17.7.5 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 POWERLIFTINGsubject 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 times⁴⁶.

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.