



International Federation of Bodybuilding & Fitness

IFBB ANTI-DOPING RULES

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INTRODUCTION

Preface

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

Anti-Doping Rules, like Competition rules, are sport rules governing the conditions under which sport is played. Athletes and other Persons accept these rules as a condition of participation and shall be bound by them. These sport-specific rules and procedures, aimed at enforcing anti-doping principles in a global and harmonized manner, are distinct in nature and, therefore, not intended to be subject to, or limited by any national requirements and legal standards applicable to criminal proceedings or employment matters. When reviewing the facts and the law of a given case, all courts, arbitral tribunals and other adjudicating bodies should be aware of and respect the distinct nature of the anti-doping rules in the Code and the fact that these rules represent the consensus of a broad spectrum of stakeholders around the world with an interest in fair sport.

Fundamental Rationale for the *Code* and the *Rules*

Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport"; it is the essence of Olympism; it is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is characterized by the following values:

- Ethics, fair play and honesty
 - Health
 - Excellence in performance
 - Character and education
 - Fun and joy
 - Teamwork
 - Dedication and commitment
 - Respect for rules and laws
 - Respect for self and other participants
 - Courage
 - Community and solidarity



Doping is fundamentally contrary to the spirit of sport.

History

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

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

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

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

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

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

In March 04th, 2008, WADA officially confirmed that the IFBB Anti-Doping Rules were in full conformity with the World Anti-Doping Code.

Scope

These *Rules* shall apply to the IFBB, each Affiliated Federation¹ of the IFBB, and each participant in the activities of the IFBB or any of its Affiliated National Federations by virtue of the participant's membership, accreditation, or participation in the IFBB, its Affiliated Federations, or their activities or events.



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

[Any Person who is not a member of a National Federation and who fulfills the requirements to be part of the IFBB Registered Testing Pool, must become a member of the Person's National Federation, and must make himself or herself available for Testing , at least 6 (six) months before participating in International Events or events of his/her National Federation.]

[To be eligible for participation in IFBB events, a competitor must have an IFBB license issued by his or her National Federation. The IFBB license will only be issued to competitors who have personally signed the Appendix 1 consent form, in the actual form approved by the IFBB Executive. All forms from under-age applicants must be counter-signed by their legal guardians.]

The National Federation must guarantee that all athletes registered for a IFBB License accept the Rules of the IFBB, including these IFBB Anti-Doping Rules.]

It is the responsibility of each National Federation to ensure that all national-level Testing on the National Federation's Athletes complies with these Anti-Doping Rules. In some countries, the National Federation itself will be conducting the Doping Control described in these Anti-Doping Rules. In other countries, many of the Doping Control responsibilities of the National Federation have been delegated or assigned by statute or agreement to a National Anti-Doping Organization. In those countries, references in these Anti-Doping Rules to the National Federation shall apply, as appropriate, to the National Anti-Doping Organization.

These Anti-Doping Rules shall apply to all Doping Controls over which IFBB and its National Federations have jurisdiction.

Other Documents Available

(At the WADA website www.wada-ama.org)

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



ARTICLE 1: DEFINITION OF DOPING

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

ARTICLE 2: ANTI-DOPING RULE VIOLATIONS

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

The following constitute anti-doping rule violations:

2.1 The presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample

2.1.1 It is each Athlete's personal duty to ensure that no Prohibited Substance enters his or her body. Athletes are responsible for any Prohibited Substance or its Metabolites or Markers found to be present in their Samples. Accordingly, it is not necessary that intent, fault, negligence or knowing Use on the Athlete's part be demonstrated in order to establish an anti-doping violation under Article 2.1.

2.1.2 Sufficient proof of an anti-doping rule violation under Article 2.1 is established by either of the following: presence of a Prohibited Substance or its Metabolites or Markers in the Athlete's A Sample where the Athlete waives analysis of the B Sample and the B Sample is not analyzed; or, where the Athlete's B Sample is analyzed and the analysis of the Athlete's B Sample confirms the presence of the Prohibited Substance or its Metabolites or Markers found in the Athlete's A Sample.

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

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

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

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



2.2.2 The success or failure of the Use of a Prohibited Substance or Prohibited Method is not material. It is sufficient that the Prohibited Substance or Prohibited Method was Used or Attempted to be Used for an anti-doping rule violation to be committed.

2.3 Refusing or failing without compelling justification to submit to Sample collection after notification as authorized in these Anti-Doping Rules, or otherwise evading Sample collection.

2.4 Violation of applicable requirements regarding Athlete availability for Out-of-Competition Testing set out in the International Standard for Testing, including failure to file whereabouts information in accordance with Article 11.3 of the International Standard for Testing (a “Filing Failure”) and failure to be available for Testing at the declared whereabouts in accordance with Article 11.4 of the International Standard for Testing (a “Missed Test”). Any combination of three Missed Tests and/or Filing Failures committed within an eighteen-month period, as declared by IFBB or any other Anti-Doping Organization with jurisdiction over an Athlete, shall constitute an anti-doping rule violation.

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

2.6 Possession of Prohibited Substances and Methods

2.6.1 Possession by an Athlete In-Competition of any Prohibited Method or any Prohibited Substance, or Possession by an Athlete Out-of-Competition of any Prohibited Method or any Prohibited Substance which is prohibited in Out-of-Competition Testing unless the Athlete establishes that the Possession is pursuant to a therapeutic use exemption (“TUE”) granted in accordance with Article 4.4 (Therapeutic Use) or other acceptable justification.

2.6.2 Possession by Athlete Support Personnel In-Competition of any Prohibited Method or any Prohibited Substance, or Possession by Athlete Support Personnel Out-of-Competition of any Prohibited Method or any Prohibited Substance which is prohibited Out-of-Competition, in connection with an Athlete, Competition or training, unless the Athlete Support Personnel establishes that the Possession is pursuant to a TUE granted to an Athlete in accordance with Article 4.4 (Therapeutic Use) or other acceptable justification.

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

2.8 Administration or Attempted administration to any Athlete In-Competition of any Prohibited Method or Prohibited Substance, or administration or Attempted administration to any Athlete Out-of-Competition of any Prohibited Method or any Prohibited Substance that is prohibited Out-of-Competition, or assisting, encouraging, aiding, abetting, covering up or any



other type of complicity involving an anti-doping rule violation or any Attempted anti-doping rule violation.

ARTICLE 3: PROOF OF DOPING

3.1 Burdens and Standards of Proof

IFBB and its National Federations shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether IFBB or its National Federation has established an anti-doping rule violation to the comfortable satisfaction of the hearing panel bearing in mind the seriousness of the allegation which is made. This standard of proof in all cases is greater than a mere balance of probability but less than proof beyond a reasonable doubt. Where these Rules place the burden of proof upon the Athlete or other Person alleged to have committed an anti-doping rule violation to rebut a presumption or establish specified facts or circumstances, the standard of proof shall be by a balance of probability, except as provided in Articles 10.4 and 10.6, where the Athlete must satisfy a higher burden of proof.

3.2 Methods of Establishing Facts and Presumptions

Facts related to anti-doping rule violations may be established by any reliable means, including admissions. The following rules of proof shall be applicable in doping cases:

3.2.1 WADA-accredited laboratories are presumed to have conducted Sample analysis and custodial procedures in accordance with the International Standard for Laboratories. The Athlete or other Person may rebut this presumption by establishing that a departure from the International Standard occurred which could reasonably have caused the Adverse Analytical Finding.

If the Athlete or other Person rebuts the preceding presumption by showing that a departure from the International Standard occurred which could reasonably have caused the Adverse Analytical Finding, then IFBB or its National Federation shall have the burden to establish that such departure did not cause the Adverse Analytical Finding.

3.2.2 Departures from any other International Standard or other anti-doping rule or policy which did not cause an Adverse Analytical Finding or other anti-doping rule violation shall not invalidate such results. If the Athlete or other Person establishes that a departure from another International Standard or other anti-doping rule or policy which could reasonably have caused the Adverse Analytical Finding or other anti-doping rule violation occurred, then IFBB or its National Federation shall have the burden to establish that such a departure did not cause the Adverse



Analytical Finding or the factual basis for the anti-doping rule violation.

3.2.3 The facts established by a decision of a court or professional disciplinary tribunal of competent jurisdiction which is not the subject of a pending appeal shall be irrebuttable evidence against the Athlete or other Person to whom the decision pertained of those facts unless the Athlete or other Person establishes that the decision violated principles of natural justice.

3.2.4 The hearing panel in a hearing on an anti-doping rule violation may draw an inference adverse to the Athlete or other Person who is asserted to have committed an anti-doping rule violation based on the Athlete's or other Person's refusal, after a request made in a reasonable time in advance of the hearing, to appear at the hearing (either in person or telephonically as directed by the tribunal) and to answer questions either from the hearing panel or from the Anti-Doping Organization asserting the anti-doping rule violation.

ARTICLE 4: THE PROHIBITED LIST

4.1 Incorporation of the Prohibited List

These *Anti-doping Rules* incorporate the *Prohibited List* which is published and revised by WADA as described in Article 4.1 of the *Code*. The IFBB and each Affiliated Federation shall ensure that the *Prohibited List* in force, as published at the WADA website www.wada-ama.org, is made available to its *Athletes* and other Members. Unless provided otherwise in the *Prohibited List* and/or a revision, the *Prohibited List* and revisions shall go into effect under these *Rules* three months after publication of the *Prohibited List* by WADA without requiring any further action by the IFBB or its Affiliated Federations.

