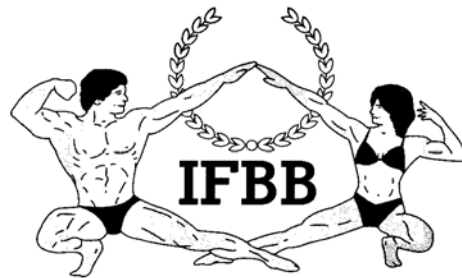


ANTI-DOPING PROGRAM



AMATEUR DIVISION

2005 EDITION (JANUARY 31, 2005)

In sport, there are no limitations, no barriers of race, religion, politics, or culture.

In sport, we are in touch with each other.

BODYBUILDING IS IMPORTANT FOR NATION BUILDING

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International Federation of BodyBuilders (IFBB)

Anti-Doping Program

Article 1 – Introduction

- 1.1 Doping Control has become an integral part of national and international sport. Doping Control involves athlete notification, sample collection, sample analysis and reporting, determination of anti-doping rule violations, and results management, to include appeal and reinstatement procedures.
- 1.2 The *Anti-Doping Program*, hereinafter called the "*Program*", provides written guidelines to ensure that the Doping Control process is conducted in a standardized and professional manner throughout the IFBB.
- 1.3 The IFBB recognizes the World Anti-Doping Agency (WADA) as the sole authority on Doping Control and the Court of Arbitration for Sport (CAS) as the sole authority for doping control dispute arbitration and settlement. The IFBB became a Signatory to the WADA Code on November 12, 2003.
- 1.4 The *Program* provides specific details on athlete notification, sample collection, sample analysis and reporting, determination of anti-doping rule violations, results management, to include appeal and reinstatement procedures, and other issues related to Doping Control. The primary objective of the *Program* is to maintain the security, integrity, and identity of the sample and therefore, the validity and reliability of the test results. Variations or departures from the *Program* shall not necessarily invalidate the test results unless they can be shown, on a balance of probabilities, to cast doubt on the validity and reliability of the test results.

Article 2 – The Program

- 2.1 The *Program* shall be followed on all occasions where Doping Control is conducted at IFBB-sanctioned competition.
- 2.2 The *Program* may be used by the National Federations to assist in organizing and conducting Doping Control within their jurisdiction. The *Program* may also serve as a reference for Doping Control Officers who are responsible for managing the Doping Control collection process and other technical personnel associated with Doping Control.
- 2.3 The IFBB requires that only WADA-accredited laboratories shall be used to analyze all urine and blood samples.



- 2.4 Throughout the *Program*, the expression “*Prohibited List*” refers to the list of doping classes and methods prohibited by WADA. This includes pharmacological classes of drugs such as anabolic steroids and diuretics, and doping methods such as pharmacological, chemical and physical manipulation. A copy of the “*Prohibited List*” is available on the World Wide Web at www.wada-ama.org.

Article 3 – Authority

- 3.1 The authority to implement the *Program* lies in the IFBB Constitution and Rules, which establish a mandate for the IFBB to implement the *Program* and to ensure that the *Program* is carried out by the National Federations.
- 3.2 The IFBB Medical Commission, hereinafter called the “IFBB-MC”, shall be authorized to carry out the *Program* on behalf of the IFBB. The IFBB-MC is mandated by the IFBB to implement and supervise the *Program* and to assist the National Federations in implementing their own programs.
- 3.3 National Federations must ensure that they have the power to implement their own programs and to impose sanctions upon athlete-members. This power may already be provided for within the constitution and rules of the National Federation or through the adoption of a suitable national-level program.

Article 4 – Position Statement

- 4.1 The sport of bodybuilding and fitness involves physical health and fitness, mental application and dedication to training. The use of prohibited substances and other doping methods to artificially enhance performance is unethical, contrary to the concept of fair play, undermines the values of sport, and can endanger the health of the athletes.
- 4.2 The practice of doping is forbidden. No person who is subject to the *Program* shall engage in an anti-doping rule violation or assist, encourage or otherwise be a party to an anti-doping rule violation.
- 4.3 The IFBB fully supports the WADA fight against doping in sport and therefore condemns the use of prohibited substances and methods in an attempt to gain a pharmacological advantage in sport competition. The IFBB joins with its international sports colleagues in striving to eradicate the use of prohibited substances and methods in sport.

Article 5 – Basic Principles

- 5.1 Doping contravenes the ethics of both sport and medical science. Doping consists in the administration of substances belonging to the prohibited classes of pharmacological agents and/or in the use of various prohibited methods as listed by WADA.



5.2 The anti-doping campaign is founded on three basic principles:

1. Respect for medical and sports ethics;
2. Protection of the health of athletes; and
3. The assurance of an equal playing field for all athletes during competition.

Article 6 – Application

6.1 The *Program* applies to:

1. All athlete-members competing in international competition under the direct jurisdiction and sanction of the IFBB;
2. All athlete-members competing in international competition under the direct jurisdiction and sanction of an international sports association or federation that is recognized by the IFBB e.g. World Games;
3. All National Federations affiliated to the IFBB; and

6.2 For competition and out-of-competition testing not conducted by the IFBB, the program of the relevant National Federation will apply so long as it is in conformity with this *Program*.

6.3 If a National Federation does not have its own program, then this *Program* will apply.

6.4 By registering to compete in an IFBB-sanctioned competition, the athlete agrees to be bound by the IFBB Constitution and Rules, and this *Program*.

Article 7 – Objects of the Program

7.1 The objects of the *Program* are:

1. To eradicate doping within the sport of bodybuilding and fitness through the provision and implementation of an effective international doping control program during competition and out-of-competition periods. It is intended that the emphasis of the *Program* be placed on out-of-competition testing;
2. To assist in ensuring that National Federations implement their own effective competition and out-of-competition doping control programs;
3. To provide the method of determining whether an anti-doping rule violation has occurred;
4. To provide for sanctions to be applied in the case of an individual being found guilty of having committed an anti-doping rule violation;
5. To provide for an appeal process in the case of an individual who believes that he or she has been wrongly accused of an anti-doping rule violation; and
6. To detail the responsibility of athletes, officials and National Federations in addressing the “drugs in sport” issue concerning drug testing programs, education programs, and the provision of information on the issue.



- 7.2 The IFBB believes that education is of paramount importance in the fight against doping in sport. To this end, the IFBB regularly publishes educational articles on the dangers of drug use and abuse, and on healthy alternatives, in a variety of magazines, which are distributed free of charge to all National Federations. From time to time, the IFBB also publishes and freely distributes research data in reports and periodicals on drug use and abuse, and on healthy alternatives.

Article 8 – The Prohibited List

- 8.1 The IFBB prohibits the presence of any prohibited substance or use of any prohibited method banned by WADA.
- 8.2 Samples shall be analyzed for all substances on the WADA Prohibited List, which may be found at www.wada-ama.org.

Article 9 – Definition of Doping & Anti-Doping Rule Violations

- 9.1 Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in Article 9.2 through Article 9.10.
- 9.2 **The presence of a *Prohibited Substance* or its *Metabolites* or *Markers* in an *Athlete's* bodily *Specimen*.**
- 9.2.1 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 violation under Article 9.2.
- 9.2.2 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.
- 9.2.3 As an exception to the general rule of Article 9.2, the *Prohibited List* may establish special criteria for the evaluation of *Prohibited Substances* that can also be produced endogenously.
- 9.3 ***Use* or *Attempted Use* of a *Prohibited Substance* or a *Prohibited Method*.**
- 9.3.1 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.



- 9.4 Refusing, or failing without compelling justification, to submit to *Sample* collection after notification as authorized in applicable anti-doping rules or otherwise evading *Sample* collection.
- 9.5 Violation of applicable requirements regarding *Athlete* availability for *Out-of-Competition Testing* including failure to provide required whereabouts information and missed tests which are declared based on reasonable rules.
- 9.6 *Tampering, or Attempting to tamper, with any part of Doping Control.*
- 9.7 *Possession of Prohibited Substances and Methods.*
- 9.7.1 *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 the *Program*.
- 9.7.2 *Possession* of a 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 the *Program*.
- 9.8 *Trafficking in any Prohibited Substance or Prohibited Method.*
- 9.9 *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.*
- 9.10 An anti-doping rule violation may also be committed by a National Federation if a Certificate of Analysis from a WADA-accredited laboratory subsequently reports that one or more of its athletes has returned an "A" sample Adverse Analytical Finding while participating at an IFBB-sanctioned event.
- 9.11 Any individual or federation to whom the *Program* applies who is found guilty of having committed an anti-doping rule violation shall be liable to sanctions as outlined in this *Program*.

Article 10 – Proof of Doping

- 10.1 The *IFBB* shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether the *IFBB* 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 the *Code* 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 probability.

