence of a *Prohibited Substance* or its *Metabolites* or *Markers* in the *Athlete's A Sample* where the *Athlete* waives analysis of the *B Sample* and the *B Sample* is not analysed; or, where the *Athlete's B Sample* is analysed and the analysis of the *Athlete's B Sample* confirms the presence of the *Prohibited Substance* or its *Metabolites* or *Markers* found in the *Athlete's A Sample*; or, where the *Athlete's B Sample* is split into two bottles and the analysis of the second bottle confirms the presence of the *Prohibited Substance* or its *Metabolites* or *Markers* found in the first bottle².

2.1.3 Excepting those substances for which a quantitative threshold is specifically identified in the *Prohibited List*, the presence of any quantity of a *Prohibited Substance* or its *Metabolites* or *Markers* in an *Athlete's Sample* shall constitute an anti-doping rule violation.

¹ Comment to Article 2.1.1: An anti-doping rule violation is committed under this Article without regard to an *Athlete's Fault*. This rule has been referred to in various CAS decisions as 'Strict Liability'. An *Athlete's Fault* is taken into consideration in determining the Consequences of this anti-doping rule violation under Article 10. This principle has consistently been upheld by CAS.

² Comment to Article 2.1.2: The *Anti-Doping Organisation* with results management responsibility may, at its discretion, choose to have the *B Sample* analysed even if the *Athlete* does not request the analysis of the *B Sample*.

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

2.2 Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method³

2.2.1 It is each *Athlete's* personal duty to ensure that no *Prohibited Substance* enters his or her body and that no *Prohibited Method* is *Used*. Accordingly, it is not necessary that intent, *Fault*, negligence or knowing *Use* on the *Athlete's* part be demonstrated in order to establish an anti-doping rule violation for *Use* of a *Prohibited Substance* or a *Prohibited Method*.

2.2.2 The success or failure of the *Use* or *Attempted 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 committed⁴.

2.3 Evading, refusing or failing to submit to Sample Collection

Evading *Sample* collection or, without compelling justification, refusing or failing to submit to *Sample* collection after notification as authorised in these Anti-Doping Rules, the *NAD scheme* or other applicable anti-doping rules⁵.

³ Comment to Article 2.2: It has always been the case that *Use* or *Attempted Use* of a *Prohibited Substance* or *Prohibited Method* may be established by any reliable means. As noted in the Comment to Article 3.2, unlike the proof required to establish an *anti-doping rule violation* under Article 2.1, *Use* or *Attempted Use* may also be established by other reliable means such as admissions by the *Athlete*, witness statements, documentary evidence, conclusions drawn from longitudinal profiling, including data collected as part of the *Athlete Biological Passport*, or other analytical information which does not otherwise satisfy all the requirements to establish 'Presence' of a *Prohibited Substance* under Article 2.1. For example, *Use* may be established based upon reliable analytical data from the analysis of an *A Sample* (without confirmation from an analysis of a *B Sample*) or from the analysis of a *B Sample* alone where the *Anti-Doping Organisation* provides a satisfactory explanation for the lack of confirmation in the other *Sample*.

⁴ Comment to Article 2.2.2: Demonstrating the '*Attempted Use*' of a *Prohibited Substance* or a *Prohibited Method* requires proof of intent on the *Athlete's* part. The fact that intent may be required to prove this particular anti-doping rule violation does not undermine the *Strict Liability* principle established for violations of Article 2.1 and violations of Article 2.2 in respect of *Use* of a *Prohibited Substance* or *Prohibited Method*. An *Athlete's Use* of a *Prohibited Substance* constitutes an anti-doping rule violation unless such substance is not prohibited *Out-of-Competition* and the *Athlete's Use* takes place *Out-of-Competition*. (However, the presence of a *Prohibited Substance* or its *Metabolites* or *Markers* in a *Sample* collected *In-Competition* is a violation of Article 2.1 regardless of when that substance might have been administered.)

⁵ Comment to Article 2.3: For example, it would be an anti-doping rule violation of 'evading *Sample* collection' if it were established that an *Athlete* was deliberately avoiding a *Doping Control official* to evade notification or Testing. A violation of 'failing to submit to *Sample* collection' may be based on either intentional or negligent conduct of the *Athlete*, while 'evading' or 'refusing' *Sample* collection contemplates intentional conduct by the *Athlete*.

2.4 *Whereabouts failures*

Any combination of three missed tests and/or filing failures, as defined in the *International Standard for Testing and Investigations*, within a twelve-month period by an *Athlete* in a *Registered Testing Pool*.

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

Conduct which subverts the *Doping Control* process but which would not otherwise be included in the definition of *Prohibited Methods*. *Tampering* shall include, without limitation, intentionally interfering or attempting to interfere with a *Doping Control* official, providing fraudulent information to an *Anti-Doping Organisation* or intimidating or attempting to intimidate a potential witness.⁶

2.6 *Possession of a Prohibited Substance or a Prohibited Method*

- 2.6.1 *Possession by an Athlete In-Competition of any Prohibited Substance or any Prohibited Method, or Possession by an Athlete Out-of-Competition of any Prohibited Substance or any Prohibited Method which is prohibited Out-of-Competition unless the Athlete establishes that the Possession is consistent with a Therapeutic Use Exemption (TUE) granted in accordance with Article 4.4 or other acceptable justification.*
- 2.6.2 *Possession by an Athlete Support Person In-Competition of any Prohibited Substance or any Prohibited Method, or Possession by an Athlete Support Person Out-of-Competition of any Prohibited Substance or any Prohibited Method which is prohibited Out-of-Competition in connection with an Athlete, Competition or training, unless the Athlete Support Person establishes that the Possession is consistent with a TUE granted to an Athlete in accordance with Article 4.4 or other acceptable justification^{7, 8}.*

⁶ Comment to Article 2.5: For example, this Article would prohibit altering identification numbers on a Doping Control form during Testing, breaking the B bottle at the time of B Sample analysis, or altering a Sample by the addition of a foreign substance. Offensive conduct towards a Doping Control official or other Person involved in Doping Control which does not otherwise constitute Tampering may be addressed in the code of conduct.

⁷ Comment to Articles 2.6.1 and 2.6.2: Acceptable justification would not include, for example, buying or Possessing a Prohibited Substance for purposes of giving it to a friend or relative, except under justifiable medical circumstances where that Person had a physician's prescription, for example, buying Insulin for a diabetic child.

⁸ Comment to Article 2.6.2: Acceptable justification would include, for example, a team doctor carrying Prohibited Substances for dealing with acute and emergency situations.

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

Administration or Attempted Administration to any Athlete In-Competition of any Prohibited Substance or Prohibited Method, or Administration or Attempted Administration to any Athlete Out-of-Competition of any Prohibited Substance or any Prohibited Method that is prohibited Out-of-Competition

2.8 *Complicity*

Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an anti-doping rule violation, *Attempted* anti-doping rule violation or violation of Article 10.12.1 by another *Person*.

2.9 *Prohibited Association*

Association by an *Athlete* or other *Person* subject to the authority of an *Anti-Doping Organisation* in a professional or sport-related capacity with any *Athlete Support Person* who⁹:

- 2.9.1 If subject to the authority of an *Anti-Doping Organisation*, is serving a period of *Ineligibility*; or
- 2.9.2 If not subject to the authority of an *Anti-Doping Organisation*, and where *Ineligibility* has not been addressed in a results management process pursuant to *the Code*, has been convicted or found in a criminal, disciplinary or professional proceeding to have engaged in conduct which would have constituted a violation of anti-doping rules if *Code*-compliant rules had been applicable to such *Person*. The disqualifying status of such *Person* shall be in force for the longer of six years from the criminal, professional or disciplinary decision or the duration of the criminal, disciplinary or professional sanction imposed; or
- 2.9.3 Is serving as a front or intermediary for an individual described in Article 2.9.1 or 2.9.2.