4.2 Prohibited Substances and Prohibited Methods Identified on the Prohibited List

4.2.1 Prohibited Substances and Prohibited Methods

The *Prohibited List* shall identify those *Prohibited Substances* and *Prohibited Methods* that are prohibited as doping at all times, both In-Competition and Out-of-Competition, because of their potential to enhance performance (including masking) and those substances and methods that are prohibited In-Competition only. The IFBB may, upon the recommendation of its Medical Commission, request that WADA expand the *Prohibited List* for the sport of Bodybuilding, Classic Bodybuilding, Bodyfitness and fitness. The IFBB may also, upon the recommendation of its Medical Commission, request that WADA include additional substances or methods which have the potential for abuse in the sport of bodybuilding, Classic Bodybuilding, Bodyfitness and fitness, in the monitoring program described in Article 4.5 of the *Code*. As provided in the *Code*, WADA shall make the final decision on such requests by the IFBB.



4.2.2 Specified Substances

For purposes of the application of Article 10 (Sanctions on Individuals), all Prohibited Substances shall be “Specified Substances” except (a) substances in the classes of anabolic agents and hormones; and (b) those stimulants and hormone antagonists and modulators so identified on the Prohibited List. Prohibited Methods shall not be Specified Substances.

4.2.3 New Classes of Prohibited Substances

In the event WADA expands the Prohibited List by adding a new class of Prohibited Substances in accordance with Article 4.1 of the Code, WADA’s Executive Committee shall determine whether any or all Prohibited Substances within the new class of Prohibited Substances shall be considered Specified Substances under Article 4.2.2.

4.3 Criteria for Including Substances and Methods on the Prohibited List

As provided in Article 4.3.3 of the Code, WADA’s determination of the Prohibited Substances and Prohibited Methods that will be included on the Prohibited List and the classification of substances into categories on the Prohibited List is final and shall not be subject to challenge by an Athlete or other Person based on an argument that the substance or method was not a masking agent or did not have the potential to enhance performance, represent a health risk or violate the spirit of sport.

4.4 Therapeutic Use

4.4.1 Athletes with a documented medical condition requiring the use of a Prohibited Substance or a Prohibited Method must first obtain a TUE (Therapeutic Use Exemption). The presence of a Prohibited Substance or its Metabolites or Markers (Article 2.1), Use or Attempted Use of a Prohibited Substance or a Prohibited Method (Article 2.2), Possession of Prohibited Substances or Prohibited Methods (Article 2.6) or administration of a Prohibited Substance or Prohibited Method (Article 2.8) consistent with the provisions of an applicable TUE issued pursuant to the International Standard for Therapeutic Use Exemptions shall not be considered an anti-doping rule violation.

4.4.2 Subject to Article 4.4.3, Athletes included by IFBB in its Registered Testing Pool and other Athletes participating in any International Event must obtain a TUE from IFBB (regardless of whether the Athlete previously has received a TUE at the national level). The application for a TUE must be made as soon as possible (in the case of an Athlete in the Registered Testing Pool, this would be when he/she is first notified of his/her inclusion in the pool) and in any event (save in emergency situations) no later than 21 days before the Athlete’s participation in the



Event.

4.4.3 The only exception to Article 4.4.2 is that, in accordance with Article 7.13 of the International Standard for Therapeutic Use Exemptions, Athletes not in IFBB's Registered Testing Pool who inhale Glucocorticosteroids and/or formoterol, salbutamol, salmeterol or terbutaline to treat asthma or one of its clinical variants do not need a TUE in advance of participating in an International Event unless so specified by IFBB. Instead, if necessary, any such Athlete may apply for a Retroactive TUE after the Event in accordance with Article 7.13 of the International Standard for Therapeutic Use Exemptions and Article 7.1.3- of these Anti-Doping Rules.

4.4.4 TUE's granted by IFBB shall be reported to the Athlete's National Federation and to WADA. Other Athletes subject to Testing who need to use a Prohibited Substance or a Prohibited Method for therapeutic reasons must obtain a TUE from their National Anti-Doping Organization or other body designated by their National Federation, as required under the rules of the National Anti-Doping Organization/other body. National Federations shall promptly report any such TUE's to IFBB and WADA.

4.4.5 The IFBB Executive shall appoint a panel of physicians to consider requests for TUE's (the "TUE Panel"). Upon IFBB's 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 IFBB.

4.4.6 WADA, at the request of an Athlete or on its own initiation, may review the granting or denial of any TUE by IFBB. If WADA determines that the granting or denial of a TUE did not comply with the International Standard for Therapeutic Use Exemptions in force at the time then WADA may reverse that decision. Decisions on TUE's are subject to further appeal as provided in Article 13.

ARTICLE 5: TESTING

5.1 Authority to Test

All Athletes under the jurisdiction of a National Federation shall be subject to In-Competition Testing by IFBB, the Athlete's National Federation, and any other Anti-Doping Organization responsible for Testing at a Competition or Event in which they participate. All Athletes under the jurisdiction of a National Federation, including Athletes serving a period of ineligibility or a Provisional Suspension, shall also be subject to Out-of-Competition Testing at any time or



place, with or without advance notice, by IFBB, WADA, the Athlete's National Federation, the National Anti-Doping Organization of any country where the Athlete is present, the IOC during the Olympic Games, and the IPC during Paralympic Games. Target Testing will be made a priority.

5.2 Responsibility for IFBB Testing

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

The IFBB Anti-Doping Commission shall be responsible for drawing up a test distribution plan for the sport of Bodybuilding, Classic Bodybuilding, Bodyfitness and Fitness in accordance with Article 4 of the International Standard for Testing, and for the implementation of that plan, including overseeing all Testing conducted by or on behalf of IFBB. Testing may be conducted by members of the IFBB Anti-Doping Commission or by other qualified persons so authorized by IFBB.

5.3 Testing Standards

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

5.3.1 Blood (or other non-urine) Samples may be used to detect Prohibited Substances or Prohibited Methods, for screening procedure purposes, or for longitudinal hematological profiling ("the passport"). If the Sample is collected for screening only, it will have no consequences for the Athlete other than to identify him/her for a urine test under these anti-doping rules. In these circumstances, the IFBB may decide at its own discretion which blood parameters are to be measured in the screening Sample and what levels of those parameters will be used to indicate that an Athlete should be selected for a urine test. If however, the Sample is collected for longitudinal hematological profiling ("the passport"), it may be used for anti-doping purposes in accordance with Article 2.2 of the Code.

5.4 Coordination of Testing

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

5.5 Athlete Whereabouts Requirements

5.5.1 The IFBB shall identify a *Registered Testing Pool* of those *Athletes* who are required to provide up-to-date whereabouts information to the IFBB in accordance with the International Standard for Testing. The IFBB shall publish criteria for Athletes to be included in this Registered Testing Pool as well as a list of the Athletes meeting those criteria for the period in



question. The IFBB may revise its *Registered Testing Pool* from time to time as appropriate in accordance with the set criteria. Each *Athlete* in the *Registered Testing Pool* shall file quarterly reports with the IFBB on forms provided by the IFBB which specify on a daily basis the locations and times where the *Athlete* will be residing, training and competing in the manner set out in Article 11.3 of the International Standard for Testing. *Athletes* shall update this information as necessary so that it is current at all times. The *Athlete* shall make him/herself available for Testing at such whereabouts, in accordance with Article 11.4 of the International Standard for Testing. The ultimate responsibility for providing current and updated whereabouts information rests with each *Athlete*; however, it shall be the responsibility of each National Federation* to use its best efforts to assist the IFBB in obtaining whereabouts information as requested by the IFBB.

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

5.5.2 An Athlete's failure to advise IFBB of his/her whereabouts shall be deemed a Filing Failure for purposes of Article 2.4 where the conditions of Article 11.3.5 of the International Standard for Testing are met.

5.5.3 An Athlete's failure to be available for Testing at his/her declared whereabouts shall be deemed a Missed Test for purposes of Article 2.4 where the conditions of Article 11.4.3 of the International Standard for Testing are met.

5.5.4 Each National Federation shall also assist its National Anti-Doping Organization in establishing a national level Registered Testing Pool of top level national Athletes to whom the whereabouts requirements of the International Standard for Testing shall also apply. Where those Athletes are also in the IFBB's Registered Testing Pool, the IFBB and the National Anti-Doping Organization will agree (with the assistance of WADA if required) on which of them will take responsibility for receiving whereabouts filings from the Athlete and sharing it with the other (and with other Anti-Doping Organizations) in accordance with Article 5.5.5.

5.5.5 Whereabouts information provided pursuant to Articles 5.5.1 and 5.5.4 shall be shared with WADA and other Anti-Doping Organizations having jurisdiction to test an Athlete in accordance with Articles 11.7.1(d) and 11.7.3(d) of the International Standard for Testing, including the strict condition that it be used only for Doping Control purposes.