- 10.2 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:
- 10.2.1 *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.
- 10.2.2 If the *Athlete* rebuts the preceding presumption by showing that a departure from the *International Standard* occurred, then the *IFBB* shall have the burden to establish that such departure did not cause the *Adverse Analytical Finding*.
- 10.3 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* 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 11 – Authorities and Procedures

- 11.1 Doping Control is the responsibility of the IFBB-MC, or its duly appointed representative, acting on behalf of the IFBB. The Chairman of the IFBB-MC may delegate his responsibilities to such person or persons as he may designate, at his discretion, from time to time.
- 11.2 The IFBB may, at its discretion, strike a separate IFBB Anti-Doping Commission that shall be empowered to supervise and control Doping Control within the sport of bodybuilding and fitness.
- 11.3 The IFBB shall reserve the right to nominate and select an outside Anti-Doping Agency to act as its duly appointed Doping Control representative.
- 11.4 A Doping Control Officer conducting testing on behalf of the IFBB will be authorized to conduct such testing upon the approval of the Chairman, IFBB-MC, or his representative.
- 11.5 The IFBB shall recognize drug test results from tests conducted independently, or on behalf of the IFBB, by:
1. The IFBB-MC or IFBB Anti-Doping Commission; or
 2. The World Anti-Doping Agency (WADA); or
 3. The IOC Medical Commission (IOC-MC); or
 4. An approved Anti-Doping Agency; or
 5. A National Federation; or



6. A National Olympic Committee (NOC); or
7. A Medical Commission of an IOC-recognized Regional Games or continental or world games held under the auspices of an IOC-recognized international sport body.

provided that, as a minimum, all sampling and testing procedures, including athlete selection, sample collection, transportation and reporting procedures, are in accordance with the standards of this *Program* and the WADA Code.

- 11.6 Where there has been some variation from the *Program's* procedures for doping control, the test results will stand unless the variation concerned casts doubt on the security, integrity, and identity of the sample and therefore, on the validity and reliability of the test results.
- 11.7 Notwithstanding due process and hearings, if a National Federation conducts a drug test which results in an anti-doping rule violation, or is notified by any of the agencies listed in Article 11.5 above of an anti-doping rule violation by one of its athlete-members, the National Federation shall immediately notify the IFBB of the anti-doping rule violation and of the sanction taken against the athlete- member.
- 11.8 Notwithstanding due process and hearings, if an anti-doping rule violation occurs for a drug test conducted by any of the agencies listed in Article 11.5 above on a foreign athlete, the host country National Federation shall impose the appropriate sanction in accordance with this *Program*. The National Federation shall immediately notify the IFBB who shall, in turn, notify the athlete's own National Federation. This Federation shall honor the sanction imposed on the athlete.
- 11.9 If sanctions imposed by the National Federation differ from those of the IFBB as outlined in this *Program*, the minimum accepted sanction for testing not conducted by the IFBB shall comply with the minimum sanctions as outlined in this *Program*.
- 11.10 An athlete-member, while under sanction for an anti-doping rule violation, shall not be permitted to participate in any IFBB activity throughout the full period of the sanction, to include competing, coaching, giving seminars or exhibitions, officiating, organizing competitions, applying for professional status, or holding any administrative position within the IFBB or any of its affiliated National Federations. Every National Federation shall be bound to honor those sanctions duly imposed by the IFBB or any other National Federation.

Article 12 – Accredited Laboratory

- 12.1 WADA-accredited laboratories shall analyze all samples taken at IFBB-sanctioned international competition. The Chairman, IFBB-MC, or his representative, shall select the specific laboratory on an as-required basis. A list of WADA- accredited laboratories is available on the World Wide Web at www.wada-ama.org.



Article 13 – Procedures for Conducting Competition Doping Control

- 13.1 Competition doping control is defined as announced tests that are conducted at competitions and may consist of a number of randomly-selected athletes at the Official Weigh-in/Height Measurement and/or the compulsory testing of at least the Gold, Silver, and Bronze medallists in each category.
- 13.2 Every athlete, as a condition of membership, shall agree to abide by the rules of the sport. One of these rules is participation without the use of prohibited substances or methods as identified by the WADA *Prohibited List*.
- 13.3 Every athlete, as a condition to participation in an IFBB-sanctioned international competition, agrees to submit himself or herself to doping control, whether competition or out-of-competition.
- 13.4 Doping control at competitions may be conducted for the full WADA *Prohibited List*. Any Adverse Analytical Findings shall be reported and governed by the provisions of this *Program*. The Chairman, IFBB-MC, shall be responsible for deciding the classes of substances that will be subject to doping control.
- 13.5 The IFBB shall conduct doping control at all international Championships held under its direct jurisdiction and sanction. For example, at the World Championships¹, doping control shall be conducted as follows:
1. At the Official Weigh-in/Height Measurement, a number of randomly-selected competitors in each category of competition (optional); and
 2. At the finals, the Gold, Silver and Bronze medalists (compulsory).
- 13.6 The Chairman, IFBB-MC, or his representative, shall be responsible for ensuring that doping control is conducted at these competitions.
- 13.7 The Chairman, IFBB-MC, or his representative, shall decide the number of competitors who will be subjected to doping control at a competition. The Chairman, or his representative, shall also be responsible for the actual selection of the athletes together with the Doping Control Medical Officer and Technical Delegate.
- 13.8 An athlete member competing in an IFBB-sanctioned international competition may be subjected to doping control more than once during the event.



- 13.9 A competitor who is seriously injured may be excused from doping control by decision of the Chairman, IFBB-MC, or his representative, after consultation with the Doping Control Medical Officer.

¹The IFBB reserves the right to amend the testing at any of its international competitions.

- 13.10 The IFBB reserves the right to conduct target testing on any of its athletes at any time.

Article 14 – Responsibilities of the IFBB

- 14.1 The IFBB shall:

1. Fully support the ideals of the Olympic Movement as demonstrated by the International Olympic Committee (IOC).
2. Fully support the World Anti-Doping Agency (WADA) and the WADA Code.
3. Ban the use of prohibited and restricted substances and prohibited methods.
4. Implement doping control programs throughout the IFBB, to include all affiliated National Federations.
5. Promulgate rules, regulations, guidelines, and directives for doping control.
6. Maintain and update, as required, the IFBB *Anti-Doping Program* manual.
7. Control and supervise doping control at IFBB-sanctioned international competition.
8. Determine the number of athletes selected for doping control, for both competition and out-of-competition testing.
9. Assist the National Federations in establishing their own doping control programs.
10. Receive the laboratory Certificate of Analysis and issue letters of notification of doping control results.
11. Apply and enforce sanctions on athlete-members and National Federations who are found guilty of having committed an anti-doping rule violation.
12. Establish appeal procedures for athlete-members and National Federations who wish to appeal doping control results or sanctions.
13. Provide educational material on the use and abuse of performance enhancing substances and on healthy alternatives.

Article 15 – Responsibilities of the National Federations

- 15.1 The National Federations shall:

1. Implement anti-doping programs at the national level. This shall include both competition and out-of-competition testing. In order to ensure a strong deterrent, the IFBB intends that the majority of doping controls be unannounced, out-of-competition testing.
2. Advise their athlete-members that doping control shall be conducted at all IFBB-sanctioned international competitions and at any other competition so designated by the IFBB.
3. Ensure that they send only drug-free athletes to participate in IFBB-sanctioned or IOC-recognized international competitions. All competitive team members shall be drug



tested before their departure from their country. The National Federation shall ensure that they have in their possession documented proof that each team member has been drug tested and has returned a negative test result before their departure from their country.

4. Maintain close supervision of their team members while at the competition to ensure that they remain drug-free.
5. Cooperate fully with the Doping Control authorities in ensuring the efficient and effective implementation of the Doping Control procedures conducted at the competition.
6. Educate their athlete-members on the dangers of drug use and abuse and provide regular informative literature on healthy alternatives.
7. Maintain an up-to-date and accurate database of all National Team athletes for the out-of-competition doping control program.

Article 16 – Responsibilities of the Technical Delegate

16.1 The Technical Delegate is assigned by the IFBB or the appropriate National Federation or organizing committee and is its official representative. He or she is responsible for doping control at the designated competition as described below:

1. Liaise with the competition organizing committee and advise on matters pertaining to the requirements for the Doping Control Station.
2. Coordinate the setup of the Doping Control Station before the competition with advice from the Doping Control Officer.
3. Assist the Doping Control Officer in administering any random or pre-scheduled doping control selections.
4. Inform the Doping Control Officer of any special circumstances pertaining to the sport that may affect this *Program*.

Article 17 – Responsibilities of the Organizing Committee

17.1 The competition organizing committee, at the direction of the IFBB or National Federation and on advice from the Technical Delegate, shall:

1. Provide adequate facilities and equipment as outlined in this *Program*.
2. Provide Escorts with suitable identification for appropriate venue access, an event schedule, and map of the venue, clipboards, and pens.
3. Ensure that an adequate number of volunteers are available to work with the Doping Control Officer.
4. Ensure that the Doping Control Station staff has accommodation (if necessary) and transportation to and from the competition venue.

Article 18 – Responsibilities of the Doping Control Officer

18.1 The Doping Control Officer shall liaise with the Technical Delegate on all sport-technical related matters for all aspects of doping control at competitions. Doping Control should not



be carried out if conditions are inadequate to reasonably ensure the security, integrity, and identity of the sample. It is therefore the responsibility of the Doping Control Officer to approve the Doping Control Station. Should equipment, supplies, personnel, or facility be deemed inadequate for secure sample collection, the Doping Control Officer(s) shall have the authority to cancel doping control.

18.2 Prior to the competition, the Doping Control Officer shall:

1. Contact the Technical Delegate and, if necessary, visit the venue to advise on all advance preparations for doping control;
2. Ensure that the Doping Control Station is duly equipped and fit for work, including the preparation for assistants, in accordance with this *Program*;
3. Brief all Doping Control Station staff as to their duties and responsibilities;
4. Ensure that the doping control equipment has arrived and that all necessary documents and supplies are in good repair;
5. Check with the Technical Delegate to review the criteria for random athlete selection for doping control and administer random selections with the Technical Delegate; and
6. Where applicable, fill in the Doping Control Notification Form, seal it in an envelope indicating the competition and the event in question, and deliver it to the Chairman, IFBB-MC, or his representative.