In order for this provision to apply, it is necessary that the *Athlete* or other *Person* has previously been advised in writing by an *Anti-Doping Organisation* with jurisdiction over the *Athlete* or other

⁹ Comment to Article 2.9: *Athletes* and other *Persons* must not work with coaches, trainers, physicians or other *Athlete Support Personnel* who are *Ineligible* on account of an anti-doping rule violation or who have been criminally convicted or professionally disciplined in relation to doping. Some examples of the types of association which are prohibited include: obtaining training, strategy, technique, nutrition or medical advice; obtaining therapy, treatment or prescriptions; providing any bodily products for analysis; or allowing the *Athlete Support Person* to serve as an agent or representative. Prohibited association need not involve any form of compensation.

Person, or by WADA, of the *Athlete Support Person's* disqualifying status and the potential *consequence* of prohibited association and that the *Athlete* or other *Person* can reasonably avoid the association. The *Anti-Doping Organisation* shall also use reasonable efforts to advise the *Athlete Support Person* who is the subject of the notice to the *Athlete* or other *Person* that the *Athlete Support Person* may, within 15 days, come forward to the *Anti-Doping Organisation* to explain that the criteria described in Articles 2.9.1 and 2.9.2 do not apply to him or her. (Notwithstanding Article 16, this Article applies even when the *Athlete Support Person's* disqualifying conduct occurred prior to the effective date provided in Article 17.7.)

The burden shall be on the *Athlete* or other *Person* to establish that any association with *Athlete Support Personnel* described in Article 2.9.1 or 2.9.2 is not in a professional or sport-related capacity.

ARTICLE 3 PROOF OF DOPING

3.1 *Burdens and standards of proof*

The *IPF* shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether the *IPF* has established an anti-doping rule violation to the comfortable satisfaction of the disciplinary panel bearing in mind the seriousness of the allegation which is made. This standard of proof in all cases is greater than a mere balance of probability but less than proof beyond a reasonable doubt. Where these Anti-Doping Rules places 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 probability¹⁰.

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 rules of proof outlined in article 3.2 of the IPF Anti-Doping Rules shall be applicable in doping cases¹¹:

ARTICLE 4 THE PROHIBITED LIST

4.1 *Incorporation, Publication and Revision of the Prohibited List*¹²

These Anti-Doping Rules incorporates the *Prohibited List* which is published and revised by *WADA* as described in Article 4.1 of *the Code* as in force from time to time.

Unless provided otherwise in the *Prohibited List* and/or a revision, the *Prohibited List* and revisions shall go into effect under these Anti-Doping Rules three months after publication by *WADA* without requiring any further action by the *Anti-Doping Organisation*. All *Athletes* and other *Persons* shall be bound by the *Prohibited List*, and any revisions thereto, from the date they go into effect, without further formality. It is the responsibility of all *Athletes* and other *Persons* to familiarise themselves with the most up-to-date version of the *Prohibited List* and all revisions thereto.

¹⁰ Comment to Article 3.1: This standard of proof required to be met by the *Anti-Doping Organisation* is comparable to the standard which is applied in most countries to cases involving professional misconduct.

¹¹ Comment to Article 3.2: For example, an *Anti-Doping Organisation* may establish an anti-doping rule violation under Article 2.2 based on the *Athlete's* admissions, the credible testimony of third *Persons*, reliable documentary evidence, reliable analytical data from either an *A* or *B Sample* as provided in the Comments to Article 2.2, or conclusions drawn from the profile of a series of the *Athlete's* blood or urine *Samples*, such as data from the *Athlete Biological Passport*.

¹² Comment to Article 4.1: For the sake of predictability, a new *Prohibited List* will be published every year whether or not changes have been made. *WADA* will always have the most current *Prohibited List* published on its website. The current *Prohibited List* is available on *WADA's* website at www.wada-ama.org.

4.2 *Prohibited Substances and Prohibited Methods Identified on the Prohibited List*¹³

4.2.1 *Prohibited Substances and Prohibited Methods*

The *Prohibited List* shall identify those *Prohibited Substances* and *Prohibited Methods* which are prohibited as doping at all times (both *In-Competition* and *Out-of-Competition*) because of their potential to enhance performance in future *Competitions* or their masking potential, and those substances and methods which are prohibited *In-Competition* only. The *Prohibited List* may be expanded by WADA for a particular sport. *Prohibited Substances* and *Prohibited Methods* may be included in the *Prohibited List* by general category (for example, anabolic agents) or by specific reference to a particular substance or method.

4.2.2 *Specified Substances*

For purposes of the application of Article 10, all *Prohibited Substances* shall be *Specified Substances* except substances in the classes of anabolic agents and hormones and those stimulants and hormone antagonists and modulators so identified on the *Prohibited List*. The category of *Specified Substances* shall not include *Prohibited Methods*¹⁴.

4.3 *WADA's determination of the Prohibited List*

WADA's determination of the *Prohibited Substances* and *Prohibited Methods* that will be included on the *Prohibited List*, the classification of substances into categories on the *Prohibited List*, and the classification of a substance as prohibited at all times or *In-Competition* only, is final and shall not be subject to challenge by an *Athlete* or other *Person*.

4.4 *Therapeutic Use Exemptions (TUEs)*

4.4.1 The presence of a *Prohibited Substance* or its *Metabolites* or *Markers*, and/or the *Use* or *Attempted Use*, *Possession* or *Administration* or *Attempted Administration* of a *Prohibited Substance* or *Prohibited Method* shall not be considered an anti-doping rule violation if it is consistent with the provisions of a *TUE* granted in accordance with the *International Standard for Therapeutic Use Exemptions*.

¹³ Comment to Article 4.2: *Out-of-Competition Use* of a substance which is only prohibited *In-Competition* is not an anti-doping rule violation unless an *Adverse Analytical Finding* for the substance or its *Metabolites* or *Markers* is reported for a *Sample* collected *In Competition*.

¹⁴ Comment to Article 4.2.2: The *Specified Substances* identified in Article 4.2.2 should not in any way be considered less important or less dangerous than other doping substances. Rather, they are simply substances which are more likely to have been consumed by an *Athlete* for a purpose other than the enhancement of sport performance.

4.4.2 Any *Athlete* up to and including National Level who needs to *Use a Prohibited Substance* or *Prohibited Method* for therapeutic purposes should apply to the Chief Executive Officer of *BRITISH POWERLIFTING* for a *TUE* as soon as the need arises and in any event (or where Article 4.3 of the *International Standard for Therapeutic Use Exemptions* applies in regard to retroactive *TUEs*) at least 30 days before the *Athlete's* next *Competition*, by downloading and completing the form found on the *BRITISH POWERLIFTING* website useful documents section with the assistance of their doctor. *BRITISH POWERLIFTING* will consider applications for the grant or recognition of *TUEs*. *BRITISH POWERLIFTING* shall promptly evaluate and decide upon the application in accordance with the relevant provisions of the *International Standard for Therapeutic Use Exemptions*. *BRITISH POWERLIFTING's* decision shall be final (except as outlined in Article 4.4.6) and where *BRITISH POWERLIFTING* has granted a *TUE*, the decision shall be reported to *WADA* and other relevant *Anti-Doping Organisations* in accordance with the *International Standard for Therapeutic Use Exemptions*¹⁵.

4.4.3 If an *Anti-Doping Organisation* chooses to test an *Athlete* who is not an *International-Level* or a *National-Level Athlete*, and that *Athlete* was not required to obtain a *TUE* in advance in accordance with 4.4.2. The *Athlete* may apply for a retroactive *TUE* for any *Prohibited Substance* or *Prohibited Method* that he/she is using for therapeutic reasons.