5.6 Retirement and Return to Competition

5.6.1 An *Athlete* who has been identified by the IFBB for inclusion in its *Registered Testing Pool* shall continue to be subject to these *Rules*, including the obligation to comply with the whereabouts requirements of



the International Standard for Testing, unless and until the *Athlete* gives written notice to the IFBB that he or she has retired or until he or she no longer satisfies the criteria for inclusion in the IFBB's *Registered Testing Pool* and has been so informed by the IFBB.

5.6.2 An *Athlete* who has given notice of retirement to the IFBB may not resume competing unless he or she notifies the IFBB at least six months before he or she expects to return to competition and makes him/herself available for unannounced Out-of-Competition Testing, including (if requested) complying with the whereabouts requirements of the International Standard for Testing, at any time during the period before actual return to competition.

5.6.3 National Federations and National Anti-Doping Organizations may establish similar requirements for retirement and returning to competition for *Athletes* in the national registered testing pool.

5.7 Selection of *Athletes* to be Tested

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

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

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

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

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



ARTICLE 6: ANALYSIS OF SAMPLES

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

6.1 Use of Approved Laboratories

The IFBB and its Affiliated Federations shall send doping control samples for analysis only to WADA-accredited laboratories or as otherwise approved by WADA. The choice of the WADA-accredited laboratory (or other laboratory method approved by WADA) used for the sample analysis shall be determined exclusively by the IFBB or its Affiliated Federation as the case may be.

6.2 Purpose of Collection and Analysis of Samples

Samples shall be analyzed to detect *Prohibited Substances* and *Prohibited Methods* identified on the *Prohibited List* and other substances as may be directed by WADA pursuant to the Monitoring Program described in Article 4.5 of the *Code* or to assist IFBB in profiling relevant parameters in an Athlete's urine, blood or other matrix, including DNA or genomic profiling, for anti-doping purposes.

6.3 Research on Samples

No sample may be used for any purpose other than as described in Article 6.2 (the detection of substances (or classes of substances) or methods on the *Prohibited List*, or as otherwise identified by WADA pursuant to its Monitoring Program) without the *Athlete's* written consent. Samples used (with the Athlete's written consent) for purposes other than those described in Article 6.2 shall have any means of identification removed such that they cannot be traced back to a particular Athlete.

6.4 Standards for Sample Analysis and Reporting

Laboratories shall analyze doping control samples and report results in conformity with the *International Standard for Laboratories*

6.5 Retesting Samples

A Sample may be reanalyzed for the purposes described in Article 6.2 at any time exclusively at the direction of IFBB or WADA. The circumstances and conditions for retesting Samples shall conform with the requirements of the International Standard for Laboratories.



ARTICLE 7: RESULTS MANAGEMENT

7.1 Results Management for Tests Initiated by the IFBB

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

7.1.1 All analytical results must be sent to the IFBB in encoded form, in a report signed by an authorized representative of the laboratory. All communications must be conducted in such a way that the results are confidential and in conformity with *ADAMS*, a database management tool developed by *WADA*. *ADAMS* is consistent with data privacy statutes and norms applicable to *WADA* and other organizations using it.

7.1.2 Upon receipt of an A sample *Adverse Analytical Finding*; the IFBB Medical Commission (see Article 7.1.2.1) shall conduct an immediate review to determine whether: (a) the Adverse Analytical Finding is consistent with an applicable TUE, or (b) there is any apparent departure from the *International Standards* for Testing or International Standard for Laboratories that caused the Adverse Analytical Finding.

7.1.2.1 The IFBB Medical Commission shall have responsibility for the result management of all *Anti-Doping Rule Violations*, including the review discussed in Articles 7.1.2 and 7.1.8 and to review any other potential violations of these *Anti-Doping Rules* as may be requested by the IFBB.

7.1.3 In the following circumstances:

- (a) The *Adverse Analytical Finding* is for a Glucocorticosteroid, formoterol, salbutamol, salmeterol or terbutaline; and
- (b) The *Sample* in question was provided by an *Athlete* who is not in IFBB's *Registered Testing Pool*, during his/her participation in an *International Event* for which (in accordance with Article 7.13 of the *International Standard* for Therapeutic Use Exemptions and Article 4.4.3 of these Anti-Doping Rules IF does not require a TUE for asthma medication in advance;

then, before the matter is referred to IFBB Medical Commission under Article 7.1, the *Athlete* shall be given an opportunity to apply to the TUE Committee for a Retroactive TUE in accordance with Article 7.13 of the *International Standard* for Therapeutic Use



Exemptions. The result of that application shall be forwarded to the IFBB Anti-Doping Commission for consideration in its review of the *Adverse Analytical Finding* under Article 7.1.2.

7.1.4 If the initial review under Article 7.1.2 does not reveal an applicable Therapeutic Use Exemption or departure from the *International Standard* for Testing or the *International Standard* for Laboratory Analysis in force at the time of testing or analysis that undermines the validity of the *Adverse Analytical Finding*, the IFBB shall promptly notify the *Athlete* of: (a) the *Adverse Analytical Finding*; (b) the anti-doping rule violated, or, in a case under Articles 7.1.8 or 7.1.9, a description of the additional investigation that will be conducted as to whether there is an *Anti-Doping Rule Violation*; (c) the *Athlete's* right to promptly request the analysis of the B sample or, failing such request, that the B sample analysis may be deemed waived; (d) the right of the *Athlete* and/or the *Athlete's* representative to attend the B sample opening and analysis if such analysis is requested; and (e) the *Athlete's* right to request copies of the A and B sample laboratory documentation package which includes information as required by the *International Standard* for Laboratory Analysis. IFBB shall also notify the *Athlete's National Anti-Doping Organization* and WADA. If IFBB decides not to bring forward the *Adverse Analytical Finding* as an anti-doping rule violation, it shall so notify the *Athlete*, the *Athlete's National Anti-Doping Organization* and WADA.

7.1.5 Arrangements shall be made for testing the B sample within 21 days of the notification described in Article 7.1.3. An *Athlete* may accept the A sample analytical results by waiving the requirement for the B sample analysis. The IFBB may nonetheless elect to proceed with the B sample analysis.

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

7.1.7 If the B sample proves negative, the entire test shall be considered negative and the *Athlete*, his or her National Federation, and the IFBB shall be so informed.

7.1.8 If a *Prohibited Substance* or the use of a *Prohibited Method* is identified, the findings shall be reported to the *Athlete*, his or her National Federation, the IFBB, and to WADA.

7.1.9 The IFBB Medical Commission shall conduct any follow-up investigation as may be required by the *Prohibited List*. Upon completion of such follow-up investigation, the IFBB shall promptly notify the *Athlete* regarding the results of the follow-up investigation and whether or not the



IFBB asserts that an anti-doping rule was violated.

7.1.10 For apparent *Anti-Doping Rule Violations* that do not involve *Adverse Analytical Findings*, the IFBB shall conduct any necessary follow-up investigation and shall then promptly notify the *Athlete* of the anti-doping rule which appears to have been violated, and the basis of the violation.

7.2 Results Management for Atypical Findings

7.2.1 As provided in the International Standards, in certain circumstances laboratories are directed to report the presence of Prohibited Substances that may also be produced endogenously as Atypical Findings that should be investigated further.

7.2.2 If a laboratory reports an Atypical Finding in respect of a Sample collected from an Athlete by or on behalf of IFBB, the IFBB Anti-Doping Commission shall conduct a review to determine whether: (a) the Atypical Finding is consistent with an applicable TUE that has been granted as provided in the International Standard for Therapeutic Use Exemptions, or (b) there is any apparent departure from the International Standard for Testing or International Standard for Laboratories that caused the Atypical Analytical Finding.

7.2.3 If the initial review of an Atypical Finding under Article 7.2.2 reveals an applicable TUE or departure from the International Standard for Testing or the International Standard for Laboratories that caused the Atypical Finding, the entire test shall be considered negative and the Athlete, his National Federation, and IFBB shall be so informed.

7.2.4 If the initial review of an Atypical Finding under Article 7.2.2 does not reveal an applicable TUE or departure from the International Standard for Testing or the International Standard for Laboratories that caused the Atypical Finding, IFBB shall conduct the follow-up investigation required by the International Standards. If, once that investigation is completed, it is concluded that the Atypical Finding should be considered an Adverse Analytical Finding, IFBB shall pursue the matter in accordance with Article 7.1.3.

7.2.5 IFBB will not provide notice of an Atypical Finding until it has completed its investigation and has decided whether it will bring the Atypical Finding forward as an Adverse Analytical Finding unless one of the following circumstances exists:

(a) If IFBB determines the B Sample should be analyzed prior to the conclusion of its follow-up investigation, it may conduct the B Sample analysis after notifying the Athlete, with such notice to include a description of the Atypical Finding and the information described in Article 7.1.3(c) to (f).



(b) If IFBB receives a request, either from a Major Event Organization shortly before one of its International Events or from a sports organization responsible for meeting an imminent deadline for selecting team members for an International Event, to disclose whether any Athlete identified on a list provided but the Major Event Organization or sports organization has a pending Atypical Finding, IFBB shall so identify any such Athlete after first providing notice of the Atypical Finding to the Athlete.

7.3 Results Management for Tests Initiated During Other International Events

Results management and the conduct of hearings from a test by a major event organization e.g. World Games shall be managed, as far as sanctions beyond disqualification from the event or the results of the event, by the IFBB.