18.3 During the competition, the Doping Control Officer shall:

1. Ensure that entry to the Doping Control Station is controlled and that the sample collection areas are secure;
2. Supervise the Doping Control Station staff;
3. Accurately and thoroughly complete all relevant documentation, in particular the Doping Control Official Record;
4. Record any irregularities that occur during the collection procedures and report these irregularities to the Chairman, IFBB-MC, or his representative;
5. Receive and record all verbal or written complaints concerning possible violations of the *Program*. All complaints shall be submitted to the Chairman, IFBB-MC, or his representative; and
6. Secure all samples and all doping control collection equipment.

18.4 Following the competition, the Doping Control Officer shall:

1. Seal the Transport Container containing the samples and record all code numbers on the appropriate report forms;
2. Send the samples by courier to the designated WADA-accredited laboratory for analysis;
3. Submit a Doping Control Officer's Report, including any problems or complaints that may have occurred, to the Chairman, IFBB-MC, or his representative;
4. Return all documentation, equipment and unused seals to the appropriate authority according to the instructions provided; and
5. Submit an expense claim and honoraria claim to the appropriate authority.



Article 19 – Responsibilities of the Escort

19.1 The responsibilities of the Escorts shall be as follows:

1. Before the competition, the Escorts shall be briefed by the Doping Control Officer on the procedures for notifying (where applicable) and escorting athletes to the Doping Control Station;
2. Before the competition, a list of procedures, a map of the competition site, a schedule of events, and a clipboard and pen should be given to each Escort;
3. Each Escort shall be provided with proper identification;
4. Before the Escort's designated events, the Escort will report to the Doping Control Officer in order to receive an envelope containing the criteria for identifying the athlete(s) selected for doping control;
5. At the applicable time, the Escort will present the athlete with the Doping Control Notification Form (if applicable). The athlete shall read and sign the form. The Escort shall record the time of notification and print his or her name in the space provided. The athlete, accompanied by the Escort, shall report to the Doping Control Station within the time limit as noted on the Doping Control Notification Form. The athlete shall be warned of the possible consequences should he or she refuse to sign the Doping Control Notification Form or fail to report to the Doping Control Station within the given time limit;
6. The Escort will accompany the athlete at all times until his or her arrival at the Doping Control Station;
7. At the discretion of the Doping Control Officer, the athlete shall be afforded a reasonable opportunity to summon a coach, doctor, team official, or other representative to accompany him or her to the Doping Control Station; and
8. The Escort shall report any irregularities to the Doping Control Officer when delivering the Doping Control Notification Form.

Note: In certain circumstances, the Doping Control Notification Form may not be required e.g. in situations where the selected athlete is immediately escorted to the Doping Control Station.

Article 20 – Responsibilities of the Athlete

20.1 The responsibilities of the Athlete shall be as follows:

1. When selected for competition random drug testing or compulsory testing of the finalists, the athlete shall be handed the Doping Control Notification Form (if applicable);
2. The athlete shall acknowledge, in writing, receipt of the form. The exact time of the notification shall be entered on the form;
3. Athletes selected for doping control shall report to and register at the Doping Control Station within the time limit stated on the Doping Control Notification Form. The



- athletes shall be required to provide valid proof of identity (e.g. passport) upon entering the Doping Control Station;
4. An athlete may be allowed to leave the Doping Control Station with the consent of the Doping Control Officer on the condition that the athlete be accompanied at all times by an Escort e.g. for an award presentation;
 5. An official representative of the athlete or team concerned may accompany athletes selected for doping control to the Doping Control Station. This representative shall also present valid proof of identity (e.g. passport) and shall have the right to remain at the Doping Control Station throughout the entire procedure except that he or she shall not be permitted to witness the actual voiding process;
 6. The Doping Control Officer shall fill in the initial information on the Doping Control Official Record.
 7. The Doping Control Officer shall explain the sample collection procedures to each athlete and the accompanying representative.
 8. An athlete selected for doping control, or his or her representative, may formally register a complaint in writing about the conduct of the doping control procedures to the Doping Control Officer at any time during the procedure. The registration of such a complaint is not justification for refusal to participate in the doping control procedure. An athlete's complaint shall be submitted by the Doping Control Officer to the Chairman, IFBB-MC, or his representative;
 9. Athletes will be requested to provide a second or subsequent sample if, in the opinion of the Doping Control Officer, the submitted sample might not meet specific laboratory requirements. All samples shall be cross-referenced and sent to the laboratory;
 10. Refusal or failure by an athlete to follow proper doping control procedures shall be reported to the Chairman, IFBB-MC, or his representative. Such a refusal or failure shall be treated as an anti-doping rule violation;
 11. The athlete and the accompanying representative shall remain in the Doping Control Station waiting area until the athlete is called into the consulting area. The athlete and any personnel belongings he or she, or the accompanying representative, may bring with them (clothing, bags, etc) may be searched for evidence of manipulation, upon entering and leaving the Doping Control Station;
 12. No photographs, video or tape recordings may be taken inside the Doping Control Station during the sample collection process; and
 13. The media shall not have access to the Doping Control Station at any time.

Article 21 – Procedures for Conducting Out-of-Competition Doping Control

- 21.1 Out-of-competition doping control is defined as tests that are administered at any time on a short notice or no notice basis.
- 21.2 Out-of-competition doping control shall be conducted for the WADA list of prohibited substances and methods banned at all times. Any positive results shall be reported and governed by the provisions of this *Program*. The Chairman of the IFBB-MC, or designate, shall be responsible for deciding the classes of substances that will be subject to doping control.



Article 22 – Responsibilities of the IFBB Medical Commission

22.1 The IFBB Medical Commission, or a delegated representative, shall:

1. Supervise and conduct the out-of-competition doping control selection process as described in this *Program*.
2. Supervise the selection of the athletes, teams, and events for out-of-competition doping control.
3. Review circumstances involving athletes who refuse to comply with the request for out-of-competition doping control, in accordance with this *Program*.
4. Identify and select athletes, teams, training venues, and events for out-of-competition doping control as requested by the IFBB or Major Games Associations, WADA or the general sports community.
5. Ensure that the testing agency is in possession of all of the applicable equipment and documents necessary to conduct doping control.
6. Maintain a current information database of all athletes eligible for out-of-competition doping control. Responsibility for the provision of these names is vested in the National Federations.
7. Select athlete numbers and arrange for “short notice” or “target” doping control of the athletes so identified or select athletes as requested by the appropriate authority.
8. Contact athletes identified for doping control; assign and contact the Doping Control Officers who will conduct the sample collection process; and provide administrative support.

Note: The IFBB may, at its own discretion, enter into a Memorandum of Agreement with an Anti-Doping Agency for the purpose of sample collection.

Article 23 – Responsibilities of the National Federations

23.1 The National Federations shall be responsible for:

1. Providing an updated database of all eligible athletes within their jurisdiction including passport number, name, address, and telephone number. This database must be updated as needed.
2. Submitting recommendations for out-of-competition, “short notice” or “target” doping control on athletes to the Chairman, IFBB-MC, or his representative. The recommendation shall be in writing and shall indicate the athlete’s name and the rationale for the request.
3. Keep their athletes informed of the out-of-competition Doping Control Program.

Article 24 – Athlete Testing Pool for Out-of-Competition Doping Control

24.1 Every athlete, as a condition of membership, shall agree to abide by the rules of the sport. One of these rules is participation without the use of substances or methods as identified on the WADA *Prohibited List*.



- 24.2 Every athlete, as a condition to participation in an IFBB-sanctioned international competition, agrees to submit himself or herself to doping control, whether competition or out-of-competition.
- 24.3 Athletes may be drawn from the following competitive levels:
1. All National Team athletes competing in IFBB-sanctioned World-level competitions;
 2. All National Team athletes competing in IFBB-sanctioned Continental-level competitions; and
 3. All National Team athletes competing in IOC-recognized Area or Continental Games e.g. World Games
- 24.4 Updated information shall be maintained on each athlete as identified above by each National Federation. The IFBB shall be provided with and shall maintain an accurate, up-to-date database of every athlete competing in the above-mentioned competitions.
- 24.5 All athletes as identified above shall be placed in an Athlete Testing Pool and shall remain in the Testing Pool for a period of eighteen (18) months from the last time he or she met the Testing Pool criteria. Extension of the eighteen (18) month period is automatic when the athlete re-enters the Testing Pool by competing in one of the abovementioned competitions subsequent to being placed in the Pool.
- 24.6 Retired athletes who wish to return to competition must inform the National Federation in writing. All such athletes shall be subject to doping control for a period of six (6) months before being eligible to compete.
- 24.7 All athletes who have committed an anti-doping rule violation will be subject to doping control for the duration of the period of ineligibility.

Article 25 – Athlete Selection

The focus of out-of-competition testing will be on national level athletes who have competed at international level competitions. Athletes will be selected from the Athlete Testing Pool on a year-round basis according to one of the following procedures:

- 25.1 Athletes will be assigned numbers and their numbers placed in the Testing Pools. The IFBB shall determine the number of athletes to be selected for testing. The numbers will be randomly drawn and matched to the appropriate athletes.
- 25.2 For providing a sample on a no notice or short notice basis, selected athletes will be required to attend before a Doping Control Officer immediately (in the case of no notice) or within two hours (in the case of short notice).
- 25.3 The IFBB-MC, or its designated representative, reserves the right to “target test” any eligible athlete, at any time, on either a “short notice” or “no notice” basis.