4.4.4 A *TUE* granted by *BRITISH POWERLIFTING* is valid at national level only. An *Athlete* who is or becomes an *International-Level Athlete* should do the following:

4.4.4.1 Where the *Athlete* already has a *TUE* granted by *BRITISH POWERLIFTING* for the substance or method in question, the *Athlete* must apply to the *IPF* to recognise that *TUE* for the purposes of international competition, in accordance with Article 7 of the *International Standard for Therapeutic Use Exemptions*. If that *TUE* meets the criteria set out in the *International Standard for Therapeutic Use Exemptions*, then the international federation shall recognise it for purposes of *International-Level Competition* as well. If

¹⁵ Comment to Article 4.4.2: The submission of false or misleading information in support of a *TUE* application (including but not limited to the failure to advise of the unsuccessful outcome of a prior application to another *Anti-Doping Organisation* for such a *TUE*) may result in a charge of *Tampering* or *Attempted Tampering* under Article 2.5. An *Athlete* should not assume that his/her application for grant or recognition of a *TUE* (or for renewal of a *TUE*) will be granted. Any *Use* or *Possession* or administration of a *Prohibited Substance* or *Prohibited Method* before an application has been granted is entirely at the *Athlete's* own risk.

the international federation considers that the *TUE* granted by *BRITISH POWERLIFTING* does not meet those criteria and so refuses to recognise it, the international federation shall notify the *International-Level Athlete* and *BRITISH POWERLIFTING* promptly with reasons¹⁶.

4.4.4.2 If the *Athlete* does not already have a *TUE* granted by *BRITISH POWERLIFTING* for the substance or method in question, the *Athlete* must apply directly to the international federation for a *TUE* in accordance with the process set out in the *International Standard for Therapeutic Use Exemptions*. If the international federation grants the *Athlete's* application, it shall notify the *Athlete* and *BRITISH POWERLIFTING*. If *BRITISH POWERLIFTING* considers that the *TUE* granted by the international federation does not meet the criteria set out in the *International Standard for Therapeutic Use Exemptions*, it has 21 days from such notification to refer the matter to *WADA* for review. If *BRITISH POWERLIFTING* refers the matter to *WADA* for review, the *TUE* granted by the international federation remains valid for *International-Level Competition* and *Out-of-Competition Testing* (but is not valid for national-level *Competition*) pending *WADA's* decision. If *BRITISH POWERLIFTING* does not refer the matter to *WADA* for review, the *TUE* granted by the international federation becomes valid for national-level *Competition* as well when the 21-day review deadline expires¹⁷.

4.4.5 Expiration, cancellation, withdrawal or reversal of a *TUE*

4.4.5.1 A *TUE* granted pursuant to these Anti-Doping Rules: (a) shall expire automatically at the end of any term for which it was granted, without the need for any further notice or other formality; (b) may be cancelled if the *Athlete* does not promptly comply with any requirements or conditions imposed by the *TUE Committee* upon

¹⁶ Comment to Article 4.4.4.1: Further to Articles 5.6 and 7.1(a) of the *International Standard for Therapeutic Use Exemptions*, an international federation may publish notice on its website that it will automatically recognise *TUE* decisions (or categories of such decisions, for example, as to particular substances or methods) made by *National Anti-Doping Organisations*. If an *Athlete's TUE* falls into a category of automatically recognised *TUEs*, then he/she does not need to apply to his/her international federation for recognition of that *TUE*.

¹⁷If an international federation refuses to recognise a *TUE* granted by *BRITISH POWERLIFTING* only because medical records or other information are missing that are needed to demonstrate satisfaction of the criteria in the *International Standard for Therapeutic Use Exemptions*, the file should be completed and re-submitted to the international federation.

grant of the *TUE*; (c) may be withdrawn by the *TUE Committee* if it is subsequently determined that the criteria for grant of a *TUE* are not in fact met; or (d) may be reversed on review by IPF or WADA.

4.4.5.2 In such event, the *Athlete* shall not be subject to any *consequences* based on his/her *Use* or *Possession* or *Administration* of the *Prohibited Substance* or *Prohibited Method* in question in accordance with the *TUE* prior to the effective date of expiry, cancellation, withdrawal or reversal of the *TUE*. The review pursuant to Article 7.2 of any subsequent *Adverse Analytical Finding* shall include consideration of whether such finding is consistent with *Use* of the *Prohibited Substance* or *Prohibited Method* prior to that date, in which event no anti-doping rule violation shall be asserted.

4.4.6 Reviews and appeals of *TUE* decisions

4.4.6.1 If *BRITISH POWERLIFTING* denies an application for a *TUE*, the *Athlete* may appeal to the *BRITISH POWERLIFTING Board* within 21 days.

4.4.6.2 A failure to take action within a reasonable time on a properly submitted application for grant recognition of a *TUE* or for review of a *TUE* decision shall be considered a denial of the application.

ARTICLE 5 TESTING AND INVESTIGATIONS

5.1 *Purpose of Testing and Investigations*

Testing and investigations shall only be undertaken for anti-doping purposes. They shall be conducted in conformity with the provisions of the *International Standard for Testing and Investigations* and the specific protocols of *BRITISH POWERLIFTING* supplementing that *International Standard*.

5.1.1 All *Athletes* must comply with any request for *Testing* by an *Anti-Doping Organisation* with *testing jurisdiction*. *Testing* shall be undertaken to obtain analytical evidence as to the *Athlete's* compliance (or noncompliance) with the strict *Code* prohibition on the presence/*Use* of a *Prohibited Substance* or *Prohibited Method*.

- 5.1.2 Investigations shall be undertaken:
- 5.1.2.1 in relation to *Atypical Findings*, *Atypical Passport Findings* and *Adverse Passport Findings*, in accordance with Articles 7.4 and 7.5 respectively, gathering intelligence or evidence (including, in particular, analytical evidence) in order to determine whether an anti-doping rule violation has occurred under Article 2.1 and/or Article 2.2; and
 - 5.1.2.2 in relation to their indications of potential anti-doping rule violations, in accordance with Articles 7.6 and 7.7, gathering intelligence or evidence (including, in particular, non-analytical evidence) in order to determine whether an anti-doping rule violation has occurred under any of Articles 2.2 to 2.10.
- 5.1.3 *BRITISH POWERLIFTING* may obtain, assess and process anti-doping intelligence from all available sources, to inform the development of an effective, intelligent and proportionate test distribution plan, to plan *Target Testing*, and/or to form the basis of an investigation into a possible anti-doping rule violation(s).

5.2 *Authority to conduct Testing*¹⁸

- 5.2.1 Any *Athlete* may be required to provide a *Sample* at any time and at any place by *BRITISH POWERLIFTING* and any *Anti-Doping Organisation* with *Testing* authority over him or her.
- 5.2.1.1 The IPF shall have *In-Competition* and *Out-of-Competition Testing* authority over all *Athletes* who are subject to its rules, including those who participate in *International Events* or who participate in *Events* governed by the rules of the international federation, or who are members or license holders of the international federation or the *sporting administration body*, or their member organisations or affiliates.

¹⁸ Comment to Article 5.2: Unless the *Athlete* has identified a 60-minute time-slot for *Testing* between the hours of 11pm and 6am, or has otherwise consented to *Testing* during that period, the *Anti-Doping Organisation* will not test an *Athlete* during that period unless it has a serious and specific suspicion that the *Athlete* may be engaged in doping. A challenge to whether the *Anti-Doping Organisation* had sufficient suspicion for *Testing* in that period shall not be a defence to an anti-doping rule violation based on such test or attempted test.

