For purposes of assessing the period of Ineligibility for a second violation under Article 10.7.1, 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 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 times\textsuperscript{46}.

\textsuperscript{46} 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.