Article 26 – Athlete Notification

The Chairman, IFBB-MC, or his representative, will notify athletes that they have been selected for out-of-competition testing as follows:

- 26.1 For out-of-competition “short notice” doping control, selected athletes will be contacted by the IFBB-MC, or its representative, and will be informed that they are to report for doping control at a specific time and location (within a few hours maximum). The athlete will be presented with a Doping Control Notification Form for signature at the time of reporting.
- 26.2 For out-of-competition “no notice” doping control, a Doping Control Officer, who will present the athlete with a Doping Control Notification Form, will contact the athlete immediately without any warning.
- 26.3 For out-of-competition “target” doping control, athletes can be notified on either a “short notice” or “no notice” basis.
- 26.4 Athletes who are outside of the country are subject to the same out-of-competition doping control regulations. In some instances, a Doping Control Officer from the country of the athlete’s temporary residence may, on the basis of bilateral agreements, carry out the sample collection process on a “short notice” or “no notice” basis.
- 26.5 All Doping Control Officers conducting out-of-competition doping controls will present to the athlete a Letter of Authorization from the IFBB. All athletes will be required to present valid identification (e.g. passport) to the Doping Control Officer.
- 26.6 Athlete notification will be effected through the athlete’s National Federation and shall be considered to have been properly carried out where the notification has been forwarded to the last known address as provided by the athlete. Should the athlete fail to respond to the notification for whatever reason, a second notification shall be forwarded, together with a notice of warning. Failure to respond to the second notification shall be considered an anti-doping rule violation and the appropriate sanctions may be imposed.

Article 27 – Responsibilities of the Doping Control Officer

- 27.1 The Doping Control Officer shall:
 1. Complete the Doping Control Notification Form and present this to the athlete for the athlete’s signature.
 2. Carry a Letter of Authorization from the IFBB for presentation to the athletes for all out-of-competition doping control situations.
 3. For out-of-competition “no notice” doping control, observe, or assign an Escort to observe the athlete at all times until he/she provides a sample.
 4. Complete all applicable documentation and submit it to the appropriate authority.
 5. Secure appropriate facilities, Escorts, and sealed refreshments (to be reimbursed by the appropriate authority).



6. Carry out all other responsibilities that may be assigned as per this *Program*.

Article 28 – Responsibilities of the Athlete

- 28.1 An athlete selected for out-of-competition doping control shall:
 1. Report for doping control as requested by the Chairman, IFBB-MC, or his representative e.g. Doping Control Officer;
 2. Contact the selecting authority within 48 hours of notification for “short notice” testing if the athlete feels that there is any reason he/she cannot attend doping control; and
 3. Comply with the requirements of the doping controls as outlined in this *Program*.
- 28.2 Refusal or failure by the athlete to comply with doping control procedures shall be reported to the Chairman, IFBB-MC, or his representative. Such a refusal or failure shall be treated as an anti-doping rule violation and shall be subject to sanctions as outlined in this *Program*.

Article 29 – Sample Collection Procedures

It must be emphasized that the primary objective of these procedures is to ensure the security, integrity, and identity of the sample. Although adherence to these procedures is recommended, the fundamental objective is to maintain the validity and reliability of the tests and to adhere to the principles of the process. Departures from these procedures shall not invalidate the test results unless they cast doubt on the validity and reliability of the results.

- 29.1 The IFBB recognizes that the competitor notification (use of the Doping Control Notification Form) and registration procedures (the use of the Doping Control Escort) exist primarily for the Olympic Games. The IFBB procedures for competitor notification and registration may differ due to the characteristics of the sport of bodybuilding and fitness. However, these differences have no bearing on the security, integrity, and identity of the sample, or on the validity and reliability of the test results.
- 29.2 A certain number of competitors may be selected at random during the weigh-in/height measurement, subsequent to providing proof of their identity via their passport. The selected competitors are under the constant observation of a Doping Control Escort, from the moment of the random selection to the moment of arrival at the Doping Control Station, where the Doping Control Officer, via their passport, again verifies their identity.
- 29.3 At the Finals, the top finalists (at a minimum, the Gold, Silver and Bronze medalists), immediately they exit the stage after the Award Ceremony, are under the constant observation of a Doping Control Escort who escorts them directly to the Doping Control Station where the Doping Control Officer, via their passport, verifies their identity.



- 29.4 Depending on the circumstances, the Doping Control Officer may, at his or her discretion, decide not to allow a representative to accompany the athlete into the Doping Control Station.
- 29.5 Only one competitor at a time shall be called into the consulting area.
- 29.6 In addition to the competitor and his/her accompanying person, only the following persons may be present in the consulting area:
1. The Chairman of the IFBB-MC, or his representative;
 2. The Doping Control Medical Officer;
 3. The Doping Control Technical Officer;
 4. A representative of the National Federation concerned;
 5. An interpreter, if required; and
 6. WADA Independent Observer.
- 29.7 The Doping Control Station shall contain a supply of:
1. Disposable collection vessels (contained in bags);
 2. Disposable Urine Control Kits (contained in bags);
 3. Disposable Partial Sample Kits (contained in bags).
- 29.8 The specifications of the collection vessel, Urine Control Kit and Partial Sample Kit are to be determined by the Chairman, IFBB-MC, or his representative, in cooperation with the organizing committee.
- 29.9 The competitor shall select a collection vessel, visually check that it is empty and clean, proceed to the toilet, and shall urinate a minimum of 75 ml into the collection vessel under the observation of the Doping Control Officer, or witness, who shall be of the same gender as the competitor.
- 29.10 Any clothing preventing the direct observation of the urination shall be removed. The competitor shall return to the consulting area with the collection vessel containing the urine.
- 29.11 If the requested urine volume of 75 ml has been provided, the competitor shall select a Urine Control Kit, open it, and place the contents on the table in front of him/her. He/she shall check that the bottles are empty and clean.
- 29.12 The competitor shall pour approximately two-thirds of the urine from the collection vessel into bottle "A" and one-third into bottle "B". A few drops of urine shall remain in the collection vessel. Next, the competitor shall close the two bottles hermetically and check that no leakage occurs. The Doping Control Officer may, with the permission of the competitor, assist with the procedures outlined in this paragraph.



- 29.13 All remaining urine shall be destroyed immediately after bottles "A" and "B" have been sealed.
- 29.14 If, in the opinion of the Doping Control Officer, the submitted sample might not meet specific laboratory requirements, the athlete may be requested to provide another sample.
- 29.15 The competitor shall declare to the Doping Control Officer any medication he/she may have taken in the preceding three days. The Doping Control Officer shall record this statement on the Doping Control Official Record.
- 29.16 The Doping Control Officer shall check that the code numbers on the bottles and shipping containers are identical and record the code number on the Doping Control Official Record. The competitor shall then check that the code numbers on the bottles and shipping containers are identical to that recorded on the Doping Control Official Record. The competitor shall place the bottles "A" and "B" into their respective shipping containers and close them carefully and the Doping Control Officer shall verify that these are completely closed.
- 29.17 The competitor shall sign the Doping Control Official Record.
- 29.18 Any irregularities identified by the competitor or the accompanying person shall be recorded on the Doping Control Official Record. If irregularities are noted, the competitor shall still sign the Doping Control Official Record.
- 29.19 The Doping Control Official Record shall also be signed by the Doping Control Officer, by the IFBB-MC representative, and, if present, by the accompanying person and the representative of the National Federation concerned.
- 29.20 The competitor shall be given a copy of the Doping Control Official Record.
- 29.21 If the competitor refuses to give a sample of urine, the IFBB-MC representative shall point out the possible consequences. If the competitor still refuses, this fact shall be noted in the Doping Control Official Record. The Doping Control Officer and the IFBB-MC representative shall sign this and, if present, the representative of the National Federation concerned. The competitor and the accompanying person may, if they wish, sign the Doping Control Official Record.
- 29.22 The IFBB-MC representative shall be responsible for communicating the refusal to the Chairman, IFBB-MC.
- 29.23 If the competitor has produced less than the requested urine volume of 75 ml, the competitor shall select a Partial Sample Kit and shall pour the urine from the collection vessel into the bottle. Then the competitor shall close the bottle and check that no leakage occurs.