- 5.2.2 For the avoidance of doubt, *BRITISH POWERLIFTING* and the IPF may require any *Athlete* over whom it has *Testing* authority (including any *Athlete* serving a period of *Ineligibility*) to provide a *Sample* at any time and at any place.
- 5.2.3 WADA shall have *In-Competition* and *Out-of-Competition Testing* authority as set out in Article 17.7.8 of *the Code*.
- 5.2.4 If *BRITISH POWERLIFTING*, IPF or *Major Event Organisation* delegates or contracts any part of *Testing* to a *National Anti-Doping Organisation* (directly or through a *National Federation*), that *National Anti-Doping Organisation* may collect additional *Samples* or direct the laboratory to perform additional types of analysis at the *National Anti-Doping Organisation's* expense. If additional *Samples* are collected or additional types of analysis are performed, the international federation or *Major Event Organisation* shall be notified.
- 5.2.5 Where another *Anti-Doping Organisation* with *Testing* authority over an *Athlete* who is subject to these Anti-Doping Rules conducts *Testing* on that *Athlete*, *BRITISH POWERLIFTING* shall recognise such *Testing* in accordance with Article 15, and (where agreed with that other *Anti-Doping Organisation* or otherwise provided in Article 7 of *the Code*) the IPF may bring proceedings against the *Athlete* pursuant to these Anti-Doping Rules for any anti-doping rule violation(s) arising in relation to such *Testing*.

5.3 *Event Testing*

- 5.3.1 Except as provided in Article 5.3 of *the Code*, only a single organisation should be responsible for initiating and directing *Testing* at *Event Venues* during an *Event Period*. At *International Events*, the collection of *Samples* shall be initiated and directed by the international federation (or any other international organisation which is the ruling body for the *Event*). At *National Events*, the collection of *Samples* shall be initiated and directed by *BRITISH POWERLIFTING*. At the request of the ruling body for an *Event*, any *Testing* during the *Event Period* outside of the *Event Venues* shall be coordinated with that ruling body.
- 5.3.2 If an *Anti-Doping Organisation* which would otherwise have *Testing* authority but is not responsible for initiating and directing *Testing* at an *Event* desires to conduct *Testing* of *Athletes* at the *Event Venues* during the *Event Period*, the *Anti-Doping Organisation* shall first confer with *BRITISH POWERLIFTING* to obtain permission to conduct and coordinate such *Testing*. If the *Anti-Doping Organisation* is not satisfied with the response from *BRITISH POWERLIFTING*, the

Anti-Doping Organisation may ask *WADA* for permission to conduct *Testing* and to determine how to coordinate such *Testing*, in accordance with the procedures set out in the *International Standard for Testing and Investigations*. *WADA* shall not grant approval for such *Testing* before consulting with and informing the ruling body for the *Event*. *WADA's* decision shall be final and not subject to appeal. Unless otherwise provided in the authorisation to conduct *Testing*, such tests shall be considered *Out-of-Competition* tests. Results management for any such test shall be the responsibility of the *Anti-Doping Organisation* initiating the test unless provided otherwise in the rules of *BRITISH POWERLIFTING*.

5.4 *Retired Athletes returning to competition*

- 5.4.1 If an *International- or National-Level Athlete* in a *Registered Testing Pool* retires and then wishes to return to active participation in sport, the *Athlete* shall not compete in *International Events* or *National Events* until the *Athlete* has made himself or herself available for *Testing*, by giving six-months prior written notice to the international federation, where applicable, and *BRITISH POWERLIFTING*. *WADA*, in consultation with the international federation and *BRITISH POWERLIFTING*, may grant an exemption to the six-month written notice rule where the strict application of that rule would be manifestly unfair to an *Athlete*. This decision may be appealed under Article 12. Any competitive results obtained in violation of this Article shall be *Disqualified*.
- 5.4.2 If an *Athlete* retires from sport while subject to a period of *Ineligibility* the *Athlete* shall not resume competing in *International Events* or any *Nationally held Events* until the *Athlete* has given six months prior written notice (or notice equivalent to the period of *Ineligibility* remaining as of the date the *Athlete* retired, if that period was longer than six months) to *BRITISH POWERLIFTING* and to the international federation, where applicable of his/her intent to resume competing and has made him/herself available for *Testing* for that notice period, including (if requested) complying with the whereabouts requirements of Annex I to the *International Standard for Testing and Investigations*.

ARTICLE 6 ANALYSIS OF SAMPLES

Samples shall be analysed in accordance with the following principles.

6.1 *Use of accredited and approved laboratories*¹⁹

For purposes of Article 2.1, *Samples* shall be analysed only in laboratories accredited or otherwise approved by WADA. The choice of the WADA-accredited or WADA-approved laboratory used for the *Sample* analysis shall be determined exclusively by BRITISH POWERLIFTING or the *Anti-Doping Organisation* responsible for results management.

6.2 *Purpose of analysis of samples*²⁰

6.2.1 *Samples* shall be analysed to detect *Prohibited Substances* and *Prohibited Methods* and other substances as may be directed by WADA pursuant to the monitoring program described in Article 4.5 of the *Code*; or to assist in profiling relevant parameters in an *Athlete's* urine, blood or other matrix, including DNA or genomic profiling; or for any other legitimate anti-doping purpose. *Samples* may be collected and stored for future analysis.

6.2.2 BRITISH POWERLIFTING or an *Anti-Doping Organisation* shall ask laboratories to analyse *Samples* in conformity with Article 6.4 of the *Code* and Article 4.7 of the *International Standard for Testing and Investigations*.

6.3 *Research on Samples*

No *Sample* may be used for research without the *Athlete's* written consent. *Samples* used for purposes other than Article 6.2 shall have any means of identification removed such that they cannot be traced back to a particular *Athlete*.

6.4 *Standards for Sample analysis and reporting*²¹

Laboratories shall analyse *Samples* and report results in conformity with the *International Standard for Laboratories*. To ensure effective *Testing*, the Technical Document referenced at

¹⁹ Comment to Article 6.1: Violations of Article 2.1 may be established only by *Sample* analysis performed by a laboratory accredited or otherwise approved by WADA. Violations of other Articles may be established using analytical results from other laboratories so long as the results are reliable.

²⁰ Comment to Article 6.2: For example, relevant profile information could be used to direct *Target Testing* or to support an anti-doping rule violation proceeding under Article 2.2, or both.

²¹ Comment to Article 6.4: The objective of this Article is to extend the principle of 'intelligent *Testing*' to the *Sample* analysis menu so as to most effectively and efficiently detect doping. It is recognised that the resources available to fight doping are limited and that increasing the *Sample* analysis menu may, in some sports and countries, reduce the number of *Samples* which can be analysed.

Article 5.4.1 of the *Code* will establish risk assessment-based *Sample* analysis menus appropriate for particular sports and sport disciplines, and laboratories shall analyse *Samples* in conformity with those menus, except as follows:

- 6.4.1 An *Anti-Doping Organisation* may request that laboratories analyse its *Samples* using more extensive menus than those described in the Technical Document.
- 6.4.2 *Anti-Doping Organisations* may request that laboratories analyse its *Samples* using less extensive menus than those described in the Technical Document only if they have satisfied *WADA* that, because of the particular circumstances of its country or of the sport in question, as set out in their test distribution plan, less extensive analysis would be appropriate.
- 6.4.3 As provided in the *International Standard for Laboratories*, laboratories at their own initiative and expense may analyse *Samples* for *Prohibited Substances* or *Prohibited Methods* not included on the *Sample* analysis menu described in the Technical Document or specified by the *Testing* authority. Results from any such analysis shall be reported and have the same validity and consequence as any other analytical result.

6.5 Further analysis of samples

Any *Sample* may be subject to further analysis by the *Anti-Doping Organisation* responsible for results management at any time before both the *A* and *B Sample* analytical results (or *A Sample* result where *B Sample* analysis has been waived or will not be performed) have been communicated by the *Anti-Doping Organisation* to the *Athlete* as the asserted basis for an Article 2.1 anti-doping rule violation.