7.4 Results Management for Tests Initiated by National, Regional and Continental Federations

Results management conducted by National, Regional and Continental Federations shall be consistent with the general principles for effective and fair results management which underlie the detailed provisions set forth in Article 7. National, Regional and Continental Federations shall report the results of all doping controls to the IFBB and WADA within 14 days of the conclusion of the National, Regional or Continental Federations' results management process. Any apparent *Anti-Doping Rule Violation* by an *Athlete* who is a member of that National Federation shall be promptly referred to an appropriate hearing panel established pursuant to the rules of the National Federation or national law. Any apparent Anti-Doping Rule Violations by an *Athlete* who is a member of another National Federation shall be referred to the *Athlete's* National Federation for hearing.

7.5 Results Management for Whereabouts Violations

7.5.1 Results management in respect of an apparent Filing Failure by an Athlete in IFBB's Registered Testing Pool shall be conducted by IFBB in accordance with Article 11.6.2 of the International Standard for Testing (unless it has been agreed in accordance with Article 5.5.4 that the National Federation or National Anti-Doping Organization shall take such responsibility).

7.5.2 Results management in respect of an apparent Missed Test by an Athlete in IFBB's Registered Testing Pool as a result of an attempt to test the Athlete by or on behalf of IFBB shall be conducted by IFBB in accordance with Article 11.6.3 of the International Standard for Testing. Results management in respect of an apparent Missed Test by such Athlete as a result of an attempt to test the Athlete by or on behalf of another Anti-Doping Organization shall be conducted by that other Anti-Doping Organization in accordance with Article 11.7.6(c) of the International Standard for Testing.



7.5.3 Where, in any eighteen-month period, an Athlete in IFBB's Registered Testing Pool is declared to have three Filing Failures, or three Missed Tests, or any combination of Filing Failures or Missed Tests adding up to three in total, whether under these Anti-Doping Rules or under the rules of any other Anti-Doping Organization, IFBB shall bring them forward as an apparent anti-doping rule violation.

7.6 Provisional Suspensions

7.6.1 If analysis of an A Sample has resulted in an Adverse Analytical Finding for a Prohibited Substance that is not a Specified Substance, and a review in accordance with Article 7.1.2 does not reveal an applicable TUE or departure from the International Standard for Testing or the International Standard for Laboratories that caused the Adverse Analytical Finding, IFBB shall Provisionally Suspend the Athlete pending the hearing panel's determination of whether he/she has committed an anti-doping rule violation.

7.6.2 In any case not covered by Article 7.6.1 where IFBB decides to take the matter forward as an apparent anti-doping rule violation in accordance with the foregoing provisions of this Article 7, the IFBB President, after consultation with the IFBB Anti-Doping Commission, may Provisionally Suspend the Athlete pending the hearing panel's determination of whether he/she has committed an anti-doping rule violation.

7.6.3 Where a Provisional Suspension is imposed, whether pursuant to Article 7.6.1 or Article 7.6.2, the Athlete shall be given either (a) an opportunity for a Provisional Hearing before imposition of the Provisional Suspension or on a timely basis after imposition of the Provisional Suspension; or (b) an opportunity for an expedited hearing in accordance with Article 8 (Right to a Fair Hearing) on a timely basis after imposition of a Provisional Suspension. National Federations shall impose Provisional Suspensions in accordance with the principles set forth in this Article 7.6.

7.6.4 If a Provisional Suspension is imposed based on an Adverse Analytical Finding in respect of an A Sample, and any subsequent analysis of the B Sample analysis does not confirm the A Sample analysis, then the Athlete shall not be subject to any further Provisional Suspension on account of a violation of Article 2.1 of the Code (Presence of a Prohibited Substance or its Metabolites or Markers). In circumstances where the Athlete has been removed from a Competition based on a violation of Article 2.1 and the subsequent B Sample analysis does not confirm the A Sample finding, if, without otherwise affecting the Competition, it is still possible for the Athlete or team to be reinserted, the Athlete or team may continue to take part in the Competition.



7.7 Retirement from Sport

If an Athlete or other Person retires while a results management process is underway, IFBB retains jurisdiction to complete its results management process. If an Athlete or other Person retires before any results management process has begun and IFBB would have had results management jurisdiction over the Athlete or other Person at the time the Athlete or other Person committed an anti-doping rule violation, IFBB has jurisdiction to conduct results management.

ARTICLE 8: RIGHT TO A FAIR HEARING

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

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

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

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

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

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

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

8.1.7 An *Athlete* or other person may forego a hearing by acknowledging the *Anti-Doping Rule Violation* and accepting consequences consistent with Articles 9 and 10 as proposed by IFBB. The right to a hearing may be waived either expressly or by the *Athlete's* or other *Person's* failure to challenge IFBB's assertion that an anti-doping rule violation has occurred within the period of one (1) month. Where no hearing occurs, IFBB shall submit to the persons described in Article 13.2.3 a reasoned decision explaining the action taken.



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

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

^{*} Pursuant to Article 13 of these Rules and Article 20 of the IFBB Constitution

8.2 Hearings Arising Out of National, Regional and Continental Testing

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

8.2.2 Hearings pursuant to this Article shall be completed expeditiously and in all cases within three months of the completion of the results management process described in Article 7. Hearings held in connection with events may be conducted by an expedited process. If the completion of the hearing is delayed beyond three months, the IFBB may elect to bring the case directly before the Anti-Doping Review Board at the responsibility and at the expense of the National Federation.

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

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

8.2.5 The *Athlete* or other person may forego a hearing by acknowledging the violation and accepting consequences consistent with Articles 9 and 10 as proposed by the National, Regional or Continental Federation. The right to a hearing may be waived either expressly or by the *Athlete's* or other *Person's* failure to challenge National, Regional or Continental Federations' assertion that an anti-doping rule violation has occurred within the period of one month. Where no hearing occurs, the National, Regional or Continental Federation shall submit to the persons described in Article 13.2.3 a reasoned decision explaining the action taken.



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

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

8.3 Principles for a Fair Hearing

All hearings^{*} pursuant to either Article 8.1 or 8.2 shall respect the following principles:

- a timely hearing;
- a fair and impartial hearing panel;
- the right to be represented by counsel at the person's own expense;
- the right to be informed in a fair and timely manner of the asserted *Anti-Doping Rule Violation*;
- the right to respond to the asserted *Anti-Doping Rule Violation* and resulting consequences;
- the right of each party to present evidence, including the right to call and question witnesses (subject to the hearing panel's discretion to accept testimony by telephone or written submission);
- the person's right to an interpreter at the hearing, with the Anti-Doping Review Board to determine the identity, and responsibility for the cost of the interpreter; and
- a timely, written, reasoned decision, , specifically including an explanation of the reason(s) for any period of Ineligibility.

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

ARTICLE 9: AUTOMATIC DISQUALIFICATION OF INDIVIDUAL RESULTS

A violation of these Anti-Doping Rules in Individual Sports in connection with an In-Competition test automatically leads to Disqualification of the result obtained in that Competition with all resulting consequences, including forfeiture of any medals, points and prizes.



ARTICLE 10: SANCTIONS ON INDIVIDUALS

10.1 Disqualification of Results in Event During which an Anti-Doping Rule Violation Occurs

An Anti-Doping Rule violation occurring during or in connection with an Event may 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, except as provided in Article 10.1.1.

10.1.1 If the Athlete establishes that he or she bears No Fault or Negligence for the violation, the Athlete's individual results in the other Competition shall not be Disqualified unless the Athlete's results in Competition other than the Competition in which the anti-doping rule violation occurred were likely to have been affected by the Athlete's anti-doping rule violation.

10.2 Ineligibility for Presence, Use or Attempted Use, or Possession of Prohibited Substances and Prohibited Methods

The period of Ineligibility imposed for a violation of Article 2.1 (Presence of Prohibited Substance or its Metabolites or Markers), Article 2.2 (Use or Attempted Use of Prohibited Substance or Prohibited Method) or Article 2.6 (Possession of Prohibited Substances and Methods) shall be as follows, unless the conditions for eliminating or reducing the period of Ineligibility, as provided in Articles 10.4 and 10.5, or the conditions for increasing the period of Ineligibility, as provided in Article 10.6, are met:

First violation: Two (2) years' Ineligibility.

10.3 Ineligibility for Other Anti-Doping Rule Violations

The period of Ineligibility for violations of these Anti-Doping Rules other than as provided in Article 10.2 shall be as follows:

10.3.1 For violations of Article 2.3 (refusing or failing to submit to Sample collection) or Article 2.5 (Tampering with Doping Control), the Ineligibility period shall be two (2) years unless the conditions provided in Article 10.5, or the conditions provided in Article 10.6, are met.

10.3.2 For violations of Article 2.7 (Trafficking) or Article 2.8 (Administration of Prohibited Substance or Prohibited Method), the period of Ineligibility imposed shall be a minimum of four (4) years up to lifetime Ineligibility unless the conditions provided in Article 10.5



are met. 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 shall result in lifetime Ineligibility for such Athlete Support Personnel. In addition, significant violations of such Articles which also violate non-sporting laws and regulations, shall be reported to the competent administrative, professional or judicial authorities.

10.3.3 For violations of Article 2.4 (Filing Failures and/ or Missed Tests), the period of Ineligibility shall be at a minimum one (1) year and at a maximum two (2) years based on the Athlete's degree of fault.