- 29.24** The competitor shall check that the code numbers on the bottle and the Partial Sample Kit container are the same. Next, the urine volume and code number shall be recorded on the Doping Control Official Record and the competitor shall confirm this by signing the Doping Control Official Record. Finally, the competitor shall insert the bottle into the Partial Sample Kit container and close it completely. The Doping Control Officer shall verify that this is hermetically closed. The Doping Control Officer may, with the agreement of the competitor, assist with the procedures outlined in this paragraph.
- 29.25** The competitor shall return to the waiting room with the Partial Sample container until he/she is able to deliver urine again. When the competitor is ready to deliver a further urine sample, he/she shall return to the consulting area with the Partial Sample container, which shall be handed to the Doping Control Officer who shall check that the Partial Sample container is intact and that the code number corresponds to that entered in the Doping Control Official Record.
- 29.26** The competitor shall then select a new collection vessel and enter the toilet where he/she shall urinate. The competitor shall return to the consulting area, open the Partial Sample container and pour the contents into the collection vessel. If the combined urine volumes are less than 75 ml, he/she shall select a new Partial Sample container and shall proceed according to the procedure outlined in this paragraph.
- 29.27** When the combined volumes total at least 75 ml, the urine sample shall be processed in accordance with the procedures outlined in paragraphs 29.11 to 29.20 above.
- 29.28** The original of the Doping Control Official Record and the annexed Doping Control Notifications shall be placed in an envelope and the copy shall be placed in a separate envelope. After recording on the outside of the envelopes the code numbers of the Doping Control Official Records contained therein and the code number of the transport container seals, the two envelopes shall be closed. The IFBB-MC representative shall be responsible for bringing the envelopes to the Chairman, IFBB-MC. The envelopes containing the original and the copies shall be kept closed and placed in separate safes unless the Chairman, IFBB-MC, authorizes their opening.
- 29.29** At the end of each doping control, the shipping containers containing the "A" and the "B" samples shall be placed in their respective "A" and "B" transport containers. Also, the corresponding laboratory copies for urine samples of the Doping Control Official Record shall be placed in a separate envelope which shall be placed in the transport container containing the "A" samples. Each transport container shall then be sealed with a numbered seal.
- 29.30** If one or more of the competitors cannot pass the doping control test at the venue station within the time limits that have been decided by the IFBB-MC and the organizing committee, the test may be performed at the Official Hotel, at the discretion of the IFBB-MC representative.



29.31 Samples that have been collected shall be transported to the Doping Control Laboratory in accordance with the procedure described in article 30.

29.32 The affixing of the athlete signature on the Doping Control Form shall be witnessed by one other Doping Control Official (other than the Doping Control Official processing the athlete).

**Note: The IFBB will endeavor where possible to comply with the International Standard for Testing.*

Article 30 – Transportation of Samples to the Laboratory

At the completion of the sample collection session, all samples will be transported in a secure mode to the designated WADA accredited laboratory.

30.1 A Doping Control Transport Form shall be completed and given together with the sealed Transport Container(s) to the Doping Control Courier who shall be in charge of the transportation of the samples from the collection venue to the Doping Control Laboratory. The records on this form shall include the signature of the Courier, the seal number(s) of the Transport Container(s), the venue from which the Transport Container(s) have come and the departure time of the Courier. The Doping Control Officer, who shall be responsible for delivering the original of this form to the Chairman, IFBB-MC, or his representative, shall sign the Doping Control Transport Form. The Courier shall take a copy of the Doping Control Transport Form to be countersigned by the Head of the Laboratory, or a designated staff member.

30.2 The Courier shall take the sealed Transport Container(s) to the Doping Control Laboratory without undue delay. At the laboratory, the identity of the Courier and seals will be checked by the Head of the Laboratory, or a designated staff member, and recorded in the allotted space on the copy of the Doping Control Transport Form. Upon delivery of the Transport Container(s), the Head of the Laboratory, or a designated staff member, shall record the arrival time of the Transport Container(s), check that the Container(s) and their seals are intact, record these facts on the copy of the Doping Control Transport Form, and keep the copy of the form.

30.3 After unsealing and opening the Transport Container(s) at the laboratory, the shipping containers therein shall be examined and the code numbers recorded.

30.4 The “B” samples shall be kept sealed at the laboratory under the direct control of the Chairman, IFBB-MC, or his representative, and shall be opened only with the authorization of the Chairman, IFBB-MC, or his representative.

Article 31 – Facility

31.1 The Doping Control Station should be located in close proximity (within walking distance) to the site at which the doping control selections are taking place. At the same time, the



Doping Control Station should be set aside from the general traffic flow to maintain security. The Doping Control Station should be clearly marked with signs.

31.2 Ideally, the Doping Control Station should be divided into three separate, but interconnected areas (preferably three rooms). These areas are:

a. *Waiting Room*

This room should be large enough to accommodate athletes, accompanying team officials, doping control personnel, and escorts. The room should have chairs or benches and tables, an adequate supply of suitable individually sealed drinks, and perhaps some reading material. Only authorized Doping Control Station personnel, athletes undergoing doping control procedures and one team official per athlete should be admitted. There should be security at the door to control access.

b. *Working Room (or Consulting Area)*

This area must have controlled access. Only doping control officials, the athlete, and a team official will be allowed access to this area. It should contain a table, some chairs, a washbasin, the sample containers, suitable material for sealing the containers, writing material and a lockable cooler, refrigerator, or freezer for the storage of samples. The working room is used for the following procedures:

- Securely storing the doping control supplies;
- Athlete's selection of containers;
- Processing and sealing of containers;
- Packaging and storage of samples; and
- Signing of official documents

c. *Lavatory*

This room should contain a sink and toilet and should be connected to the Working Room. It should be large enough for the athlete and a witness to move freely.

Article 32 – Equipment

The equipment used in the Doping Control Station is classified into two groups: Doping Control Equipment and Facility Equipment. This equipment should be purchased/collected and set up before the doping control selection or competition day.

32.1 The Doping Control Equipment consists of items used in the collection, processing and sealing of the samples. The assigned Doping Control Officer will normally bring this material to the doping control site.



32.2 The Facility Equipment consists of items used to set up the Doping Control Station where the samples for testing will be collected. It also relates to the items needed to make the athletes comfortable. The following list will assist organizers in planning for the Doping Control Station:

- Fluids (individual, sealed, non-caffeinated beverages; no alcoholic beverages should be provided in the Doping Control Station);
- Cups;
- Refrigerator, freezer or cupboard (lockable, to secure samples);
- Refrigerator or cooler (to keep drinks cold);
- Directional signage, posters;
- Garbage bags;
- Cleaners, toilet paper, paper towels and soap;
- Name tags, identification cards or arm bands to identify Station personnel;
- Tables and chairs, or benches;
- Paper, pencils, pens, tape, clipboards, and scissors;
- Reading material; and
- Meals for doping control personnel in accordance with the sport's policy for officials

Note: preparation of the facility and collection of the proper and necessary equipment well in advance will help to ensure the smooth operation of the Doping Control Station

Article 33 – Laboratory Responsibilities, Reporting Timelines and Procedures for Reporting Results

These procedures may be varied in accordance with the doping control procedures of a National Federation where applicable and if requested by the National Federation.

- 33.1** All samples collected under the auspices of the IFBB will remain the exclusive property of the IFBB. At IFBB-sanctioned international events, regardless of the organization requesting or paying for the doping control, the IFBB shall retain the original copy of the Doping Control Form and shall be the sole recipient of the Certificate of Analysis from the laboratory.
- 33.2** The laboratory shall analyze the "A" samples within an agreed time however, in any case, not later than fifteen (15) working days following the delivery to the laboratory of the "A" samples. In the case of technical problems, the Head of the Laboratory shall inform the Chairman, IFBB-MC, or his representative, who shall have the authority to extend this period.
- 33.3** In the event that the "A" sample is suspicious or problematic as to volume, adequacy, or suitability, the Head of the Laboratory shall inform the Chairman, IFBB-MC, or his representative. This person may request that a further sample be obtained. In the event that a further sample is requested, it shall be obtained in accordance with this *Program*.



- 33.4 Upon completion of the analysis, the Head of the Laboratory shall deliver to the Chairman, IFBB-MC, or his representative, a Certificate of Analysis (or Doping Control Report).

Article 34 – Automatic Disqualification of Individual Results

- 34.1 An anti-doping rule 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 35 – Sanctions on Individuals

- 35.1 An anti-doping rule violation occurring during or in connection with an Event may, upon the decision of the ruling body of the Event, lead to Disqualification of all of the Athlete's individual results obtained in that Event with all consequences, including forfeiture of all medals, points and prizes.

- 35.1.1 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.

- 35.2 Except for the specified substances identified in Article 35.3, the period of Ineligibility imposed for a violation of Articles 9.2 (presence of Prohibited Substance or its Metabolites or Markers), 9.3 (Use or Attempted Use of Prohibited Substance or Prohibited Method) and 9.7 (Possession of Prohibited Substances and Methods) shall be:

First violation: Two (2) years' *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 35.5.

- 35.3 The *Prohibited List* may identify specified substances which are particularly susceptible to unintentional anti-doping rules 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 35.2 shall be replaced with the following:

First violation: At a minimum, a warning and reprimand and no period of *Ineligibility* from future *Events*, and at a maximum, one (1) year's *Ineligibility*.



Second violation: Two (2) years' *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 35.5.

35.4 The period of *Ineligibility* for other anti-doping rule violations shall be:

35.4.1 For violations of Article 9.4 (refusing or failing to submit to *Sample* collection) or Article 9.6 (*Tampering with Doping Control*), the *Ineligibility* periods set forth in Article 35.2 shall apply.

35.4.2 For violations of Articles 9.8 (*Trafficking*) or 9.9 (administration of *Prohibited Substance* or *Prohibited Method*), the period of *Ineligibility* imposed shall be a minimum of four (4) years up to 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 35.3, 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.

35.4.3 For violations of Article 9.5 (whereabouts violation or missed test), the period of *Ineligibility* shall be at a minimum 3 months and at a maximum 2 years in accordance with the rules established by the *Anti-Doping Organization* whose test was missed or whereabouts requirement was violated. The period of *Ineligibility* for subsequent violations of Article 9.5 shall be as established in the rules of the *Anti-Doping Organization* whose test was missed or whereabouts requirement was violated.