Samples may be stored and subjected to further analyses for the purpose of Article 6.2 at any time exclusively at the direction of the *Anti-Doping Organisation* that initiated and directed *Sample* collection or *WADA*. (Any *Sample* storage or further analysis initiated by *WADA* shall be at *WADA*'s expense.) Further analysis of *Samples* shall conform with the requirements of the *International Standard for Laboratories* and the *International Standard for Testing and Investigations*.

ARTICLE 7 RESULTS MANAGEMENT

7.1 Responsibility for conducting results management

7.1.1 The International Powerlifting Federation shall have responsibility for results management of all potential anti-doping rule violations under these Anti-Doping Rules in accordance with Article 7 of the *Code*,

7.1.2 The IPF Doping Hearing Panel or Anti-doping Commission where applicable will be responsible for adjudicating the matter.

7.2 Results Management to be conducted pursuant to Article 7 of the IPF Anti-Doping Rules

7.2.1 As results management is the responsibility of the IPF, the IPF Anti-Doping Rules will apply.

ARTICLE 8 RIGHT TO A FAIR HEARING

8.1 Hearings and all disciplinary proceedings will be carried out pursuant to Article 8 of the IPF Anti-Doping Rules.

ARTICLE 9 AUTOMATIC DISQUALIFICATION OF INDIVIDUAL RESULTS²²

An anti-doping rule violation in *Individual Sports* in connection with an *In-Competition* test automatically leads to *Disqualification* of the result obtained in that *Competition* with all resulting *Consequences*, including forfeiture of any medals, points and prizes.

²² Comment to Article 9: In sports which are not *Team Sports* but where awards are given to teams, *Disqualification* or other disciplinary action against the team when one or more team members have committed an anti-doping rule violation shall be as provided in the applicable rules of the international federation.

ARTICLE 10 SANCTIONS ON INDIVIDUALS²³

10.1 Sanctions on individuals will be governed by article 10 of the IPF Anti-Doping Rules.

ARTICLE 11 CONSEQUENCES TO TEAMS

NOT APPLICABLE FOR POWERLIFTING

ARTICLE 12 APPEALS

12.1 *Decisions subject to appeal*

Decisions made under these Anti-Doping Rules may be appealed as set forth in article 13 of the IPF Anti-Doping Rules.

ARTICLE 13 CONFIDENTIALITY AND REPORTING

13.1 *Information concerning Adverse Analytical Findings, Atypical Findings and other asserted Anti-Doping Rule Violations*

13.1.1 Notice of Anti-Doping Rule Violations to *Athletes* and other *Persons*

Notice to *Athletes* or other *Persons* that an anti-doping rule violation is being asserted against them shall occur as provided under Articles 7 and 13 of these Anti-Doping Rules. Notice to an *Athlete* or other *Person* who is a member of the *sporting administration body* may be put into effect by delivery of the notice to the *sporting administration body*.

13.1.2 Notice of anti-doping rule violations to the international federation and WADA

²³ Comment to Article 10: Harmonisation of sanctions has been one of the most discussed and debated areas of anti-doping. Harmonisation means that the same rules and criteria are applied to assess the unique facts of each case. Arguments against requiring harmonisation of sanctions are based on differences between sports including, for example, the following: in some sports the *Athletes* are professionals making a sizable income from the sport and in others the *Athletes* are true amateurs; in those sports where an *Athlete's* career is short, a standard period of *Ineligibility* has a much more significant effect on the *Athlete* than in sports where careers are traditionally much longer. A primary argument in favour of harmonisation is that it is simply not right that two *Athletes* from the same country who test positive for the same *Prohibited Substance* under similar circumstances should receive different sanctions only because they participate in different sports. In addition, flexibility in sanctioning has often been viewed as an unacceptable opportunity for some sporting organisations to be more lenient with dopers. The lack of harmonisation of sanctions has also frequently been the source of jurisdictional conflicts between international federations and *National Anti-Doping Organisations*.

Notice of the assertion of an anti-doping rule violation to the international federation and *WADA* shall occur as provided under Articles 7 and 13 of these Anti-doping rules, simultaneously with the notice to the *Athlete* or other *Person*.

13.1.3 Content of an anti-doping rule violation Notice

Notification shall include: the *Athlete's* name, country, sport and discipline within the sport, the *Athlete's* competitive level, whether the test was *In Competition* or *Out-of-Competition*, the date of *Sample* collection, the analytical result reported by the laboratory, and other information as required by the *International Standard for Testing and Investigations* (where applicable), or, for anti-doping rule violations other than under Article 2.1, the rule violated and the basis of the asserted violation.

13.1.4 Status reports

Except with respect to investigations which have not resulted in notice of an anti-doping rule violation pursuant to Article 13.1.1, the international federation and *WADA* shall be regularly updated on the status and findings of any review or proceedings conducted pursuant to Article 7, 8 or 12 and shall be provided with a prompt written reasoned explanation or decision explaining the resolution of the matter.

13.1.5 Confidentiality

The recipient organisations shall not disclose this information beyond those *Persons* with a need to know (which would include the appropriate personnel at the applicable *National Olympic Committee*, *National Federation*, and team in a *Team Sport*) until IPF, *BRITISH POWERLIFTING*, the *sporting administration body* or other *Anti-Doping Organisation* has made public disclosure or has failed to make Public Disclosure as required in Article 13.3.

13.2 *Notice of anti-doping rule violation decisions and request for files*

13.2.1 Anti-doping rule violation decisions rendered pursuant to Articles 7 8 10 or 12 of the IPF Anti-Doping Rules shall include the full reasons for the decision, including, if applicable, a justification for why the greatest possible *Consequences* were not imposed.

13.2.2 An *Anti-Doping Organisation* having a right to appeal a decision received pursuant to Article 13 of the IPF Anti-Doping Rules may, within fifteen days of receipt, request a copy of the full case file pertaining to the decision.

13.3 *Public disclosure*

13.3.1 The identity of any *Athlete* or other *Person* who is asserted by IPF, *BRITISH POWERLIFTING* or another *Anti-Doping Organisation* to have committed an anti-doping rule violation, may be *Publicly Disclosed* by IPF *BRITISH POWERLIFTING* or another *Anti-Doping Organisation* only after notice has been provided to the *Athlete* or other *Person* in accordance with the IPF Anti-Doping Rules.

13.3.2 No later than twenty days after it has been determined in a final appellate decision under Article 12, or such appeal has been waived, or a hearing in accordance with Article 8 has been waived, or the assertion of an anti-doping rule violation has not been timely challenged, IPF, *BRITISH POWERLIFTING* and the *sporting administration body* must *Publicly Report* the disposition of the matter, including the sport, the anti-doping rule violated, the name of the *Athlete* or other *Person* committing the violation, the *Prohibited Substance* or *Prohibited Method* involved (if any) and the *Consequences* imposed. IPF, *BRITISH POWERLIFTING* and the *sporting administration body* must also *Publicly Report* within twenty days the results of final appeal decisions concerning anti-doping rule violations, including the information described above.

13.3.3 In any case where it is determined, after a hearing or appeal, that the *Athlete* or other *Person* did not commit an anti-doping rule violation, the decision may be *Publicly Disclosed* only with the consent of the *Athlete* or other *Person* who is the subject of the decision. IPF *BRITISH POWERLIFTING* and the *sporting administration body* shall use reasonable efforts to obtain such consent. If consent is obtained, *BRITISH POWERLIFTING* and the *sporting administration body* shall *Publicly Disclose* the decision in its entirety or in such redacted form as the *Athlete* or other *Person* may approve.