10.4 Elimination or Reduction of the Period of Ineligibility for Specified Substances under Specific Circumstances

Where an Athlete or other Person can establish how a Specified Substance entered his or her body or came into his or her possession and that such Specified Substance was not intended to enhance the Athlete's sport performance or mask the use of a performance-enhancing substance, the period of Ineligibility found in Article 10.2 shall be replaced with the following:

First violation: At a minimum, a reprimand and no period of Ineligibility from future Events, and at a maximum, two (2) years of Ineligibility.

To justify any elimination or reduction, the Athlete or other Person must produce corroborating evidence in addition to his or her word which establishes to the comfortable satisfaction of the hearing panel the absence of an intent to enhance sport performance or mask the use of a performance enhancing substance. The Athlete or other Person's degree of fault shall be the criterion considered in assessing any reduction of the period of Ineligibility.

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

10.5.1 No Fault or Negligence

If an Athlete establishes in an individual case that he or she bears No Fault or Negligence, the otherwise applicable period of Ineligibility shall be eliminated. When a Prohibited Substance or its Markers or Metabolites is detected in an Athlete's Sample in violation of Article 2.1 (presence of Prohibited Substance), the Athlete must also establish how the Prohibited Substance entered his or her system in order to have the period of Ineligibility eliminated. In the event this Article is applied and the period of Ineligibility otherwise applicable is eliminated, the anti-doping rule violation shall not be considered a violation for the limited purpose of determining the period of Ineligibility for multiple violations under Article 10.7.



10.5.2 No Significant Fault or Negligence

If an Athlete or other Person establishes in an individual case 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 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 Sample in violation of Article 2.1 (Presence of Prohibited Substance or its Metabolites or Markers), the Athlete must also establish how the Prohibited Substance entered his or her system in order to have the period of Ineligibility reduced.

10.5.3 Substantial Assistance in Discovering or Establishing Anti-Doping Rule Violations

The IFBB Anti-Doping Commission may, prior to a final appellate decision under Article 13 or the expiration of the time to appeal, suspend a part of the period of Ineligibility imposed in an individual case where the Athlete or other Person has provided Substantial Assistance to an Anti-Doping Organization, criminal authority or professional disciplinary body which results in the Anti-Doping Organization discovering or establishing an anti-doping rule violation by another Person or which results in a criminal or disciplinary body discovering or establishing a criminal offense or the breach of professional rules by another Person. After a final appellate decision under Article 13 or the expiration of time to appeal, IFBB may only suspend a part of the applicable period of Ineligibility with the approval of WADA. The extent to which the otherwise applicable period of Ineligibility may be suspended shall be based on the seriousness of the anti-doping rule violation committed by the Athlete or other Person and the significance of the Substantial Assistance provided by the Athlete or other Person to the effort to eliminate doping in sport. No more than three-quarters of the otherwise applicable period of Ineligibility may be suspended. If the otherwise applicable period of Ineligibility is a lifetime, the non-suspended period under this Article must be no less than 8 years. If IFBB suspends any part of the period of Ineligibility under this Article, it shall promptly provide a written justification for its decision to each Anti-Doping Organization having a right to appeal the decision. If IFBB subsequently reinstates any part of the suspended period of Ineligibility because the Athlete or other Person has failed to provide the Substantial Assistance which was anticipated, the Athlete or other Person may appeal the reinstatement pursuant to Article 13.2.

10.5.4 Admission of an Anti-Doping Rule Violation in the Absence of Other Evidence

Where an Athlete or other Person voluntarily admits the commission of an



anti-doping rule violation before having received notice of a Sample collection which could establish an anti-doping rule violation (or, in the case of an anti-doping rule violation other than Article 2.1, before receiving first notice of the admitted violation pursuant to Article 7) and that admission is the only reliable evidence of the violation at the time of admission, then the period of Ineligibility may be reduced, but not below one-half of the period of Ineligibility otherwise applicable.

10.5.5 Where an Athlete or Other Person Establishes Entitlement to Reduction in Sanction under More than One Provision of this Article

Before applying any reductions under Articles 10.5.2, 10.5.3 or 10.5.4, the otherwise applicable period of Ineligibility shall be determined in accordance with Articles 10.2, 10.3, 10.4 and 10.6. If the Athlete or other Person establishes entitlement to a reduction or suspension of the period of Ineligibility under two or more of Articles 10.5.2, 10.5.3 or 10.5.4, then the period of Ineligibility may be reduced or suspended, but not below one-quarter of the otherwise applicable period of Ineligibility.

10.6 Aggravating Circumstances Which May Increase the Period of Ineligibility

If IFBB establishes in an individual case involving an anti-doping rule violation other than violations under Article 2.7 (Trafficking) and 2.8 (Administration) that aggravating circumstances are present which justify the imposition of a period of Ineligibility greater than the standard sanction, then the period of Ineligibility otherwise applicable shall be increased up to a maximum of four years unless the Athlete or other Person can prove to the comfortable satisfaction of the hearing panel that he did not knowingly violate the anti-doping rule.

An Athlete or other Person can avoid the application of this Article by admitting the anti-doping rule violation as asserted promptly after being confronted with the anti-doping rule violation by IFBB.

10.7 Multiple Violations

10.7.1 Second Anti-Doping Rule Violation

For an Athlete's or other Person's first anti-doping rule violation, the period of Ineligibility is set forth in Articles 10.2 and 10.3 (subject to elimination, reduction or suspension under Articles 10.4 or 10.5, or to an increase under Article 10.6). For a second anti-doping rule violation the period of Ineligibility shall be within the range set forth in the table below.



Second Violation	RS	FFMT	NSF	St	AS	TRA
First Violation						
RS	1-4	2-4	2-4	4-6	8-10	10-life
FFMT	1-4	4-8	4-8	6-8	10-life	life
NSF	1-4	4-8	4-8	6-8	10-life	life
St	2-4	6-8	6-8	8-life	life	life
AS	4-5	10-life	10-life	life	life	life
TRA	8-life	life	Life	life	life	life

Definitions for purposes of the second anti-doping rule violation table:

RS (Reduced sanction for Specified Substance under Article 10.4): The anti-doping rule violation was or should be sanctioned by a reduced sanction under Article 10.4 because it involved a Specified Substance and the other conditions under Article 10.4 were met.

FFMT (Filing Failures and/or Missed Tests): The anti-doping rule violation was or should be sanctioned under Article 10.3.3 (Filing Failures and/or Missed Tests).

NSF (Reduced sanction for No Significant Fault or Negligence): The anti-doping rule violation was or should be sanctioned by a reduced sanction under Article 10.5.2 because No Significant Fault or Negligence under Article 10.5.2 was proved by the Athlete.

St (Standard sanction under Articles 10.2 or 10.3.1): The anti-doping rule violation was or should be sanctioned by the standard sanction of two years under Article 10.2 or 10.3.1.

AS (Aggravated sanction): The anti-doping rule violation was or should be sanctioned by an aggravated sanction under Article 10.6 because the Anti-Doping Organization established the conditions set forth under Article 10.6.

TRA (Trafficking or Attempted Trafficking and administration or Attempted administration): The anti-doping rule violation was or should be sanctioned by a sanction under Article 10.3.2.

10.7.2 Application of Articles 10.5.3 and 10.5.4 to Second Anti-Doping Rule Violation

Where an Athlete or other Person who commits a second anti-doping rule violation establishes entitlement to suspension or reduction of a portion of the period of Ineligibility under Article 10.5.3 or Article 10.5.4, the hearing panel shall first determine the otherwise applicable period of Ineligibility within the



range established in the table in Article 10.7.1, and then apply the appropriate suspension or reduction of the period of Ineligibility. The remaining period of Ineligibility, after applying any suspension or reduction under Articles 10.5.3 and 10.5.4, must be at least one-fourth of the otherwise applicable period of Ineligibility.

10.7.3 Third Anti-Doping Rule Violation

A third anti-doping rule violation will always result in a lifetime period of Ineligibility, except if the third violation fulfills the condition for elimination or reduction of the period of Ineligibility under Article 10.4 or involves a violation of Article 2.4 (Filing Failures and/or and Missed Tests). In these particular cases, the period of Ineligibility shall be from eight (8) years to life ban.

10.7.4 Additional Rules for Certain Potential Multiple Violations

● For purposes of imposing sanctions under Article 10.7, an anti-doping rule violation will only be considered a second violation if the IFBB (or its National Federation) can establish that the Athlete or other Person committed the second anti-doping rule violation after the Athlete or other Person received notice pursuant to Article 7 (Results Management), or after IFBB (or its National Federation) made reasonable efforts to give notice, of the first anti-doping rule violation; if the IFBB (or its National Federation) cannot establish this, the violations shall be considered together as one single first violation, and the sanction imposed shall be based on the violation that carries the more severe sanction; however, the occurrence of multiple violations may be considered as a factor in determining Aggravating Circumstances (Article 10.6).