35.5 Elimination or Reduction of Period of *Ineligibility* Based on Exceptional Circumstances.

35.5.1 *No Fault or Negligence*

If the *Athlete* establishes in an individual case involving an anti-doping rule violation under Article 9.2 (presence of *Prohibited Substance* or its *Metabolites* or *Markers*) or *Use* of a *Prohibited Substance* or *Prohibited Method* under Article 9.3 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 *Markers* or *Metabolites* is detected in an *Athlete's Specimen* in violation of Article 9.2 (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 Articles 35.2, 35.3 and 35.6.



35.5.2 *No Significant Fault or Negligence*

This Article 35.5.2 applies only to anti-doping rule violations involving Article 9.2 (presence of *Prohibited Substance* or its *Metabolites* or *Markers*), *Use of a Prohibited Substance* or *Prohibited Method* under Article 9.3, failing to submit to *Sample* collection under Article 9.4, or administration of a *Prohibited Substance* or *Prohibited Method* under Article 9.9. 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 8 years. When a *Prohibited Substance* or its *Markers* or *Metabolites* is detected in an *Athlete's Specimen* in violation of Article 9.2 (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.

35.5.3 *Athlete's Substantial Assistance in Discovering or Establishing Anti-Doping Rule Violations by Athlete Support Personnel and Others.*

The *IFBB* may also reduce the period of *Ineligibility* in an individual case where the *Athlete* has provided substantial assistance to the *IFBB* which results in the *IFBB* discovering or establishing an anti-doping rule violation by another *Person* involving *Possession* under Article 9.7.2 (*Possession by Athlete Support Personnel*), Article 9.8 (*Trafficking*), or Article 9.9 (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 section may be no less than 8 years.

35.6 Rules for Certain Potential Multiple Violations

35.6.1 For purposes of imposing sanctions under Articles 35.2, 35.3 and 35.4, a second anti-doping rule violation may be considered for purposes of imposing sanctions only if the *Anti-Doping Organization* 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 *Anti-Doping Organization* made a reasonable *Attempt* to give notice, of the first anti-doping rule violation; if the *Anti-Doping Organization* 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.

35.6.2 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 35.3 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.

35.6.3 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 (Specified Substances) 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 two years' *Ineligibility* and at a maximum three years' *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 10.2 or 10.4.1 shall receive a sanction of lifetime *Ineligibility*.

35.7 *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 34 (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 Suspension* or *Ineligibility* period, shall, unless fairness requires otherwise, be *Disqualified* with all of the resulting consequences including forfeiture of any medals, points and prizes.

35.8 *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 Suspension* (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 body imposing the sanction may start the period of *Ineligibility* at an earlier date commencing as early as the date of *Sample* collection.

35.9 *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 any *Signatory* or *Signatory's* member organization. In addition, for any anti-doping rule violation not involving specified substances described in Article 35.3, some or all sport-related financial support or other sport-related benefits received by such *Person* will be withheld by *Signatories*, *Signatories'* member organizations and governments. 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 the sport in which the *Person* committed the anti-doping rule violation, 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 championship or *International Event*.

35.10 *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 Suspension* or *Ineligibility*, make him or herself available for *Out-of-Competition Testing* by any *Anti-Doping Organization* having testing jurisdiction, and must, if requested, provide current and accurate whereabouts information. 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 relevant *Anti-Doping Organizations* and has been subject to *Out-of-Competition*



Testing for a period of time equal to the period of *Ineligibility* remaining as of the date the *Athlete* had retired.

Article 36 – Consequences to Teams

- 36.1 If a National Team competitor is found to have committed a violation of these Anti-Doping Rules during an event where a team ranking is based on the addition of individual results or placings, such as the “Best National Team Award” presented at the various World Amateur Championships, the results or placings of the Athlete committing the violation will be subtracted from the applicable overall National Team result or placing.

Article 37 – Appeals

- 37.1 **Decisions Subject to Appeal**
Decisions made under the Code or rules adopted pursuant to the Code may be appealed as set forth below in this Article. Such decisions shall remain in effect while under appeal unless the appellate body orders otherwise. Before an appeal is commenced, any post-decision review provided in the Anti-Doping Organization's rules must be exhausted.
- 37.2 **Appeals from Decisions Regarding Anti-Doping Rule Violations, *Consequences*, and *Provisional Suspensions***
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 an *Anti-Doping Organization* lacks jurisdiction to rule on an alleged anti-doping rule violation or its *Consequences*, and a decision to impose a *Provisional Suspension* as a result of a *Provisional Hearing* may be appealed exclusively as provided in this Article.
- 37.3 **Appeals Involving *International-Level Athletes***
In cases arising from competition in an *International Event* or in cases involving *International-Level Athletes*, the decision may be appealed exclusively to the Court of Arbitration for Sport (“CAS”) in accordance with the provisions applicable before such court.
- 37.4 **Persons Entitled to Appeal**
In cases under Article 37.3, 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 relevant International Federation and any other *Anti-Doping Organization* under whose rules a sanction could have been imposed; (d) the International Olympic Committee or International Paralympic Committee, as applicable, where the decision may have an effect in relation to the Olympic Games or Paralympic Games, including decisions affecting eligibility for the Olympic Games or Paralympic Games; and (e) *WADA*.



Notwithstanding any other provision herein, the only *Person* that may appeal from a *Provisional Suspension* is the *Athlete* or other *Person* upon whom the *Provisional Suspension* is imposed.

- 37.5 Appeals from Decisions Granting or Denying a Therapeutic Use Exemption**
Decisions by *WADA* reversing the grant or denial of a therapeutic use exemption may be appealed exclusively to CAS by the *Athlete* or the *Anti-Doping Organization* whose decision was reversed. Decisions by *Anti-Doping Organizations* other than *WADA* denying 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. If the national level reviewing body reverses the decision to deny a therapeutic use exemption, that decision may be appealed to CAS by *WADA*.
- 37.6 Appeals from Decisions Imposing Consequences under Part Three of the WADA Code**
With respect to consequences imposed under Part Three (Roles and Responsibilities) of the *Code*, the entity upon which consequences are imposed under Part Three of the *Code* shall have the right to appeal exclusively to CAS in accordance with the provisions applicable before such court.
- 37.7 Appeals from Decisions Suspending or Revoking Laboratory Accreditation**
Decisions by *WADA* to suspend or revoke a laboratory's *WADA* accreditation may be appealed only by that laboratory with the appeal being exclusively to CAS.
- 37.8** In cases involving Athletes that do not have a right to appeal under Article 37.3, each National 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. IFBB's rights of appeal with respect to these cases are set forth below.
- 37.9** In cases under Article 37.8, 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) IFBB; and (d) WADA. For cases under Article 37.8, WADA and IFBB shall also have the right to appeal to CAS with respect to the decision of the national-level reviewing body.
- 37.10 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.



Article 38 – Statute of Limitations

- 38.1 No action may be commenced against an *Athlete* or other *Person* for a violation of an anti-doping rule contained in the *Code* unless such action is commenced within eight years from the date the violation occurred.

Article 39 – Refusal, Failure, and Manipulation

- 39.1 The refusal of an athlete to submit to a doping control, or the failure of an athlete to present himself or herself at the Doping Control Station within the required time, shall be considered an anti-doping rule violation.
- 39.2 Once informed of a refusal or failure, the IFBB shall immediately take disciplinary action against the athlete.
- 39.3 The athlete's National Federation shall pay an automatic US \$2,000.00 fine regardless of whether or not the athlete was tested before his or her participation in the competition.
- 39.4 Pharmacological, chemical, or physical manipulation of the urine shall be considered an anti-doping rule violation.
- 39.5 Once informed of a manipulation, the IFBB shall immediately take disciplinary action against the athlete.
- 39.6 The athlete's National Federation shall pay an automatic US \$2,000.00 fine regardless of whether or not the athlete was tested before his or her participation in the competition.
- 39.7 If an athlete, for whatever reason, leaves the Doping Control Station without the expressed permission of the lead Doping Control Officer and without an Escort, this shall be considered an anti-doping rule violation.

Article 40 – Awards and Medals

The IFBB is committed towards protecting the integrity of the IFBB Gold, Silver, and Bronze medals that are awarded to the top three finalists at its international championships. These medals will only be awarded to those athletes who can prove that they are competing drug-free.

- 40.1 Where an athlete has tested positive and is stripped of his or her medal, that medal shall be re-awarded to the appropriate finalist only if that finalist has been drug tested and has returned a negative test result.
- 40.2 No medal will be awarded to an athlete who has not submitted to a doping control test. If necessary, the position will remain vacant.



- 40.3 The IFBB, in cooperation with the organizing committee and National Federations, will attempt to re-distribute any awards, such as trophies, medals, and/or certificates, to their rightful owners, after the event.

Article 41 – Publishing of Doping Control Results

- 41.1 By way of deterrence, the IFBB reserves the right to publish the results of any doping control tests conducted at any of its internationally sanctioned competitions. This publication may include the name and country of the athlete, the prohibited substances and/or methods found as a result of the anti-doping rule violation, and a statement that any medals, awards, certificates and/or placings, won on or after the urine collection date, have been forfeited.
- 41.2 The identity of Athletes whose Samples have resulted in Adverse Analytical Findings, or Athletes or other Persons who were alleged by the IFBB to have violated other anti-doping rules, may be publicly disclosed by the IFBB no earlier than completion of the Administrative Review described in Article 45.8. No later than twenty (20) days after it has been determined in a hearing in accordance with Article 45.19 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, the IFBB must publicly report the disposition of the anti-doping matter.

