



ANTI-DOPING RULES

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INTERNATIONAL POWERLIFTING FEDERATION (IPF)

ANTI-DOPING RULES

INTRODUCTION

Preface

At the IPF Congress held in November 2004 the IPF adopted and brought into force the following Anti-Doping rules. These Anti-Doping Rules are adopted and implemented in conformance with the IPF's responsibilities under the *Code*, and are in furtherance of the IPF's continuing efforts to eradicate doping in the sport of powerlifting.¹

Anti-Doping Rules like Competition rules, are sport rules governing the conditions under which sport is played. Athletes accept these rules as a condition of participation. Anti-Doping Rules are not intended to be subject to or limited by the requirements and legal standards applicable to criminal proceedings or employment matters. The policies and minimum standards set forth in the *Code* and implemented in these Anti-Doping Rules represent the consensus of a broad spectrum of stakeholders with an interest in fair sport and should be respected by all courts and adjudicating bodies.

Fundamental Rationale for the *Code* and the IPF's Anti-Doping Rules

Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport"; it is essence of Sport; 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.

¹ Wherever the term "sport of powerlifting" or "powerlifting" appears in these Anti-Doping Rules, it refers to powerlifting and the certain disciplines within the sport of powerlifting, including the bench press.

Scope

These Anti-Doping Rules shall apply within the IPF, to each National Federation of the IPF, and to each Participant in the activities of IPF or any of its National Federations by virtue of the Participant's membership, accreditation, or participation in IPF, the IPF's National Federations, or their activities or Events.

To be eligible for participation in International Events, a competitor must be a registered member of his or her National Federation, and must present an Acknowledgement and Agreement Form to the IPF officials at the weigh in before the competition. The form, available as Appendix 2 of these Anti-Doping Rules, must be personally signed by the Athlete. The form from under-age Athlete must be counter-signed by his or her legal guardian.

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 cases, 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 to a National Anti-Doping Organization. In those countries, references in these Anti-Doping Rules to the National Federation shall apply, as applicable, to the National Federation's National Anti-Doping Organization.

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

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

The following constitute anti-doping rule violations:

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

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 bodily Specimens. Accordingly, it is not necessary that intent, fault, negligence or knowing Use on the Athlete's part be demonstrated in order to establish an anti-doping violation under Article 2.1.

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

2.1.3 As an exception to the general rule of 2.1, the Prohibited List may establish special criteria for the evaluation of prohibited Substances that can also be produced endogenously.

2.2 Use or Attempted Use of a Prohibited Substance or a Prohibited method

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

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 the requirements regarding Athlete's availability for Out-of-Competition Testing including failure to provide required whereabouts information set forth in Article 5.5 (Athlete whereabouts information) and missed tests which are declared, based on reasonable rules.

2.5 Tampering, or Attempting to tamper with any part of Doping Control.

2.6 Possession of Prohibited Substances and methods

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

2.6.2 Possession of a Prohibited Substance that is prohibited in Out-of-Competition Testing or a Prohibited Method by Athlete Support Personnel in connection with an Athlete, Event or training, unless the Athlete Support Personnel establishes that the Possession is pursuant to a therapeutic use exemption granted

to an Athlete in accordance with Article 4.4 (Therapeutic Use) or other acceptable justification.

2.7 Trafficking in any Prohibited Substance or Prohibited Method.

2.8 Administration or Attempted administration of a Prohibited Substance or Prohibited Method to any Athlete, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any Attempted violation.

ARTICLE 3 PROOF OF DOPING

3.1 Burden and Standards of Proof

The IPF 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 the IPF or its National Federation has established an anti-doping rule violation to the comfortable satisfaction of the hearing body, bearing in mind the seriousness of the allegation which is made. This standard of proof in all cases is greater than a mere balance of probability but less than proof beyond a reasonable doubt. Where 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.

3.2 Methods of Establishing facts and Presumptions

Facts related to anti-doping rule violation 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 laboratory analysis. The Athlete may rebut this presumption by establishing that a departure from the International Standard occurred.

If the Athlete rebuts the preceding presumption by showing that a departure from the International Standard occurred, then the IPF 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 the International Standard for Testing which did not cause an Adverse Analytical Finding or other anti-doping rule violation shall not invalidate such results. If the Athlete establishes that departures from the International Standard occurred during Testing then the IPF or its National Federation shall have the burden to establish that such departures did not cause the Adverse Analytical Finding or the factual basis for the anti-doping rule violation.