● If, after the resolution of a first anti-doping rule violation, IFBB discovers facts involving an anti-doping rule violation by the Athlete or other Person which occurred prior to notification regarding the first violation, then IFBB shall impose an additional sanction based on the sanction that could have been imposed if the two violations would have been adjudicated at the same time. Results in all Competitions dating back to the earlier anti-doping rule violation will be Disqualified as provided in Article 10.8. To avoid the possibility of a finding of Aggravating Circumstances (Article 10.6) on account of the earlier-in-time but later-discovered violation, the Athlete or other Person must voluntarily admit the earlier anti-doping rule violation on a timely basis after notice of the violation for which he or she is first charged. The same rule shall also apply when IFBB discovers facts involving another prior violation after the resolution of a second anti-doping rule violation.

10.7.5 Multiple Anti-Doping Rule Violations during an Eight-Year Period

For purposes of Article 10.7, each anti-doping rule violation must take place within the same eight (8) year period in order to be considered multiple violations.



10.8 Disqualification of Results in Competitions Subsequent to Sample Collection or Commission of an Anti-Doping Rule Violation

In addition to the automatic Disqualification of the results in the Competition which produced the positive Sample under Article 9 (Automatic Disqualification of Individual Results), all other competitive results obtained from the date a positive Sample was collected (whether In-Competition or Out-of-Competition), or other anti-doping rule 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.

10.8.1 As a condition of regaining eligibility after being found to have committed an anti-doping rule violation, the Athlete must first repay all prize money forfeited under this Article.

10.8.2 Allocation of Forfeited Prize Money.

Forfeited prize money shall be reallocated to other Athletes according to a criteria established by IFBB.

10.9 Commencement of Ineligibility Period

Except as provided below, 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.

10.9.1 Delays Not Attributable to the Athlete or other Person

Where there have been substantial delays in the hearing process or other aspects of Doping Control not attributable to the Athlete or other Person, the IFBB or Anti-Doping Organization imposing the sanction may start the period of Ineligibility at an earlier date commencing as early as the date of Sample collection or the date on which another anti-doping rule violation last occurred.

10.9.2 Timely Admission

Where the Athlete promptly (which, in all events, means before the Athlete competes again) admits the anti-doping rule violation after being confronted with the anti-doping rule violation by IFBB, the period of Ineligibility may start as early as the date of Sample collection or the date on which another anti-doping rule violation last occurred. In each case, however, where this Article is applied, the Athlete or other Person shall serve at least one-half of the period of Ineligibility going forward from the date the Athlete or other Person accepted the imposition of a sanction, the date of a hearing decision imposing a sanction, or the date the sanction is



otherwise imposed.

10.9.3 If a Provisional Suspension is imposed and respected by the Athlete, then the Athlete shall receive a credit for such period of Provisional Suspension against any period of Ineligibility which may ultimately be imposed.

10.9.4 If an Athlete voluntarily accepts a Provisional Suspension in writing from IFBB and thereafter refrains from competing, the Athlete shall receive a credit for such period of voluntary Provisional Suspension against any period of Ineligibility which may ultimately be imposed. A copy of the Athlete's voluntary acceptance of a Provisional Suspension shall be provided promptly to each party entitled to receive notice of a potential anti-doping rule violation under Article 14.1.

10.9.5 No credit against a period of Ineligibility shall be given for any time period before the effective date of the Provisional Suspension or voluntary Provisional Suspension regardless of whether the Athlete elected not to compete or was suspended by his or her team.

10.10 Status During Ineligibility

10.10.1 Prohibition against Participation during Ineligibility

No Athlete or other Person who has been declared Ineligible may, during the period of Ineligibility, participate in any capacity in an Event or activity (other than authorized anti-doping education or rehabilitation programs) authorized or organized by IFBB or any National Federation or a club or other member organization of IFBB or any National Federation, or in Competitions authorized or organized by any professional league or any international or national level Event organization.

An Athlete or other Person subject to a period of Ineligibility longer than four years may, after completing four years of the period of Ineligibility, participate in local sport events in a sport other than sports subject to the jurisdictions of IFBB and its National Federations, but only so long as the local sport event is not at a level that could otherwise qualify such Person directly or indirectly to compete in (or accumulate points toward) a national championship or International Event.

An Athlete or other Person subject to a period of Ineligibility shall remain subject to Testing.

10.10.2 Violation of the Prohibition of Participation during Ineligibility

Where an Athlete or other Person who has been declared Ineligible violates the prohibition against participation during Ineligibility described in Article 10.10.1, the results of such participation shall be Disqualified and the period of Ineligibility which was originally imposed shall start over again as



of the date of the violation. The new period of Ineligibility may be reduced under Article 10.5.2 if the Athlete or other Person establishes he or she bears No Significant Fault or Negligence for violating the prohibition against participation. The determination of whether an Athlete or other Person has violated the prohibition against participation, and whether a reduction under Article 10.5.2 is appropriate, shall be made by IFBB.

10.10.3 Withholding of Financial Support during Ineligibility

In addition, for any anti-doping rule violation not involving a reduced sanction for Specified Substances as described in Article 10.4, some or all sport-related financial support or other sport-related benefits received by such Person will be withheld by IFBB and its National Federations.

10.11 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 IFBB, the applicable National Federation, and any other Anti-Doping Organization having Testing jurisdiction, and must comply with the whereabouts requirements of Article 11 of the International Standard for Testing. 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 IFBB and the applicable National Federation and has been subject to Out-of-Competition Testing for a period of time equal to the [longer of (a) the period set forth in Article 5.6 and (b)] period of Ineligibility remaining as of the date the Athlete had retired. During such remaining period of Ineligibility, a minimum of 2 (two) tests must be conducted on the Athlete with at least three months between each test. The National Federation shall be responsible for conducting the necessary tests, but tests by any Anti-Doping Organization may be used to satisfy the requirement. The results of such tests shall be reported to IFBB. In addition, immediately prior to the end of the period of Ineligibility, an Athlete must undergo Testing by IFBB for the Prohibited Substances and Methods that are prohibited in Out-of-Competition Testing. Once the period of an Athlete's Ineligibility has expired, and the Athlete has fulfilled the conditions of reinstatement, then the Athlete will become automatically re-eligible and no application by the Athlete or by the Athlete's National Federation will then be necessary.

10.12 Imposition of Financial Sanctions

Anti-Doping Organizations may, in their own rules, provide for financial sanctions on account of anti-doping rule violations. However, no financial sanction may be considered a basis for reducing the period of Ineligibility or other sanction which would otherwise be applicable under the Code.



ARTICLE 11: CONSEQUENCES TO TEAMS

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

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

ARTICLE 12: SANCTIONS & COSTS ASSESSED AGAINST AFFILIATED FEDERATIONS

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

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

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

12.3.1 If four or more violations (other than violations involving Articles 2.4 and 10.3) are committed by *Athletes* or other persons affiliated with a National Federation within a 12-month period in testing conducted by the IFBB or Anti-Doping Organizations other than the National Federation or its National Anti-Doping Organization, then the IFBB may in its discretion elect to: (a) ban all officials from that National Federation for participation in IFBB activities (including at the national, regional and continental levels) for a period of up to two years and/or (b) fine the National Federation in an amount as determined from time to time by the IFBB Executive Council (for purposes of this rule, any fine paid pursuant to Rule 12.3.2 shall be credited against any fine assessed).

12.3.1.1 If four or more violations (other than violations involving Articles 2.4 and 10.3) are committed in addition to the violations described in Article 12.3.1 by *Athletes* or other persons affiliated with a National Federation within a 12-month period in testing conducted by the IFBB or Anti-Doping Organizations other than the National Federation or its National Anti-Doping Organization, then the IFBB may suspend that National Federation's membership for a



period of up to 4 years.

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

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

ARTICLE 13: APPEALS

13.1 Decisions Subject to Appeal

Decisions made under these Anti-Doping Rules may be appealed as set forth below in Article 13.2 through 13.4 or as otherwise provided in these Anti-Doping Rules. Such decisions shall remain in effect while under appeal unless the appellate body orders otherwise. Before an appeal is commenced, any post-decision review authorized in these rules must be exhausted (except as provided in Article 13.1.1).

13.1.1 WADA Not Required to Exhaust Internal Remedies

Where WADA has a right to appeal under Article 13 and no other party has appealed a final decision within the IFBB or its *National Federation's* process, WADA may appeal such decision directly to CAS without having to exhaust other remedies in the IFBB or its *National Federation's* process.

[Comment to Article 13.1.1: Where a decision has been rendered before the final stage of IFBB's process (for example, a first hearing) and no party elects to appeal that decision to the next level of IFBB's process (e.g., the Managing Board), then WADA may bypass the remaining steps in IFBB's internal process and appeal directly to CAS.]

13.2 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, or a decision that no anti-doping rule violation was committed; a decision that an anti-doping rule violation proceeding cannot go forward for procedural reasons (including, for example, prescription); a decision under Article 10.10.2 (prohibition of participation during *Ineligibility*); a decision that the IFBB or its *National Federation* lacks jurisdiction to rule on an alleged anti-doping rule violation or its *Consequences*; a decision by any *National Federation* not to bring forward an *Adverse Analytical Finding* or an *Atypical Finding* as an anti-doping rule



violation, or a decision not to go forward with an anti-doping rule violation after an investigation under Article 7.4; and a decision to impose a *Provisional Suspension* as a result of a *Provisional Hearing* or otherwise in violation of Article 7.4 may be appealed exclusively as provided in this Article 13.2. 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.

13.2.1 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 CAS in accordance with the provisions applicable before such court.