13.3.4 Publication shall be accomplished at a minimum by placing the required information on *BRITISH POWERLIFTING*'s website or publishing it through

other means and leaving the information up for the longer of one month or the duration of any period of *Ineligibility*.

13.3.5 Neither IPF, *BRITISH POWERLIFTING*, nor the *sporting administration body*, nor any official of either body, shall publicly comment on the specific facts of any pending case (as opposed to general description of process and science) except in response to public comments attributed to the *Athlete* or other *Person* against whom an anti-doping rule violation is asserted, or their representatives.

13.3.6 The mandatory *Public Reporting* required in Article 13.3.2 shall not be required where the *Athlete* or other *Person* who has been found to have committed an anti-doping rule violation is a *Minor*. Any optional *Public Reporting* in a case involving a *Minor* shall be proportionate to the facts and circumstances of the case.

13.6 *Data Privacy*

13.6.1 BRITISH POWERLIFTING may collect, store, process or disclose personal information relating to Athletes and other Persons where necessary and appropriate to conduct their anti-doping activities under the Code, the International Standards (including specifically the International Standard for the Protection of Privacy and Personal Information) and these Anti-Doping Rules.

13.6.2 Any Participant who submits information including personal data to any Person in accordance with these Anti-Doping Rules shall be deemed to have agreed, pursuant to applicable data protection laws and otherwise, that such information may be collected, processed, disclosed and used by such Person for the purposes of the implementation of these Anti-Doping Rules, in accordance with the International Standard for the Protection of Privacy and Personal Information and otherwise as required to implement these Anti-Doping Rules.

ARTICLE 14 APPLICATION AND RECOGNITION OF DECISIONS

14.1 Subject to the right to appeal provided in Article 12, *Testing*, hearing results or other final adjudications of any Code *Signatory* which are consistent with the *Code* and are within that *Signatory's* authority shall be applicable worldwide and shall be recognised and respected by BRITISH POWERLIFTING and the *sporting administration body*²⁴.

14.2 BRITISH POWERLIFTING and the *sporting administration body* shall recognise the measures taken by other bodies which have not accepted the *Code* if the rules of those bodies are otherwise consistent with the *Code*.

²⁴ Comment to Article 14.1: The extent of recognition of *TUE* decisions of other *Anti-Doping Organisations* shall be determined by Article 4.4 and the *International Standard for Therapeutic Use Exemptions*.

ARTICLE 15 STATUTE OF LIMITATIONS

No anti-doping rule violation proceeding may be commenced against an *Athlete* or other *Person* unless he or she has been notified of the anti-doping rule violation as provided in Article 7, or notification has been reasonably attempted, within ten years from the date the violation is asserted to have occurred.

ARTICLE 16 EDUCATION

BRITISH POWERLIFTING will plan, implement, evaluate and monitor anti-doping information, education and prevention programs, and shall support active participation by *Athletes* and *Athlete Support Personnel* in such programs.

ARTICLE 17 AMENDMENT AND INTERPRETATION OF ANTI-DOPING RULES

17.1 These Anti-Doping Rules may be amended from time to time by *BRITISH POWERLIFTING*.

17.2 These anti-doping rules shall be interpreted as an independent and autonomous text and not by reference to existing law or statutes.

17.3 The headings (with the exception of Article 2) used for the various Parts and Articles of these anti-doping rules are for convenience only and shall not be deemed part of the substance of these anti-doping rules or to affect in any way the language of the provisions to which they refer.

17.4 *The IPF Anti-Doping Rules, Code* and the *International Standards* shall be considered integral parts of this Anti-Doping Policy and shall prevail in case of conflict.

17.5 These anti-doping rules has 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 Introduction shall be considered an integral part of these anti-doping rules.

17.6 The comments annotating various provisions of the *Code* and these Anti-Doping Rules shall be used to interpret these Anti-Doping Rules.

17.7 These Anti-Doping Rules takes full force and effect on 1 January 2016 (the 'Effective Date'). It shall not apply retroactively to matters pending before the Effective Date; provided, however, that:

- 17.7.1 Anti-doping rule violations taking place prior to the Effective Date count as ‘first violations’ or ‘second violations’ for purposes of determining sanctions under Article 10 for violations taking place after the Effective Date.
- 17.7.2 The retrospective periods in which prior violations can be considered for purposes of multiple violations under Article 10 and the statute of limitations set forth in Article 16 are procedural rules and should be applied retroactively; provided, however, that Article 15 shall only be applied retroactively if the statute of limitation period has not already expired by the Effective Date. Otherwise, with respect to any anti-doping rule violation case which is pending as of the Effective Date and any anti-doping rule violation case brought after the Effective Date based on an anti-doping rule violation which occurred prior to the Effective Date, the case shall be governed by the substantive anti-doping rules in effect at the time the alleged anti-doping rule violation occurred, unless the panel hearing the case determines the principle of ‘lex mitior’ appropriately applies under the circumstances of the case.
- 17.7.3 Any Article 2.4 whereabouts failure (whether a filing failure or a missed test, as those terms are defined in the *International Standard for Testing and Investigations*) prior to the Effective Date shall be carried forward and may be relied upon, prior to expiry, in accordance with the *International Standard for Testing and Investigation*, but it shall be deemed to have expired 12 months after it occurred.
- 17.7.4 With respect to cases where a final decision finding an anti-doping rule violation has been rendered prior to the Effective Date, but the *Athlete* or other *Person* is still serving the period of *Ineligibility* as of the Effective Date, the *Athlete* or other *Person* may apply to the *Anti-Doping Organisation* which had results management responsibility for the anti-doping rule violation to consider a reduction in the period of *Ineligibility* in light of these Anti-Doping Rules. Such application must be made before the period of *Ineligibility* has expired. The decision rendered may be appealed pursuant to Article 12.2. These Anti-Doping Rules shall have no application to any case where a final decision finding an anti-doping rule violation has been rendered and the period of *Ineligibility* has expired.

- 17.7.5 For purposes of assessing the period of *Ineligibility* for a second violation under Article 10, where the sanction for the first violation was determined based on rules in force prior to the Effective Date, the period of *Ineligibility* which would have been assessed for that first violation had these Anti-Doping Rules been applicable, shall be applied.

ARTICLE 18 INTERPRETATION OF THE *CODE*

- 18.1 This Anti-Doping Policy may be amended from time to time by BRITISH POWERLIFTING subject to written approval by the BRITISH POWERLIFTING Board.
- 18.2 This Anti-Doping Policy shall be interpreted as an independent and autonomous text and not by reference to existing law or statutes.
- 18.3 The headings (with the exception of Article 2) used for the various Parts and articles of this Anti-Doping Policy are for convenience only and shall not be deemed part of the substance of this Anti-Doping Policy or to affect in any way the language of the provisions to which they refer.
- 18.4 The IPF Anti-Doping Rules, the Code and the International Standards shall be considered integral parts of this Anti-Doping Policy and shall prevail in case of conflict.
- 18.5 This Anti-Doping Policy has 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 Introduction shall be considered an integral part of this Anti-Doping Policy.
- 18.6 The comments annotating various provisions of the Code and this Anti-Doping Policy shall be used to interpret this Anti-Doping Policy.

ARTICLE 19 ADDITIONAL ROLES AND RESPONSIBILITIES OF *ATHLETES* AND OTHER *PERSONS*

19.1 *Roles and responsibilities of Athletes*

- 19.1.1 To be knowledgeable of and comply with these Anti-Doping Rules.

- 19.1.2 To be available for *Sample* collection at all times²⁵.
- 19.1.3 To take responsibility, in the context of anti-doping, for what they ingest and *Use*.
- 19.1.4 To inform medical personnel of their obligation not to *Use Prohibited Substances* and *Prohibited Methods* and to take responsibility to make sure that any medical treatment received does not violate these Anti-Doping Rules.
- 19.1.5 To disclose to the international federation and to *BRITISH POWERLIFTING* any decision by a non-*Signatory* finding that the *Athlete* committed an anti-doping rule violation within the previous ten years.
- 19.1.6 To cooperate with *BRITISH POWERLIFTING* and all *Anti-Doping Organisations* investigating anti-doping rule violations.