ARTICLE 4 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 IPF will make the current Prohibited List available to each National Federation, and each National Federation shall ensure that the current Prohibited List is available to its members and constituents.²

4.2 Prohibited Substances and Prohibited methods Identified on the Prohibited List

Unless provided otherwise in the Prohibited List and/or revision, the Prohibited List and revisions shall go into effect under these Anti-Doping Rules three months after publication of the Prohibited List by WADA without requiring any further action by the IPF. As described in Article 4.2 of the *Code*, the IPF may upon the recommendation of its Medical Committee (MC) request that WADA expand the Prohibited List for the sport of powerlifting. The IPF may also upon the recommendation of its MC request that WADA include additional substances or methods, which have the potential for abuse in the sport of powerlifting, 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 IPF.

4.3 Criteria for Including Substances and methods on the Prohibited List

As provided in Article 4.4.3 of the *Code*, WADA's determination of the Prohibited Substances and Prohibited Methods that will be included on the Prohibited List shall be final and shall not be subject to challenge by an Athlete or other Person.

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 Therapeutic Use Exemption ("TUE").

4.4.2 Athletes included by the IPF in its Registered Testing Pool and other Athletes prior to their participation in any International Event must, if required, obtain a TUE from the IPF (regardless of whether the Athlete previously has received a TUE at the national level). TUE's granted by the IPF shall be reported to the Athlete's National Federation and to WADA. Other Athletes subject to Testing must obtain a TUE from their National Anti-Doping Organization or other body designated by their National Federation. National Federations shall promptly report any such TUE's to IPF and WADA.

4.4.3 Requests for TUE's of International and Regional-level Athletes as categorized in article 4.4.2 above are considered by the IPF Medical Committee (MC). Upon receipt of a TUE request³, the Chair of the MC shall appoint three members of the MC (which may include the Chair) to consider such request. The MC member(s) so designated shall promptly evaluate such request in accordance with the *International Standard for Therapeutic Use Exemptions*⁴ and render a decision on such request, which shall be the final decision of IPF.

² The Prohibited List in force at any particular time is available on WADA's website at www.wada-ama.org and at www.powerlifting-ipf.com

³ Application forms are available as Appendices 6 and 7 of these Anti-Doping Rules. Available also at www.powerlifting-ipf.com For Therapeutic Use Exemption (TUE) procedure, see Appendix 5 of these Anti-Doping Rules.

⁴ The most up-to-date International Standard for Therapeutic Use Exemptions is available at www.wada-ama.org

4.4.3.1 The MC may seek whatever other expert medical or scientific expertise it deems appropriate in reviewing the circumstances of any application for a TUE.

4.4.3.2 International-Level Athletes who are included in the IPF's Registered Testing Pool, should apply to the IPF for the TUE at the same time the Athlete first provides whereabouts information to the IPF and, except in emergency situations, no later than 30 days before the Athlete's participation at an International or Regional Event.

4.4.3.3 Athletes participating in International or Regional Events who are not included in the IPF Registered Testing Pool must, except in emergency situations, request a TUE from the IPF no later than 30 days before the Athlete's participation at an International or Regional Event ⁵.

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

4.4.5 All members of the IPF Medical Committee, as well as any administrative persons of the IPF involved, shall conduct all of their activities on TUEs in strict confidence, and shall sign confidentiality and conflict-of-interest agreements in accordance with article 5.0 of the WADA *International Standard for Therapeutic Use Exemptions*. In particular they shall keep the following information confidential:

- a) any medical information and data provided by the Athlete and physician(s) involved in the Athlete's care;
- b) any details of the application including the name of the physician(s) involved in the process.

Should the assistance of external, independent experts be required, all details of the application shall be circulated without identifying the Athlete or the physician(s) involved in the Athlete's care.

ARTICLE 5 TESTING

5.1 Authority to test

All Athletes affiliated with a National Federation shall be subject to In-Competition testing by IPF, the Athlete's National Federation ⁶, and any other Anti-Doping Organization responsible for Testing at a Competition or Event in which they participate. All Athletes affiliated with a National Federation shall also be subject to Out-of-Competition testing at any time or place with or without advance notice, by the IPF, WADA, the Athlete's National Federation or the National Anti-Doping Organization of any country where the Athlete is present.