^{*} *To mean decision of the final appeal open to the Athlete or other person within the IFBB, including Article 13 of these Rules and Article 20 of the IFBB Constitution.*

13.2.2 In cases involving *Athletes* who do not have a right to appeal under Article 13.2.1, each National, Regional and Continental Federation shall have in place an appeal procedure that respects the following principles: a timely hearing, a fair and impartial hearing panel; the right to be represented by a counsel at the person's expense; and a timely, written, reasoned decision. The IFBB's rights of appeal with respect to these cases are set forth in Article 13.2.3 below.

13.2.3 Persons Entitled to Appeal

In cases under Article 13.2.1, the following parties shall have the right to appeal to CAS: (a) the Athlete or other Person who is the subject of the decision being appealed; (b) the other party to the case in which the decision was rendered; (c) IFBB 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. In cases under Article 13.2.2, the parties having the right to appeal to the national-level reviewing body shall be as provided in the National Federation's rules but, at a minimum, shall include the following parties: (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 13.2.2, WADA and IFBB shall also have the right to appeal to CAS with respect to the decision of the national-level reviewing body.

13.3 Failure to Render a Timely Decision by IFBB and its National Federations



Where, in a particular case, IFBB or its National Federations fail to render a decision with respect to whether an anti-doping rule violation was committed within a reasonable deadline set by WADA, WADA may elect to appeal directly to CAS as if IFBB or its National Federations had rendered a decision finding no anti-doping rule violation. If the CAS panel determines that an anti-doping rule violation was committed and that WADA acted reasonably in electing to appeal directly to CAS, then WADA's costs and attorneys fees in prosecuting the appeal shall be reimbursed to WADA by IFBB or its National Federations.

13.4 Appeals from Decisions Granting or Denying a Therapeutic Use Exemption

Decisions by WADA reversing the grant or denial of a TUE may be appealed exclusively to CAS by the Athlete, IFBB, or National Anti-Doping Organization or other body designated by a National Federation which granted or denied the exemption. Decisions to deny TUE's, and which are not reversed by WADA, may be appealed by International-Level Athletes to CAS and by other Athletes to the national level reviewing body described in Article 13.2.2. If the national level reviewing body reverses the decision to deny a TUE, that decision may be appealed to CAS by WADA.

When IFBB, National Anti-Doping Organizations or other bodies designated by National Federations fail to take action on a properly submitted TUE application within a reasonable time, their failure to decide may be considered a denial for purposes of the appeal rights provided in this Article.

13.5 Appeal from Decisions Pursuant to Article 12

Decisions by IFBB pursuant to Article 12 may be appealed exclusively to CAS by the National Federation.

13.6 Appeal Avenues within the IFBB

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

13.7 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.

The above notwithstanding, the filing deadline for an appeal or intervention filed by WADA shall be the later of:

(a) Twenty-one (21) days after the last day on which any other party in the case could have appealed, or

(b) Twenty-one (21) days after WADA's receipt of the complete file relating to the decision.

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

14.1 Incorporation of these Rules

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

14.2 Statistical Reporting

Affiliated National Federations shall report to the IFBB at the end of each year (December 31) the results of all doping controls within their jurisdiction sorted by *Athlete* and identifying each date on which the *Athlete* was tested, the entity conducting the test, and whether the test was In-Competition or Out-of-Competition. The IFBB may periodically publish testing data received from Affiliated Federations as well as comparable data from testing under the IFBB's jurisdiction. IFBB shall publish annually a general statistical report of its Doping Control activities during the calendar year with a copy provided to WADA.

14.3 Doping Control Information ClearingHouse

When an Affiliated Federation has received an *Adverse Analytical Finding* on one of its *Athletes* it shall report the following information to the IFBB within fourteen (14) days of the process described in Article 7.1.2 and 7.1.3: the *Athlete's* name, country, sport and discipline within the sport,



whether the test was In-Competition or Out-of-Competition, the date of sample collection and the analytical result reported by the laboratory. The Affiliated Federation shall also regularly update the IFBB on the status and findings of any review or proceedings conducted pursuant to Article 7 (Results Management), Article 8 (Right to a Fair Hearing) or Article 13 (Appeals), and comparable information shall be provided to the IFBB within fourteen (14) days of the notification described in Article 7.1.9, with respect to other violations. In any case in which the period of ineligibility is eliminated under Article 10.5.1 (No Fault or Negligence) or reduced under Article 10.5.2 (No Significant Fault or Negligence), the IFBB shall be provided with a written reasoned decision explaining the basis for the elimination or reduction. The IFBB shall then report this information to WADA. Neither the IFBB nor WADA shall disclose this information beyond those persons within their organizations with a need to know until the Affiliated Federation has made public disclosure or has failed to make public disclosure as required in Article 14.4 below.

14.4 Public Disclosure

Neither the IFBB nor its National, Regional or Continental Federations shall publicly identify *Athletes* whose samples have resulted in *Adverse Analytical Findings*, or who were alleged to have violated other Articles of these Rules until it has been determined in a hearing in accordance with Article 8 that an *Anti-Doping Rule Violation* has occurred, or such hearing has been waived, or the assertion of an *Anti-Doping Rule Violation* has not been timely challenged, or a determination has been made that the *Athlete* is provisionally suspended. Once a violation has been established, it shall be publicly reported within 21 days. IFBB or its *National Federation* must also report within 21 days appeal decisions on an anti-doping rule violation. IFBB or its *National Regional or Continental Federation* shall also, within the time period for publication, send all hearing and appeal decisions to WADA.

14.5 Recognition of Decisions by the IFBB and Affiliated Federations

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

ARTICLE 15: RECOGNITION OF DECISIONS BY OTHER ORGANISATIONS

Subject to the right of appeal provided in Article 13, the testing, Therapeutic Use Exemptions and hearing results or other final adjudications of any Signatory to the *Code* which are consistent with the *Code* and are within the Signatory's authority, shall be recognized and respected by the IFBB and its Affiliated Federations. The IFBB and its Affiliated Federations may recognize the same actions of other bodies which have not accepted the *Code* if the rules of those bodies are otherwise consistent with the *Code*.



ARTICLE 16: STATUTE OF LIMITATIONS

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

ARTICLE 17: IFBB COMPLIANCE REPORTS TO WADA

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

ARTICLE 18: AMENDMENT AND INTERPRETATION OF THESE RULES

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

18.2 Except as provided in Article 18.5, these *Rules* shall be interpreted as an independent and autonomous text and not by reference to existing law or statutes.

18.3 The headings used for the various Parts and Articles of these *Rules* are for convenience only and shall not be deemed part of the substance of these *Rules* or to affect in any way the language of the provisions to which they refer.

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

18.5 These *Rules* have been adopted pursuant to the applicable provisions of the *Code* and shall be interpreted in a manner that is consistent with applicable provisions of the *Code*. The comments annotating various provisions of the *Code* may, where applicable, assist in the understanding and interpretation of these *Rules*.

18.6 Notice to an *Athlete* or other person who is a member of a National Federation may be accomplished by delivery of the notice to the National Federation.

18.7 These Anti-Doping Rules shall come into full force and effect on 1 January 2009 (the "Effective Date"). They shall not apply retrospectively to matters pending before the Effective Date; provided, however, that:

18.7.1 Any case pending prior to the Effective Date, or brought after the Effective Date based on an anti-doping rule violation that occurred prior to the Effective Date, shall be governed by the predecessor to these Anti-Doping Rules in force at the time of the anti-doping rule violation, subject



to any application of the principle of lex mitior by the hearing panel determining the case.

18.7.2 Any Article 2.4 whereabouts violation (whether a filing failure or a missed test) declared by IFBB under rules in force prior to the Effective Date that has not expired prior to the Effective Date and that would qualify as a whereabouts violation under Article 11 of the *International Standard for Testing* shall be carried forward and may be relied upon, prior to expiry, as one of the three Filing Failures and/or Missed Tests giving rise to an anti-doping rule violation under Article 2.4 of these Anti-Doping Rules.

Note: where existing whereabouts violations are carried over to the new regime, any restrictions under the old rules on combining those whereabouts violations with other whereabouts violations must also be carried over. Hence:

Unless otherwise stated by IFBB, however:

- a. a filing failure that is carried forward in this manner may only be combined with (post-Effective Date) Filing Failures;
- b. a missed test that is carried forward in this manner may only be combined with (post-Effective Date) Missed Tests; and
- c. a filing failure or missed test declared by any Anti-Doping Organization other than IFBB and a National, Regional or Continental Federation prior to the Effective Date may not be combined with any Filing Failure or Missed Test declared under these Anti-Doping Rules.

18.7.3 Where a period of *Ineligibility* imposed by IFBB under rules in force prior to the Effective Date has not yet expired as of the Effective Date, the *Person* who is *Ineligible* may apply to IFBB for a reduction in the period of *Ineligibility* in light o the amendments made to the *Code* as from the Effective Date. To be valid, such application must be made before the period of *Ineligibility* has expired.

18.7.4 Subject always to Article 10.7.5, anti-doping rule violations committed under rules in force prior to the Effective Date shall be taken into account as prior offences for purposes of determining sanctions under Article 10.7. Where such pre-Effective Date anti-doping rule violation involved a substance that would be treated as a *Specified Substance* under these Anti-Doping Rules, for which a period of *Ineligibility* of less than two years was imposed, such violation shall be considered a *Reduced Sanction* violation for purposes of Article 10.7.1.