19.2 *Roles and responsibilities of Athlete Support Personnel*

- 19.2.1 To be knowledgeable of and comply with these Anti-Doping Rules.
- 19.2.2 To cooperate with the *Athlete Testing* program.
- 19.2.3 To use his or her influence on *Athlete* values and behaviour to foster anti-doping attitudes.
- 19.2.4 To disclose to the international federation and to *BRITISH POWERLIFTING* any decision by a non-*Signatory* finding that he or she committed an anti-doping rule violation within the previous ten years.
- 19.2.5 To cooperate with *BRITISH POWERLIFTING* and all *Anti-Doping Organisations* investigating anti-doping rule violations.
- 19.2.6 *Athlete Support Personnel* shall not *Use* or *Possess* any *Prohibited Substance* or *Prohibited Method* without valid justification.

NOTE: Coaches and other *Athlete Support Personnel* are often role models for *Athletes*. They should not be engaging in personal conduct which conflicts with their responsibility to encourage

²⁵ Comment to Article 19.1.2: With due regard to an *Athlete's* human rights and privacy, legitimate anti-doping considerations sometimes require *Sample* collection late at night or early in the morning. For example, it is known that some *Athletes* use low doses of EPO during these hours so that it will be undetectable in the morning.

their *Athletes* not to dope. *Use or Possession of a Prohibited Substance or Prohibited Method* by an *Athlete Support Person* without valid justification is not an anti-doping rule violation under the *Code*, but it is a breach under the *sporting administration body Code of Conduct*.

APPENDIX 1 DEFINITIONS²⁶

ADAMS: The Anti-Doping Administration and Management System is a web-based database management tool for data entry, storage, sharing and reporting designed to assist stakeholders and WADA in their anti-doping operations in conjunction with data protection legislation.

Administration: Providing, supplying, supervising, facilitating, or otherwise participating in the *Use or Attempted Use* by another *Person* of a *Prohibited Substance* or *Prohibited Method*.

However, this definition shall not include the actions of bona fide medical personnel involving a *Prohibited Substance* or *Prohibited Method* used for genuine and legal therapeutic purposes or other acceptable justification and shall not include actions involving *Prohibited Substances* which are not prohibited in *Out-of-Competition Testing* unless the circumstances as a whole demonstrate that such *Prohibited Substances* are not intended for genuine and legal therapeutic purposes or are intended to enhance sport performance.

Adverse Analytical Finding: A report from a WADA-accredited laboratory or other WADA approved laboratory that, consistent with the *International Standard for Laboratories* and related Technical Documents, identifies in a *Sample* the presence of a *Prohibited Substance* or its *Metabolites* or *Markers* (including elevated quantities of endogenous substances) or evidence of the *Use* of a *Prohibited Method*.

Adverse Passport Finding: A report identified as an *Adverse Passport Finding* as described in the applicable *International Standards*.

Anti-Doping Organisation: 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 Organisations* that conduct *Testing* at their *Events*, WADA, international federations, and *National Anti-Doping Organisations*. For the purposes of these Anti-Doping Rules, *BRITISH POWERLIFTING* is not an *Anti-Doping Organisation*.

Archives Act 1983(Cth): is the Commonwealth legislation that governs the retention and disposal of Commonwealth records. The *BRITISH POWERLIFTING's* Disposal Authority document is approved pursuant to that legislation, and it categorises types of records and classifies how long those records must be retained, and how they must be stored.

Athlete: Any *Person* who competes in sport at the international level (as defined by each international federation), or the national level (as defined by each *National Anti-Doping Organisation*). An *Anti-Doping Organisation* has discretion to apply anti-doping rules to an *Athlete*

²⁶ Comment: Defined terms shall include their plural and possessive forms, as well as those terms used as other parts of speech.

who is neither an *International-Level Athlete* nor a *National-Level Athlete*, and thus to bring them within the definition of '*Athlete*'. In relation to *Athletes* who are neither *International-Level* nor *National-Level Athletes*, an *Anti-Doping Organisation* may elect to: conduct limited *Testing* or no *Testing* at all; analyse *samples* for less than the full menu of *Prohibited Substances*; require limited or no whereabouts information; or not require advance *TUEs*. However, if an Article 2.1, 2.3 or 2.5 anti-doping rule violation is committed by any *Athlete* over whom an *Anti-Doping Organisation* has authority who competes below the international or national level, then the *Consequences* set forth in the *Code* (except Article 13.3.2) must be applied. For purposes of Article 2.8 and Article 2.9 and for purposes of anti-doping information and education, any *Person* who participates in sport under the authority of any *Signatory*, government, or other sports organisation accepting the *Code* is an *Athlete*.

Athlete Biological Passport: The program and methods of gathering and collating data as described in the *International Standard for Testing and Investigations* and *International Standard for Laboratories*.

Athlete Support Person: Any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel, parent or any other *Person* working with, treating or assisting an *Athlete* participating in or preparing for sports *Competition* whether a member of a *sporting administration body* or not.

Attempt: Purposely engaging in conduct that constitutes a substantial step in a course of conduct planned to culminate in the commission of an anti-doping rule violation. Provided, however, there shall be no anti-doping rule violation based solely on an *Attempt* to commit a violation if the *Person* renounces the *Attempt* prior to it being discovered by a third party not involved in the *Attempt*.

Atypical Finding: A report from a *WADA*-accredited laboratory or other *WADA*-approved laboratory which requires further investigation as provided by the *International Standard for Laboratories* or related Technical Documents prior to the determination of an *Adverse Analytical Finding*.

Atypical Passport Finding: A report described as an *Atypical Passport Finding* as described in the applicable *International Standards*.

Code: The World Anti-Doping Code.

Competition: A single race, match, game or singular sport contest. For example, a basketball game or the finals of the Olympic 100-meter race in athletics. For stage races and other sport 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. In Powerlifting, Competition means a single lifting session out of the series of lifting sessions during the Event Period.

Consequences of Anti-Doping Rule Violations ('Consequences'): 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 on account of an anti-doping rule violation for a specified period of time from participating in any Competition or other activity or funding as provided in Article 10;
- (c) *Provisional Suspension* means the Athlete or other Person is barred temporarily from participating in any Competition or activity prior to the final decision at a hearing conducted under Article 8;
- (d) *Financial Consequences* means a financial sanction imposed for an anti-doping rule violation or to recover costs associated with an anti-doping rule violation; and
- (e) *Public Disclosure or Public Reporting* means the dissemination or distribution of information to the general public or Persons beyond those Persons entitled to earlier notification in accordance with Article 13. Teams in Team Sports may also be subject to Consequences as provided in Article 11 of the Code.

Contaminated Product: A product that contains a Prohibited Substance that is not disclosed on the product label or in information available in a reasonable internet search.

Disqualification: See Consequences of Anti-Doping Rule Violations.

Doping Control: All steps and processes from test distribution planning through to ultimate disposition of any appeal including all steps and processes in between such as provision of whereabouts information, Sample collection and handling, laboratory analysis, TUEs, results management and hearings.

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

Event Venues: Those venues so designated by the ruling body for the Event.