⁵ See Appendix 5 how to apply for a TUE.

⁶ 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 cases, 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 to a National Anti-Doping Organization. In those countries, references in these Anti-Doping Rules to the National Federation shall apply, as applicable, to the National Federation's national Anti-Doping Organization.

5.2 Responsibility for IPF Testing, Doping Commission, Duties of Doping Commission

The IPF (Doping Commission) shall be responsible for overseeing all testing conducted by IPF. Testing may be conducted by members of the IPF Doping Commission or by other qualified persons so authorized by the IPF Doping Commission.

5.2.1 The Doping Commission consists of a Chair and a minimum of four and a maximum of six other members with experience in anti-doping. The Doping Commission shall be elected by the Executive Committee.

5.2.2 The Doping Commission shall arrange, coordinate and supervise doping testing for all IPF World Championships and other International Events where the IPF is the ruling body for the Event, and for Out-of-Competition Doping Control Sessions initiated by the IPF. The main duties of the Doping Commission are:

- i. to establish and maintain a system for collecting details regarding the Sample Collection Sessions;
- ii. to establish criteria for who may be authorised to be present during a Sample Collection Sessions;
- iii. to cooperate with the organisers/promoters of World Championships and other International Events where the IPF is the ruling body for the Event in preparing the Sample Collection Sessions;
- iv. to ensure that the Doping Control Stations meet the minimum criteria prescribed in article 6.3.2 of the *WADA International Standard for Testing*;
- v. to appoint the sample collection Officers and their assistants or to make contracts with an Anti-Doping Agencies or assets to carry out the sampling at all World Championships and other International Events where the IPF is the ruling body for the Event;
- vi. to appoint the sample collection Officers and their assistants or to make contracts with an Anti-Doping Agencies or assets to carry out the sampling at Out-of-Competition Doping Control Sessions;
- vii. to provide an appropriate sample collection equipment and documents to the Doping Control Stations, or to ensure that the appointed Doping Control Officers are equipped with the relevant sampling kit and documents;
- viii. to ensure that Sample Collection Equipment used meets the minimum criteria prescribed in article 6.3.4 of the *WADA International Standard for Testing*;
- ix. to ensure that the Sample Collection procedures, Security/Post test administration and Transport of Samples and documentation substantially complies with the requirements prescribed in articles 7.0 – 9.3.6 of the *WADA International Standard for Testing*.

5.2.3 The Doping Commission shall also review and update the criteria for inclusion in a Registered Testing Pool; and

5.2.4 Collect, maintain and monitor sufficient athlete whereabouts information;

5.2.5 Develop and document a test distribution plan;

5.2.6 Select athletes for Out-of-Competition doping control;

5.2.7 Report to the WADA clearinghouse all In-Competition and Out-of-Competition tests on athletes included in the IPF Registered Testing Pool as soon as possible after such tests have been conducted;

5.3 Testing Standards

Testing conducted by the IPF and its National Federation shall be in substantial conformity with the International Standard for Testing⁷ in force at the time of testing.

5.3.1 Blood (or other non-urine) Samples may be used either to detect Prohibited Substances or Prohibited Methods or for screening procedure purposes only. If the blood is collected for screening only, it will have no other consequences for the Athlete other than to identify him/her for a urine test under these anti-doping rules. In these circumstances, the IPF 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.

5.4 Coordination of Testing

The IPF and its National Federation shall promptly report its completed tests through the WADA clearinghouse to avoid unnecessary duplication in Testing.

5.5 Athlete Whereabouts Requirements

5.5.1 The IPF shall identify a Registered Testing Pool of those Athletes who are required to provide up-to-date whereabouts information to the IPF via the Chair of the Doping Commission⁸. The IPF (Doping Commission) may revise its Registered Testing Pool from time to time as appropriate⁹. Each Athlete in the Registered Testing Pool shall file quarterly reports with IPF on forms provided by IPF which specify on a daily basis the location and times where the Athlete will be residing, training and competing. Athletes shall update this information as necessary so that it is current at all times¹⁰. The ultimate responsibility for providing whereabouts information rests with each Athlete, however, it shall be the responsibility of each National Federation to use its best efforts to assist IPF in obtaining whereabouts information as requested by IPF¹¹.