Article 42 – Court of Arbitration for Sport (CAS)

- 42.1 The IFBB recognizes the establishment and authority of the International Council of Arbitration for Sport (ICAS) and the Court of Arbitration for Sport (CAS) as set out in the Code of Sports-Related Arbitration, Lausanne, Switzerland, June 1994.

Article 43 – Interpretation

- 43.1 It is recognized that the IFBB *Anti-Doping Program* cannot encompass every possible situation wherein written rules and regulations might be sought in the resolution of an issue. In such cases, the President shall have the sole authority to interpret any matter arising out this *Program*, or any matter not encompassed by this *Program*, said interpretation to be final and binding.
- 43.2 Should interpretation be necessary, the President may, at his discretion, seek advice from other members of the Executive Council. The President may also appoint an “ad hoc” committee to deliberate and decide upon any issue arising from this *Program*.

Article 44 – Results Management

- 44.1 Notwithstanding the statements contained within the *Program*, the IFBB reserves the right to conduct the Results Management phase of doping controls in accordance with the rules and regulations detailed in this article.



- 44.2 The IFBB *Constitution*, IFBB *Code of Ethics* and IFBB *Rules*, as well as the *Program*, state that all National Federations shall conduct doping control programs and shall ensure that all athletes are competing drug-free at IFBB-sanctioned international competitions.
- 44.3 By virtue of being a member in good standing of the IFBB, or of a recognized National Affiliate of the IFBB, and by registering as a competitor in an IFBB-sanctioned international competition, an athlete agrees to compete drug-free and to be bound by the rules and regulations governing competition, including the *Program*.
- 44.4 The Results Management phase shall normally be set in motion upon receipt of a Certificate of Analysis from a WADA-accredited laboratory indicating an "A" sample Adverse Analytical Finding.
- 44.5 A Certificate of Analysis from a WADA-accredited laboratory shall be considered *prima facie* (taken at face value) evidence of the test result and shall be proof of the statements contained in the Certificate.
- 44.6 A result is positive when the "A" sample is positive and any such result may be acted upon for purposes of any competition or out-of-competition test. The *Program* does not require that the "A" sample test result be "confirmed" by an analysis of the "B" sample.
- 44.7 Where the anti-doping rule violation is one of failure, refusal or manipulation, the Results Management phase shall normally be set in motion upon receipt of a Doping Control Report from the lead Doping Control Officer.
- 44.8 Where the anti-doping rule violation is one of a failure to provide athlete whereabouts information, the Result Management phase shall normally be set in motion immediately subsequent to the discovery of such failure. The IFBB-MC is responsible for maintaining a current information database of all athletes eligible for out-of-competition doping controls e.g. Athlete Testing Pools. The National and Continental Federations are responsible for providing accurate athlete whereabouts information to the IFBB-MC, or to its designated representative.
- 44.9 Upon receipt of an "A" sample Adverse Analytical Finding, the IFBB-MC shall conduct a 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.
- 44.10 If the IFBB-MC determines that an anti-doping rule violation has occurred, the athlete's National Federation shall be notified in writing, via an *Official Letter of Notification: "A" Sample Adverse Analytical Finding*. The National Federation, in turn, shall be responsible for immediately notifying the athlete. For the purpose of notification, the IFBB considers that an e-mail or facsimile transmission, directed to the President or General Secretary of record of the National Federation, shall be proper notice.



- 44.11 The *Official Letter of Notification: "A" Sample Adverse Analytical Finding* shall:
1. Be in writing;
 2. State the competition, venue, and date of the anti-doping rule violation;
 3. State the nature of the anti-doping rule violation e.g. "A" sample Adverse Analytical Finding, code number, and disclosure of prohibited substance(s);
 4. State any immediate sanctions that are to be imposed on the athlete e.g. provisional suspension;
 5. Advise the athlete of his or her rights e.g. "B" sample analysis; and
 6. Include a copy of the Doping Control Form and Certificate of Analysis.
- 44.12 The *Official Letter of Notification: "A" Sample Adverse Analytical Finding* shall place the athlete under provisional suspension pending a final finding in the matter. The suspension shall take effect on and from the date upon which the sample was collected.
- 44.13 While under a provisional suspension, an athlete shall not:
1. Compete in any IFBB-sanctioned or IOC-recognized international competition or any competition sanctioned by any National Federation.
 2. Give or present a seminar or exhibition, or guest pose.
 3. Act in the capacity of judge, coach, trainer, organizer, administrator or other official.
 4. Apply for or be granted professional status.
- 44.14 The *Official Letter of Notification: "A" Sample Adverse Analytical Finding* shall give notice:
1. That the athlete is entitled to a "B" sample analysis.
 2. That the athlete is entitled to be present at the opening and analysis of the "B" sample.
 3. That, if the athlete cannot be present, he or she may appoint a representative to be present in his or her stead.
 4. That the athlete is responsible for the full cost of the analysis.
- 44.15 The athlete shall have ten (10) days from the date of the *Official Letter of Notification: "A" Sample Adverse Analytical Finding* to request a "B" sample analysis, failing which the right to a "B" sample analysis shall be lost and the "A" sample Adverse Analytical Finding shall be declared final. The athlete shall be so informed via an *Official Letter of Notification: Final Finding*.
- 44.16 The *Official Letter of Notification: Final Finding* shall:
1. State the final finding.
 2. State the effective dates of suspension.
 3. Advise the athlete of his or her rights e.g. constitutional appeal



- 44.17 If the athlete requests a "B" sample analysis, and should the analysis produce an Adverse Analytical Finding, the results shall be reported to the athlete via an *Official Letter of Notification: "B" Sample Adverse Analytical Finding/Final Finding*.
- 44.18 The athlete shall have twenty-one (21) days from the date of the *Official Letter of Notification: "A" Sample Adverse Analytical Finding* to file an Official Letter of Protest with the IFBB via his or her National Federation, failing which the right of protest shall be lost.
- 44.19 In all cases where a protest is submitted, an "ad hoc" Protest Review Committee shall be convened to evaluate and decide upon the protest. This Committee shall have power to fully investigate any claims and/or allegations made by the athlete; to request evidence by way of documentation and/or statements of fact (including by affidavit); to decide upon the protest and to issue findings in the matter.
- 44.20 The characteristics of international competition and doping control within the IFBB normally work against an in-person hearing. Notwithstanding this, the IFBB shall make every effort to protect the right of the athlete to a fair hearing which shall respect the following principles:
1. A timely hearing.
 2. A fair and impartial hearing body.
 3. The right of the athlete to be represented by counsel of his or her own choosing.
 4. The right to be fairly and timely informed of the anti-doping rule violation.
 5. The right to respond to the anti-doping rule violation and resulting consequences.
 6. The right to full disclosure of the evidence; the right 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).
 7. The right to a translator or interpreter.
 8. A timely, written, reasoned decision.
- 44.21 The athlete has the right of appeal pursuant to Article 20 of the IFBB Constitution.

Article 45 – Penalties to National Federations

- 45.1 Together with the *Official Letter of Notification: "A" Sample Adverse Analytical Finding*, an Invoice will be forwarded to the President or General Secretary of the athlete's National Federation. The Invoice will provide details of the anti-doping rule violation, penalties imposed, and protest procedures as they apply to the National Federation.
- 45.2 The penalties to National Federations shall be as follows:
1. For a first offence, a US \$2,000 fine PER ATHLETE and a Letter of Warning.
 2. For a second offence, a US \$3,000 fine PER ATHLETE and a Final Letter of Warning.
 3. For a third offence, a US \$4,000 fine PER ATHLETE and a one (1)-year disqualification to the National Federation from participation at all IFBB-sanctioned international competitions, to include hosting and officiating.



- 45.3 Offences committed by National Federations shall be measured over the period of a calendar year. If a National Federation demonstrates, from one year to the next, a failure to ensure that its athletes are competing drug-free, the IFBB reserves the right to convene a special disciplinary meeting to decide upon the punitive action to be taken against the National Federation. This action may consist of any one or more of the disciplinary measures available to the IFBB e.g. fine, disqualification, suspension, and/or expulsion.
- 45.4 All fines must be paid in full within 30 days of the date of the Invoice failing which the National Federation will be banned from participation at all IFBB-sanctioned international competitions, to include organizing and officiating, until the fine is fully paid.
- 45.5 A National Federation commits an anti-doping rule violation if a Certificate of Analysis from an WADA-accredited laboratory subsequently reports that one or more of its athletes has returned an "A" sample Adverse Analytical Finding while participating at an IFBB-sanctioned international competition.
- 45.6 A National Federation will not have committed an offence if:
1. The athlete was tested within the thirty (30)-day time period BEFORE his or her participation at an IFBB-sanctioned international competition; AND
 2. The sample analysis was conducted by a WADA-accredited laboratory; AND
 3. The IFBB receives, within 30 days of the date of the *Official Letter of Notification: "A" Sample Adverse Analytical Finding* and Invoice, a copy of the Certificate of Analysis AND a copy of the Doping Control Form proving that the athlete was tested negative
- 45.7 Where any of the abovementioned penalties are imposed on a National Federation, this shall not limit that Federation's authority to govern the sport of bodybuilding and fitness at the National level as a duly recognized affiliate of the IFBB. National Federations, while under disciplinary measures, remain members of the IFBB and therefore, subject to its Constitution and Rules.
- 45.8 The IFBB reserves the right to expel any National Federation, after fair warning, which does not conduct its own doping control programs and which does not ensure that all of its athletes are competing drug-free at IFBB-sanctioned international competitions.
- 45.9 The IFBB reserves the right to publish the name of any athlete or National Federation for failing to comply with this *Program*.
- 45.10 National Federations are solely responsible for remaining current with the *Program* and for advising their athletes accordingly.