APPENDIX I - DEFINITIONS

Adverse Analytical Finding. A report from a laboratory or other approved Testing entity that identifies in a Sample the presence of a Prohibited Substance or its Metabolites or Markers (including elevated quantities of endogenous substances) or evidence of the Use of a Prohibited Method.

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. Any Person who participates in sport at the international level (as defined by each International Federation), the national level (as defined by each National Anti-Doping Organization, including but not limited to those Persons in its Registered Testing Pool), and any other competitor in sport who is otherwise subject to the jurisdiction of any Signatory or other sports organization accepting the Code. All provisions of the Code, including, for example, Testing, and TUE's must be applied to international and national-level competitors. Some National Anti-Doping Organizations may elect to test and apply anti-doping rules to recreational-level or masters competitors who are not current or potential national caliber competitors. National Anti-Doping Organizations are not required, however, to apply all aspects of the Code to such Persons. Specific national rules may be established for Doping Control for non-international-level or national-level competitors without being in conflict with the Code. Thus, a country could elect to test recreational-level competitors but not require TUE's or whereabouts information. In the same manner, a Major Event Organization holding an Event only for masters-level competitors could elect to test the competitors but not require advance TUE or whereabouts information. For purposes of Article 2.8 (Administration or Attempted Administration) and for purposes of anti-doping information and education, any Person who participates in sport under the authority of any Signatory, government, or other sports organization accepting the Code is an Athlete.

[Comment to Athlete: This definition makes it clear that all international and national-caliber athletes are subject to the anti-doping rules of the Code, with the precise definitions of international and national level sport to be set forth in the anti-doping rules of the IFBB and National Anti-Doping Organizations, respectively. At the national level, anti-doping rules adopted pursuant to the Code shall apply, at a minimum, to all persons on national teams and all persons qualified to compete in any national championship in any sport. That does not mean, however, that all such Athletes must be included in a National Anti-Doping Organization's Registered Testing Pool. The definition also allows each National Anti-Doping Organization, if it chooses to do so, to expand its anti-doping control program beyond national-caliber athletes to competitors at lower levels of competition. Competitors at all levels of competition should receive the benefit of anti-doping information and education.]

Athlete Support Personnel. Any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel, parent or any other Person working with, treating or



assisting an Athlete participating in or preparing for sports Competition.

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

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

CAS. The Court of Arbitration for Sport.

Code. The World Anti-Doping Code.

Competition. A single race, match, game or singular athletic contest. For example, a basketball game or the finals of the Olympic 100-meter dash in athletics. For stage races and other athletic contests where prizes are awarded on a daily or other interim basis the distinction between a Competition and an Event will be as provided in the rules of the applicable International Federation.

Consequences of anti-doping rule violations. An Athlete's or other Person's violation of an anti-doping rule may result in one or more of the following: (a) Disqualification means the Athlete's results in a particular Competition or Event are invalidated, with all resulting consequences including forfeiture of any medals, points and prizes; (b) Ineligibility means the Athlete or other Person is barred for a specified period of time from participating in any Competition or other activity or funding as provided in Article 10.9; and (c) Provisional Suspension means the Athlete or other Person is barred temporarily from participating in any Competition prior to the final decision at a hearing conducted under Article 8 (Right to a Fair Hearing).

Disqualification. See Consequences of anti-doping rule violations, above.

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

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

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

In-Competition. Unless provided otherwise in the rules of an International Federation or other relevant Anti-Doping Organization, "In-Competition" means the period



commencing twelve hours before a Competition in which the Athlete is scheduled to participate through the end of such Competition and the Sample collection process related to such Competition.

Independent Observer Program. A team of observers, under the supervision of WADA, who observe and may provide guidance on the Doping Control process at certain Events and report on their observations.

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

Ineligibility. See Consequences of Anti-Doping Rule 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. International Standards shall include any Technical Documents issued pursuant to the International Standard.

Major Event Organizations. 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 parameter(s) that indicates the Use of a Prohibited Substance or Prohibited Method.

Metabolite. Any substance produced by a biotransformation process.

Minor. A natural Person who has not reached the age of 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. This includes an entity which may be designated by multiple countries to serve as regional Anti-Doping Organization for such countries. If this designation has not been made by the competent public authority(ies), the entity shall be the country's National Olympic Committee or its designee.

National Event. A sport Event involving international or national-level Athletes that is not an International Event.



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

National Olympic Committee. The organization recognized by the International Olympic Committee. The term National Olympic Committee shall also include the National Sport Confederation in those countries where the National Sport Confederation assumes typical National Olympic Committee responsibilities in the anti-doping area.

No Advance Notice. A Doping Control which takes place with no advance warning to the Athlete and where the Athlete is continuously chaperoned from the moment of notification through Sample provision.

No Fault or Negligence. The Athlete's establishing that he or she did not know or suspect, and could not reasonably have known or suspected even with the exercise of utmost caution, that he or she had Used or been administered the Prohibited Substance or Prohibited Method.

No Significant Fault or Negligence. The Athlete's establishing that his or her fault or negligence, when viewed in the totality of the circumstances and taking into account the criteria for No Fault or Negligence, was not significant in relationship to the anti-doping rule violation.

Out-of-Competition. Any Doping Control which is not In-Competition.

Participant. Any Athlete or Athlete Support Personnel.

Person. A natural Person or an organization or other entity.

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

[Comment: Under this definition, steroids found in an Athlete's car would constitute a violation unless the Athlete establishes that someone else used the car; in that event, the Anti-Doping Organization must establish that, even though the Athlete did not have



exclusive control over the car, the Athlete knew about the steroids and intended to have control over the steroids. Similarly, in the example of steroids found in a home medicine cabinet under the joint control of an Athlete and spouse, the Anti-Doping Organization must establish that the Athlete knew the steroids were in the cabinet and that the Athlete intended to exercise control over the steroids.]

Prohibited List. The List identifying the Prohibited Substances and Prohibited Methods.

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

Prohibited Substance. Any substance so described on the Prohibited List.

Provisional Hearing. For purposes of Article 7.6, an expedited abbreviated hearing occurring prior to a hearing under Article 8 (Right to a Fair Hearing) that provides the Athlete with notice and an opportunity to be heard in either written or oral form.

Provisional 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 Article 14.

Registered Testing Pool. The pool of top level Athletes established separately by each International Federation and National Anti-Doping Organization who are subject to both In-Competition and Out-of-Competition Testing as part of that International Federation's or National Anti-Doping Organization's test distribution plan.

Retroactive TUE. As defined in the International Standard for Therapeutic Use Exemptions.

Sample. Any biological material collected for the purposes of Doping Control.

[Comment to Sample: It has sometimes been claimed that the collection of blood samples violates the tenets of certain religious or cultural groups. It has been determined that there is no basis for any such claim.]

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.

Specified Substances. As defined in Article 4.2.2.

Substantial Assistance. For purposes of Article 10.5.3, a Person providing Substantial Assistance must: (1) fully disclose in a signed written statement all information he or she possesses in relation to anti-doping rule violations, and (2) fully cooperate with the investigation and adjudication of any case related to that information, including, for



example, presenting testimony at a hearing if requested to do so by an Anti-Doping Organization or hearing panel. Further, the information provided must be credible and must comprise an important part of any case which is initiated or, if no case is initiated, must have provided a sufficient basis on which a case could have been brought.

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

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

TUE. As defined in Article 2.6.1.

TUE Panel. As defined in Article 4.4.3.

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

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

WADA. The World Anti-Doping Agency.



APPENDIX II – ACKNOWLEDGMENT AND AGREEMENT

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

1. That the IFBB has constitutional power and authority to conduct both In-Competition and Out-of-Competition doping controls.
2. That I am solely responsible to remain current with the IFBB Anti-Doping Rules that are published by the IFBB on its official website www.ifbb.com.
3. That I am solely responsible to remain current with the Prohibited List as published by the World Anti-Doping Agency (WADA) on its official website www.wada-ama.org; that I may be tested for substances and methods on the Prohibited List.
4. That I will comply with and be bound by all of the provisions of the IFBB Anti-Doping Rules, including but not limited to, all amendments to the Anti-Doping Rules and all International Standards incorporated in the Anti-Doping Rules.
5. That I will cooperate fully with the IFBB, its Medical Commission and its doping control officials during the doping control procedures; that I will freely and faithfully submit a proper sample of my urine for analysis at a WADA accredited laboratory selected by the IFBB.
6. That the IFBB has constitutional power and authority to impose sanctions for anti-doping rule violations as provided in the IFBB Anti-Doping Rules.
7. That, if found guilty of an anti-doping rule violation, and if I choose to appeal, I agree to exercise my right of appeal pursuant to the IFBB Anti-Doping Rules, to include exhausting all avenues of appeal open to me within the IFBB before I exercise my right of appeal to the Court of Arbitration for Sport (CAS).
8. That the decisions of the arbitral appellate body referenced above shall be final and enforceable, and that I will not bring any claim, arbitration, lawsuit or litigation in any other court or tribunal.

I have read and understand this Acknowledgement and Agreement.

Date

Print Name (First Name, Last Name)

Date of Birth
(Day/Month/Year)

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