Every National Federation shall report to the Chair of IPF Doping Commission the times and names of all its Athletes whose performances fall within the Registered Testing Pool criteria established by IPF.

5.5.2 Any Athlete in the IPF Registered Testing Pool who is unavailable for Testing on three attempts during any period of 18 consecutive months shall be considered to have committed an anti-doping rule violation pursuant to Article 2.4. For each attempt, the Doping Control Officer shall visit all locations during the times specified by the Athlete for that date and shall stay two hours at each location. Notification shall be sent to the Athlete between each attempt which is to be counted as an unavailable test.

⁷ International Standard for Testing is available at WADA's Web sites at www.wada-ama.org

⁸ See www.powerlifting-ipf.com

⁹ The purpose of the Registered Testing Pool is to identify top-level International Athletes, including juniors, who the IPF requires to provide whereabouts information to facilitate Out-of-Competition Testing by IPF and WADA. Criteria for inclusion in the IPF Registered Testing Pool is as determined in APPENDIX 3 "CRITERIA FOR INCLUSION IN THE IPF REGISTERED TESTING POOL".

¹⁰ For all necessary Athlete Whereabouts Information (location) and change of information forms, see Appendices and www.powerlifting-ipf.com

¹¹ The most up-to-date *Guideline for Athlete Whereabouts Information* is available at www.wada-ama.org See also an Appendix 8 of these Anti-Doping Rules.

5.5.3 Any Athlete in the IPF Registered Testing Pool who fails to timely submit a required quarterly whereabouts report after receipt of two formal written warnings from IPF or a National Federation to do so in the preceding 18 months shall be considered to have committed an anti-doping rule violation pursuant to Article 2.4.

5.5.4 Each National Federation shall also assist their National Anti-Doping Organization in establishing a national level Testing Pool of top level national Athletes who are not already included in IPF's Registered Testing Pool. The National Federation / National Anti-Doping Organization may establish its own whereabouts reporting requirements and criteria for Article 2.4 violations applicable to those Athletes.

5.5.5 Whereabouts information provided pursuant to Article 5.5.1 and 5.5.4 shall be shared with WADA and other Anti-Doping Organizations having jurisdiction to test an Athlete on 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 IPF for inclusion in its Registered Testing Pool shall continue to be subject to these Anti-Doping Rules, including the obligation to be available for No Advance Notice out-of-Competition Testing, unless and until the Athlete gives written notice to IPF (Chair of the Doping Commission) that he or she has retired or until he or she no longer satisfies the criteria for inclusion in the IPF's Registered Testing Pool and has been so informed by IPF.

5.6.1.1 An Athlete's retirement date will be the date the IPF (i.e. the Chair of the Doping Commission) receives the notice.

5.6.1.2 Retirement does not:

- a. excuse the Athlete from giving a *Sample* requested on or before his/her retirement date;
- b. prevent the analysis of a *Sample* given by the Athlete on or before his/her retirement date;
- c. affect the results of Testing under (a) and/or (b) above; or
- d. exempt the Athlete from these Anti-Doping Rules in relation to an Anti-Doping Rule Violation committed on or before the retirement day of the Athlete.

5.6.2 An Athlete who has given notice of retirement to IPF (Chair of the Doping Commission) may not resume competing in any International or National Competition conducted by or under the auspices of the IPF unless the Athlete notifies IPF (Chair of the Doping Commission) in writing at least six months before he or she expects to return to competition and is available for unannounced Out-of-Competition Testing, at any time during that six month period before actual return to competition.

5.6.2.1 Notification for reinstatement is taken to be made on the date the IPF (i.e. the Chair of the Doping Commission) receives such notice.

5.6.2.2 These Anti-Doping Rules, including (but not limited to) the consequences for an Anti-Doping Rule violation(s), will apply to the Athlete from the date of reinstatement notification.

5.6.2.3 The IPF will refuse an Athlete's reinstatement if there is any evidence available to the IPF that the Athlete has violated these Anti-Doping Rules or behaved against the policies of these Anti-Doping Rules at any time during the period of his/her retirement.