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

Fault: *Fault* is any breach of duty or any lack of care appropriate to a particular situation. Factors to be taken into consideration in assessing an *Athlete* or other *Person's* degree of *Fault* include, for example, the *Athlete's* or other *Person's* experience, whether the *Athlete* or other *Person* is a *Minor*, special considerations such as impairment, the degree of risk that should have been perceived by the *Athlete* and the level of care and investigation exercised by the *Athlete* in relation to what should have been the perceived level of risk. In assessing the *Athlete's* or other *Person's* degree of *Fault*, the circumstances considered must be specific and relevant to explain the *Athlete's* or other *Person's* departure from the expected standard of behaviour. Thus, for example, the fact that an *Athlete* would lose the opportunity to earn large sums of money during a period of *Ineligibility*, or the fact that the *Athlete* only has a short time left in his or her career, or the timing of the sporting calendar, would not be relevant factors to be considered in reducing the period of *Ineligibility* under Article 10.

Financial Consequences: See *Consequences of Anti-Doping Rule Violations*.

In-Competition: Unless provided otherwise in the rules of an international federation or the ruling body of the *Event* in question, '*In-Competition*' means the period commencing twelve hours before a *Competition* in which the *Athlete* is scheduled to participate through the end of such *Competition* and the *Sample* collection process related to such *Competition*²⁷.

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

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

International Event: An *Event* or *Competition* where the International Olympic Committee, the International Paralympic Committee, an international federation, a *Major Event Organisation*, or another international sport organisation is the ruling body for the *Event* or appoints the technical officials for the *Event*.

International-Level Athlete: means an *Athlete* who competes in sport at the international level, as determined by the International Sporting Federation for that sport in accordance with the *International Standard* for Testing and Investigations.

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*

²⁷ Comment: An international federation or ruling body for an *Event* may establish an "*In-Competition*" period that is different than the *Event Period*.

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

Major Event Organisations: The continental associations of *National Olympic Committees* and other international multi-sport organisations that function as the ruling body for any continental, regional or other *International Event*.

Marker: A compound, group of compounds or biological variable(s) that indicates the *Use* of a *Prohibited Substance* or *Prohibited Method*.

Metabolite: Any substance produced by a biotransformation process.

Minor: A natural *Person* who has not reached the age of eighteen years.

National Anti-Doping Organisation: 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 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* or *Competition* 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 recognised by an international federation as the entity governing the international federation's sport in that nation or region.

National-Level Athlete: An athlete in the CEO's registered testing pool or domestic testing pool or an athlete who participates in or prepares for an event, training camp, exhibition or practice organised or sanctioned by his or her national sporting organisation or professional league.

National Olympic Committee: The organisation recognised 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 Fault or Negligence: The *Athlete* or other *Person'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* or otherwise violated an anti-doping rule. Except in the case of a *Minor*, for any violation

of Article 2.1, the *Athlete* must also establish how the *Prohibited Substance* entered his or her system.

No Significant Fault or Negligence: The *Athlete* or other *Person'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 antidoping rule violation. Except in the case of a *Minor*, for any violation of Article 2.1, the *Athlete* must also establish how the *Prohibited Substance* entered his or her system.

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

Participant: Any *Athlete* or *Athlete Support Person*.

Person: A natural *Person* or an organisation or other entity. For the avoidance of doubt, *Person* includes *Athletes* and *Athlete Support Personnel*.

Possession: The actual, physical *Possession*, or the constructive *Possession* (which shall be found only if the *Person* has exclusive control or intends to exercise control over the *Prohibited Substance* or *Prohibited Method* or the premises in which a *Prohibited Substance* or *Prohibited Method* exists); provided, however, that if the *Person* does not have exclusive control over the *Prohibited Substance* or *Prohibited Method* or the premises in which a *Prohibited Substance* or *Prohibited Method* exists, constructive *Possession* shall only be found if the *Person* knew about the presence of the *Prohibited Substance* or *Prohibited Method* and intended to exercise control over it. Provided, however, there shall be no anti-doping rule violation based solely on *Possession* if, prior to receiving notification of any kind that the *Person* has committed an anti-doping rule violation, the *Person* has taken concrete action demonstrating that the *Person* never intended to have *Possession* and has renounced *Possession* by explicitly declaring it to an *Anti-Doping Organisation*. Notwithstanding anything to the contrary in this definition, the purchase (including by any electronic or other means) of a *Prohibited Substance* or *Prohibited Method* constitutes *Possession* by the *Person* who makes the purchase²⁸.

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

Prohibited Method: Any method so described on the *Prohibited List*.

²⁸ Comment: Under this definition, steroids found in an *Athlete's* car would constitute a violation unless the *Athlete* establishes that someone else used the car; in that event, the *Anti-Doping Organisation* must establish that, even though the *Athlete* did not have exclusive control over the car, the *Athlete* knew about the steroids and intended to have control over the steroids. Similarly, in the example of steroids found in a home medicine cabinet under the joint control of an *Athlete* and spouse, the *Anti-Doping Organisation* must establish that the *Athlete* knew the steroids were in the cabinet and that the *Athlete* intended to exercise control over the steroids. The act of purchasing a *Prohibited Substance* alone constitutes *Possession*, even where, for example, the product does not arrive, is received by someone else, or is sent to a third party address.

Prohibited Substance: Any substance, or class of substances, so described on the *Prohibited List*.

Provisional Suspension: See *Consequences of Anti-Doping Rule Violations*.

Publicly Disclose or Publicly Report: See *Consequences of Anti-Doping Rule Violations*.

Regional Anti-Doping Organisation: A regional entity designated by member countries to coordinate and manage delegated areas of their national anti-doping programs, which may include the adoption and implementation of anti-doping rules, the planning and collection of *Samples*, the management of results, the review of *TUEs*, the conduct of hearings, and the conduct of educational programs at a regional level.

Registered Testing Pool: The pool of highest-priority *Athletes* established separately at the international level by international federations and at the national level by *National Anti-Doping Organisations*, who are subject to focused *In-Competition* and *Out-of-Competition Testing* as part of that international federation's or *National Anti-Doping Organisation's* test distribution plan and therefore are required to provide whereabouts information as provided by the *IPF* and the *International Standard for Testing and Investigations*.

Sample or Specimen: Any biological material collected for the purposes of *Doping Control*²⁹.

Signatories: Those entities signing the *Code* and agreeing to comply with the *Code*.

Specified Substance: See Article 4.2.2.

Sport: The *sporting administration body* who is party to these Anti-Doping Rules.

Strict Liability: The rule which provides that under Article 2.1 and Article 2.2, it is not necessary that intent, *Fault*, negligence, or knowing *Use* on the *Athlete's* part be demonstrated by the *Anti-Doping Organisation* in order to establish an anti-doping rule violation.

Substantial Assistance: For purposes of Article 10, a *Person* providing *Substantial Assistance* must: (1) fully disclose in a signed written statement all information he or she possesses in relation to anti-doping rule violations, and (2) fully cooperate with the investigation and adjudication of any case related to that information, including, for example, presenting testimony at a hearing if requested to do so by an *Anti-Doping Organisation*. Further, the information provided must be credible and must comprise an important part of any case which is initiated or,

²⁹ Comment: It has sometimes been claimed that the collection of blood *Samples* violates the tenets of certain religious or cultural groups. It has been determined that there is no basis for any such claim.

if no case is initiated, must have provided a sufficient basis on which a case could have been brought.

Tampering: Altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly; obstructing, misleading or engaging in any fraudulent conduct to alter results or prevent normal procedures from occurring.

Target Testing: Selection of specific *Athletes* for *Testing* based on criteria set forth in the *International Standard for Testing and Investigations*.

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

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

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

Tribunal: A hearing body that is compliant with Article 8 of the *Code*.

TUE: *Therapeutic Use Exemption*, as described in Article 4.4.

TUE Committee or TUEC: *Therapeutic Use Exemption Committee*.

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

Use: The utilisation, application, ingestion, injection or consumption by any means whatsoever of any *Prohibited Substance* or *Prohibited Method*.

WADA: The World Anti-Doping Agency.