Article 46 – Therapeutic Use Exemptions

- 46.1** 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”).
- 46.2** Athletes included in the Athlete Testing Pool and other Athletes prior to their participation in any International Event must obtain a TUE from the IFBB-MC (regardless of whether the Athlete previously has received a TUE at the national level). TUE’s granted by the IFBB-MC shall be reported to the Athlete’s National Federation and to WADA. Other Athletes subject to testing must 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-MC and WADA.
- 46.3** The IFBB-MC shall appoint a panel of physicians to consider requests for TUE’s (the “TUE Panel”). Upon receipt of a TUE request, the Chair of the TUE Panel shall appoint one or more members of the TUE Panel (which may include the Chair) to consider such request. The TUE Panel member(s) so designated 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-MC.
- 46.4** International-level Athletes who are included in the Athlete Testing Pool should apply to the IFBB-MC for the TUE at the same time the Athlete provides whereabouts information to the IFBB-MC and, except in emergency situations, no later than 21 days before the Athlete’s participation at an International Event.
- 46.5** Athletes participating in International Events who are not included in the Athlete Testing Pool must, except in emergency situations, request a TUE from the IFBB-MC no later than 21 days before the Athlete’s participation at an International Event.
- 46.6** WADA, at the request of the Athlete, or on its own initiation, may review the granting or denial of any TUE to an International Level Athlete or a national level Athlete that is included in an Athlete Testing Pool. 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 this *Program*.



Article 47 – Confidentiality and Reporting

The IFBB, as a Signatory to the WADA Code, agrees to the principles of coordination of anti-doping results, public transparency and accountability and respect for the privacy interests of individuals alleged to have violated anti-doping rules as provided below:

47.1 Information Concerning *Adverse Analytical Findings* and Other Potential Anti-Doping Rule Violations

An *Athlete* whose *Sample* has resulted in an *Adverse Analytical Finding*, or an *Athlete* or other *Person* who may have violated an anti-doping rule, shall be notified by the *IFBB* as provided for in Article 44 (Results Management). The *Athlete's National Anti-Doping Organization* and *WADA* shall also be notified. Notification shall include: 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 same *Persons* and *Anti-Doping Organizations* shall be regularly updated on the status and findings of any review or proceedings conducted pursuant to the *Program* and, in any case in which the period of *Ineligibility* is eliminated (*No Fault or Negligence*), or reduced (*No Significant Fault or Negligence*), shall be provided with a written reasoned decision explaining the basis for the elimination or reduction. The recipient organizations shall not disclose this information beyond those persons within the organization with a need to know until the *IFBB* has made public disclosure or has failed to make public disclosure as required in Article 47.2 below.

47.2 Public Disclosure

The identity of *Athletes* whose *Samples* have resulted in *Adverse Analytical Findings*, or *Athletes* or other *Persons* who were alleged by the *IFBB* to have violated other anti-doping rules, may be publicly disclosed by the *IFBB* no earlier than completion of the administrative review described in Article 44 (Results Management). No later than twenty days after it has been determined in a hearing in accordance with the *Program* 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, the *IFBB* must publicly report the disposition of the anti-doping matter.

47.3 *Athlete* Whereabouts Information

Athletes who have been identified by the *IFBB* or *National Anti-Doping Organization* for inclusion in an *Out-of-Competition Testing* pool shall provide accurate, current location information. The *IFBB* and *National Anti-Doping Organizations* shall coordinate the identification of *Athletes* and the collecting of current location information and shall submit it to *WADA*. *WADA* shall make this information accessible to other *Anti-Doping Organizations* having authority to test the *Athlete* as provided in the *Program*. This information shall be maintained in strict confidence at all times; shall be used exclusively for purposes of planning, coordinating or conducting *Testing*; and shall be destroyed after it is no longer relevant for these purposes.



47.4 Statistical Reporting

The *IFBB* shall, at least annually, publish publicly a general statistical report of their *Doping Control* activities with a copy provided to *WADA*.

47.5 *Doping Control* Information Clearing House

WADA shall act as a central clearinghouse for *Doping Control Testing* data and results for *International-Level Athletes* and national-level *Athletes* that have been included in their *National Anti-Doping Organization's Registered Testing Pool*. To facilitate coordinated test distribution planning and to avoid unnecessary duplication in *Testing* by the various *Anti-Doping Organizations*, each *Anti-Doping Organization* shall report all *In-Competition* and *Out-of-Competition* tests on such *Athletes* to the *WADA* clearinghouse as soon as possible after such tests have been conducted. *WADA* shall make this information accessible to the *Athlete*, the *Athlete's* National Federation, *National Olympic Committee* or National Paralympic Committee, *National Anti-Doping Organization*, International Federation, and the International Olympic Committee or International Paralympic Committee. Private information regarding an *Athlete* shall be maintained by *WADA* in strict confidence. *WADA* shall, at least annually, publish statistical reports summarizing such information.



APPENDIX 1

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-Member" means any person who is a bona-fide competitive member of the IFBB or a National Federation affiliated to the IFBB.

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* renounces the attempt prior to it being discovered by a third party not involved in the *Attempt*.

Code: The World Anti-Doping *Code*.

"Collection Vessel" means a sealed, sterile plastic container used to hold the athlete's urine during the voiding process.

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.



“Competitor” means any registered entrant in an international event sanctioned by the IFBB or any of its affiliated National Federations. Registration shall normally take place at the Official Weigh-in/Height Measurement and takes effect immediately the athlete has weighed-in or has her height determined AND is officially registered as a competitor by the IFBB officials.

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; and (c) *Provisional Suspension* means the *Athlete* or other *Person* is barred temporarily from participating in any *Competition* prior to the final decision at a hearing.

“Courier” means the person in charge of the transportation of samples collected at the competition or other venue and taken to the Doping Control Laboratory.

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.

“Doping Control Laboratory” means the relevant WADA-accredited laboratory.

“Doping Control Medical Officer” means a competent individual who is in charge of and responsible for the Doping Control Station. He is answerable to the Chairman, IFBB-MC, or his representative. It is not a prerequisite that the Doping Control Officer be a medical doctor but that he or she is experienced in conducting doping controls as established by WADA.

“Doping Control Notification Form” means a form used for keeping a record of the notification procedure. The form consists of one original and one copy. The original is given to the IFBB-MC. The copy is given to the competitor. The IFBB-MC may waive the use of this form where the situation warrants.

“Doping Control Officer” means the Doping Control Medical Officer and/or Doping Control Technical Officer.

“Doping Control Official Record” means a form used for keeping a record of the sample collection procedure. The form consists of one original and two copies. The original is given to the IFBB-MC. One copy is sent to the laboratory with the urine sample; the competitor retains the other copy. This form may also be known as the “Doping Control Form”.

“Doping Control Station” means an area of restricted access where Doping Control is being conducted and includes the voiding area, administrative area (also called the “consulting area”) and waiting area.



“Doping Control Technical Officer” means a person who supervises the notification and sample collection procedures. The Doping Control Technical Officer takes instructions from the Doping Control Medical Officer. Where the situation warrants, the IFBB-MC may direct that the Doping Control Medical Officer assume these responsibilities.

“Escort” means a person responsible for delivering the Doping Control Notification Form, where applicable, to the selected competitor. This person will also accompany the competitor and watch him or her continuously until they reach the Doping Control Station. The Escort takes instructions from the Doping Control Medical Officer.

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

“IFBB” means the International Federation of BodyBuilders, being an international sport governing body for the sport of bodybuilding and fitness, founded in 1946 and entrusted with the control, supervision, and development of the sport of bodybuilding and fitness on a worldwide scale.

“IFBB Medical Commission” means the IFBB standing committee responsible for the supervision of the *Program*.

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" means a national sport governing body for the sport of bodybuilding that is affiliated to the IFBB based on one such Federation per country.

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*.

"Partial Sample Kit" means a plastic bag containing one urine bottle with cap and one shipping container. The Partial Sample Kit is used for the temporary storage of the urine sample when the



total urine volume produced by the competitor is less than the requested minimum quantity of 75 ml.

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: An expedited abbreviated hearing occurring prior to a formal hearing that provides the *Athlete* with notice and an opportunity to be heard in either written or oral form.

Provisional Suspension: See *Consequences* 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 the *Program*.

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.

"**Transport Container**" means a bag into which the shipping containers can be placed for transportation to the laboratory. It is secured with a plastic seal.

"**Urine Control Kit**" means a plastic bag containing two urine bottles with caps, one marked "A", and one marked "B", and two shipping containers. The shipping containers are plastic containers for shipping and storing the urine bottles and are sealed with a system that ensures that they cannot be tampered with. One shipping container is used for sample "A" and the other shipping container is used for sample "B". The bottle labels show the minimum levels of urine they must contain and the code number. The shipping containers are tagged with a code number, the number being the same as the bottle labels.

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

WADA: *The World Anti-Doping Agency*.

"**WADA accredited laboratory**" means a laboratory approved by WADA to analyze urine samples provided by athletes.