5.6.3 A National Federation / National Anti-Doping Organization may establish similar requirements for retirement and returning to competition for National level Athletes included in the National Registered Testing Pool.

5.7 Selection of Athletes to be Tested

5.7.1 At World Championships, the IPF Doping Commission members present shall determine the number of finishing placement tests, random tests and target tests to be performed. At a minimum, the following Athletes shall be tested for each Competition at a World Championships.

5.7.1.1 One athlete selected at random from athletes finishing in the top three placements in the Competition of each weight class, plus one other Athlete selected at random from all athletes in the Competition of each weigh class.

5.7.1.2 Any Athlete that establishes or breaks a Junior or Open world record.

5.7.2 At National Events, each National Federation shall determine the number of Athletes selected for Testing in each Competition under its jurisdiction 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 above, the IPF (via the Doping Commission) at International Events, and the National Federation at National Events, may also select Athletes for Target Testing so long as such Target Testing is not used for any purposes other than legitimate Doping Control purposes.

5.7.4 Athletes shall be selected for Out-of-Competition Testing by the IPF Doping Commission and by National Federation through a process that substantially complies with the International Standard for Testing in force at the time of selection.

5.8 National Federations and the organizing committees for National Federation Events shall provide access to Independent Observers at Events as directed by IPF.

ARTICLE 6 ANALYSIS OF SAMPLES

Doping Control Samples collected under these Anti-Doping Rules shall be analyzed in accordance with the following principles:

6.1 Use of Approved Laboratories

Doping Control Samples shall be sent for analysis only to WADA-accredited laboratories or as otherwise approved by WADA. The choice of the WADA-accredited laboratories (or other method approved by WADA) used for the Sample analysis from International Events where the IPF conducts the Testing shall be determined exclusively by the Doping Commission upon consultation with the EC.

6.2 Substances Subject to Detection

Doping Control 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*.

6.3 Research on Samples

No Sample may be used for any purpose other than 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.

6.4 Standards for Sample Analysis and Reporting

Laboratories shall analyze Doping Control Samples and report results in conformity with the International Standard for Laboratory Analysis.

6.5 Doping Control Costs

6.5.1 All costs arising from doping controls, both in-competition and out-of-competition, initiated by the IPF are borne by the IPF. This includes the expenses of Doping Control Officer (DCO) and his or her assistant(s) if provided by independent testing agency assisting the DCO in sample collection, the costs due to the sampling kit, the costs due to the transport of samples to the WADA accredited laboratory, and the costs of sample-analysis as agreed with the laboratory.

ARTICLE 7 RESULT MANAGEMENT

7.1 Result Management for Tests Initiated by IPF or its Regional Federation

Result management for Tests initiated by the IPF or its Regional Federation (including tests performed by WADA pursuant to agreement with the IPF) shall proceed as set forth below:

7.1.1 The results from all analyses must be sent to the IPF General Secretary in encoded form, in a report signed by an authorised representative of the laboratory. All communication must be conducted in such a way that the results of the analyses are confidential.

7.1.2 Upon receipt of an A Sample Adverse Analytical Finding from the General Secretary, the IPF Disciplinary Commission (DC) shall conduct a review to determine whether:

- (a) an applicable therapeutic use exemption has been granted; or
- (b) there is any apparent departure from the International Standards for Testing or Laboratory Analysis that undermines the validity of the Adverse Analytical Finding.

7.1.2.1 The DC consists of a Chair and two (2) other members with experience in anti-doping. Each DC member shall serve a term of four years. In each case the Chair of the DC shall appoint 1 or more members of the DC (which may include the Chair) to conduct the review discussed in Articles 7.1.2, 7.1.8 and 7.1.9 and to review any other potential violations of these Anti-Doping Rules as may be requested by the IPF.

7.1.3 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 IPF General Secretary shall promptly be notified and he in turn shall promptly notify the Athlete through the Athlete's member Federation 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 at Athlete's expense or, failing such request, that the B sample analysis may be deemed waived;
- (d) the right of the Athlete and/or 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.

7.1.4 Arrangements shall be made for Testing the B Sample within three weeks of the notification described in Article 7.1.3. An Athlete may accept the A Sample analytical result by waiving the requirement for B Sample analysis. The IPF may nonetheless elect to proceed with the B Sample analysis.

7.1.4.1 If the Athlete has requested the analysis of B sample, he or she must pay the fee of EUR 800 (re: IPF By-Laws 103.2.15) to the IPF Treasurer within seven (7) days of such request.

7.1.5 The Athlete and/or his representative shall be allowed to be present at the analysis of the B Sample. Also a representative of the Athlete's National Federation as well as a representative of the IPF shall be allowed to be present.

7.1.6 If the B Sample proves negative, the entire test shall be considered negative and the Athlete, his National Federation, and the IPF (General Secretary) shall be so informed.

7.1.7 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 IPF (General Secretary), and to WADA.

7.1.8 The IPF Disciplinary Committee shall conduct any follow-up investigation as may be required by the Prohibited List. Upon completion of such follow-up investigation, the IPF General Secretary shall promptly be notified and he in turn shall promptly notify the Athlete regarding the results of the follow-up investigation and whether or not the IPF asserts that an anti-doping rule was violated.

7.1.9 For apparent anti-doping rule violation that do not involve Adverse Analytical Findings, the IPF Disciplinary Committee shall conduct any necessary follow-up investigation and the IPF General Secretary shall then promptly notify the Athlete through his or her National Federation of the anti-doping rule which appears to have been violated, and the basis of the violation.

7.2 Result Management for Tests Initiated During Other International Events

Result management and the conduct of hearings from a test by a Major Event Organization (e.g. IWGA in World Games) shall be managed, as far as sanctions beyond Disqualification from the Event or the results of the Event, in accordance with the procedure as set forth in Articles 7 and 8 for Result Management and conduct of hearings arising from Testing in International Event.

7.3 Result Management for Tests initiated by National Federation

Result management conducted by a National Federation shall be consistent with the general principles for effective and fair result management which underlie the detailed provisions set forth in Article 7.1. Results of all Doping Controls shall be

reported to IPF within 14 days of the conclusion of the National Federation's result 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. Apparent anti-doping rule violations by Athletes who are members of another National Federation shall be referred to the Athlete's National Federation for hearing.

7.4 Provisional Suspensions

The IPF EC, after consultation with the IPF DC, may Provisionally Suspend an Athlete prior to the opportunity for a full hearing based on an Adverse Analytical Finding from the Athlete's A Sample or A and B Samples and the review described in Article 7.1. If a Provisional Suspension is imposed, either the hearing in accordance with Article 8 shall be advanced to a date which avoids substantial prejudice to the Athlete, or the Athlete shall be given an opportunity for a Provisional Hearing before imposition of the Provisional Suspension or on a timely basis after imposition of the Provisional Suspension. National Federations may impose Provisional Suspensions in accordance with the principles set forth in this article 7.4.

ARTICLE 8 RIGHT TO A FAIR HEARING

8.1 Hearings arising out of IPF Testing or Tests at International Events

8.1.1 The IPF Executive shall appoint a standing panel consisting of a Chair and four other experts with experience in anti-doping "IPF Doping Hearing Panel". Each panel member shall be otherwise independent of IPF. Each panel member shall serve a term of four years.

8.1.2 When it appears, following the Result Management process described in Article 7, that these Anti-Doping Rules have been violated in connection with IPF Testing or Testing at an International Event then the case shall be assigned to the IPF Doping Hearing Panel for adjudication.

8.1.3 The Chair of the IPF Doping Hearing Panel shall appoint three members from the panel (which may include the Chair) to hear each case. The appointed members shall have had no prior involvement with the case and shall not have the same nationality as the Athlete or other Person alleged to have violated these Anti-Doping Rules.

8.1.4 Hearings pursuant to this Article shall be completed expeditiously following the completion of the result 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 Anti-Doping Rules may attend the hearing as an observer.

8.1.6 The IPF shall keep WADA fully apprised as to the status of pending cases and the result 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 IPF.

8.1.8 Decisions of the IPF Doping Hearing Panel may be appealed to Court of Arbitration for Sport, as provided in Article 13.

8.2 Hearings Arising Out of National Testing

8.2.1 When it appears, following the Result Management process described in Article 7, that an anti-doping rule violation has occurred in connection with a Member Federation's Test, the Athlete or other Person involved shall be brought before a disciplinary panel of the Athlete or other Person's National Federation for a hearing to adjudicate whether a violation of these Anti-Doping Rules occurred and if so what Consequences should be imposed.

8.2.2 Hearings pursuant to Article 8.2 shall be completed expeditiously and in all cases within three months of the completion of the Result 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 IPF may elect to bring the case directly before the IPF Doping Hearing Panel at the responsibility and at the expense of the National Federation.

8.2.3 National Federation shall keep the IPF and WADA fully apprised as to the status of pending cases and the results of all hearings.

8.2.4 The IPF and WADA shall have the right to attend hearings as an observer.

8.2.5 The Athlete or other Person may forego a hearing by acknowledging the violation of these Anti-Doping Rules and accepting Consequences consistent with Articles 9 and 10 as proposed by the National Federation.

8.2.6 Decisions by National 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 Federation shall not be subject to further administrative review at the national level, except as provided in Article 13 or required by applicable national law.

8.3 Principles for a Fair Hearing. All hearings pursuant to either Article 8.1 or 8.2 shall respect for the following principles:

- a timely hearing;
- fair and impartial hearing body;
- the right to be represented by counsel at the Person's own expense;
- the right to be fairly and timely informed 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 body's discretion to accept testimony by telephone or written submission);
- the person's right to an interpreter at the hearing, with the Doping Hearing Panel to determine the identity, and responsibility for the cost of the interpreter; and
- a timely written, reasoned decision.

ARTICLE 9 AUTOMATIC DISQUALIFICATION OF INDIVIDUAL RESULTS

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

ARTICLE 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 the 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 of Negligence for the violation, the Athlete's individual results in the other Competition shall not be Disqualified unless the Athlete's result 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 Imposition of Ineligibility for Prohibited Substances and Prohibited Methods

Except for the specified substances identified in Article 10.3, the period of Ineligibility imposed for a violation of Article 2.1 (presence of Prohibited Substances or its Metabolites or Markers), Article 2.2 (Use or Attempted Use of Prohibited Substance or Prohibited Method) and Article 2.6 (Possession of Prohibited Substances and Methods) shall be:

First violation: Two (2) years' ineligibility.

Second violation: Lifetime ineligibility.

However, the Athlete or other Person shall have the opportunity in each case, before a period of ineligibility is imposed, to establish the basis for eliminating or reducing this sanction as provided in Article 10.5.

10.3 Specified Substances

The Prohibited List may identify specified substances which are particularly susceptible to unintentional anti-doping rules violations because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents. Where an Athlete can establish that the Use of such a specified substance was not intended to enhance sport performance, the period of Ineligibility found in Article 10.2 shall be replaced with the following:

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

Second violation: Two (2) years' Ineligibility.

Third violation: Lifetime Ineligibility.

However, the Athlete or other Person shall have the opportunity in each case, before a period of Ineligibility is imposed, i.e. establish the basis for eliminating or reducing (in the case of a second or third violation) this sanction as provided in Article 10.5.

10.4 Ineligibility for Other Anti-Doping Rule Violations

The period of Ineligibility for other violations of these Anti-Doping Rules shall be:

10.4.1 For violations of Article 2.3 (refusing or failing to submit to sample collection) or Article 2.5 (Tampering with Doping Control), the Ineligibility periods set forth in Article 10.2 shall apply.

10.4.2 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. An anti-doping rule violation involving a Minor shall be considered a particularly serious violation, and if committed by Athlete Support Personnel for violations other than specified substances referenced in Article 10.3, shall result in lifetime Ineligibility for such Athlete Support Personnel. In addition, violations of such Articles also violate non-sporting laws and regulations, may be reported to the competent administrative, professional or juridical authorities.

10.4.3 For violations of Article 2.4 (Whereabouts Violations or Missed tests), the period of Ineligibility shall be:

First violation: Three (3) months to one (1) year Ineligibility.

Second and subsequent violations: Two (2) years' Ineligibility.

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

10.5.1 If the Athlete establishes in an individual case involving an anti-doping rule violation under Article 2.1 (presence of Prohibited Substance or its Metabolites or Markers) or Use of a Prohibited Substance or Prohibited Method under Article 2.2 that he or she bears No Fault or Negligence for the violation, the otherwise applicable period of Ineligibility shall be eliminated. When a Prohibited Substance or its Markers or Metabolites is detected in an Athlete's Specimen in violation of Article 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 10.2, 10.3 and 10.6.

10.5.2 This Article 10.5.2 applies only to anti-doping rule violations involving Article 2.1 (presence of Prohibited Substance or its Metabolites or Markers), Use of a Prohibited Substance or Prohibited Method under Article 2.2, failing to submit to Sample collection under Article 2.3, or administration of a Prohibited Substance or Prohibited Method under Article 2.8. If an Athlete establishes in an individual case involving such violations that he or she bears No Significant Fault or Negligence, then the period of Ineligibility may be reduced, but the reduced period of Ineligibility may not be less than one-half of the minimum period of Ineligibility otherwise applicable. If the otherwise applicable period of Ineligibility is a lifetime, the reduced period under this section may be no less than 8 years. When a Prohibited Substance or its Markers or Metabolites is detected in an Athlete's Specimen in violation of Article 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 reduced.

10.5.3 The IPF Doping Hearing Panel may also reduce the period of Ineligibility in an individual case where the Athlete has provided substantial assistance to IPF which results in IPF discovering or establishing an anti-doping rule violation by another Person involving Possession under Article 2.6.2 (Possession by Athlete Support Personnel), Article 2.7 (Trafficking), or Article 2.8 (administration to an Athlete). The reduced period of Ineligibility may not, however, be less than one-half of the minimum period of Ineligibility otherwise applicable. If the otherwise applicable period of Ineligibility is a lifetime, the reduced period under this Article may not be less than 8 years.

10.6 Rules for Certain Potential Multiple Violations.

10.6.1 For purposes of imposing sanctions under Article 10.2, 10.3 and 10.4, a second anti-doping rule violation may be considered for purposes of imposing sanctions only if the IPF through its Doping Hearing Panel can establish that the Athlete or other Person committed the second anti-doping rule violation after the Athlete or other Person received notice, or after the IPF made a reasonable attempt to give notice, of the first anti-doping rule violation; if the IPF via its Doping Hearing Panel cannot establish this, the violations shall be considered as one single first violation, and the sanction imposed shall be based on the violation that carries the more severe sanction.

10.6.2 Where an Athlete, based on the same Doping Control, is found to have committed an anti-doping rule violation involving both a specified substance under Article 10.3 and another Prohibited Substance or Prohibited Method, the Athlete shall be considered to have committed a single anti-doping rule violation, but the sanction imposed shall be based on the Prohibited Substance or Prohibited Method that carries the most severe sanction.

10.6.3 Where an Athlete is found to have committed two separate anti-doping rule violations, one involving a specified substance governed by the sanctions set forth in Article 10.3 (specified substances) and the other involving a Prohibited Substance or Prohibited Method governed by the sanctions set forth in Article 10.2 or a violation governed by the sanctions in Article 10.4.1, the period of Ineligibility imposed for the second offence shall be at a minimum two years' Ineligibility. Any Athlete found to have committed a third anti-doping rule violation involving any combination of specified substances under Article 10.3 and any other anti-doping rule violation under Article 10.2 or 10.4.1 shall receive a sanction of lifetime Ineligibility.

10.7 Disqualification of Results in Competitions Subsequent to Sample Collection

In addition to the automatic Disqualification of the results in the Competition which produced the positive Sample under Article 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 doping violation occurred, through the commencement of any Provisional Suspension or Ineligibility period, shall, unless fairness requires otherwise, be Disqualified with all of the resulting consequences including forfeiture of any medals, points and prizes.

10.8 Commencement of Ineligibility Period

The period of Ineligibility shall start on the date of the hearing decision providing for Ineligibility or, if the hearing is waived, on the date Ineligibility is accepted or otherwise imposed. Any period of Provisional Suspension (whether imposed or voluntarily accepted) shall be credited against the total period of Ineligibility to be served. Where required by fairness, such as delays in the hearing process or other aspects of Doping Control not attributable to the Athlete, the IPF (Doping Hearing Panel) 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.

10.9 Status during Ineligibility

No 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 IPF or any National Federation. This would preclude, but not be limited to:

- a. practising/training with a national team;
- b. acting as a coach or sport official;
- c. selection in any representative team;
- d. competing in any Competition/Events;
- e. receiving, directly or indirectly, funding or assistance from National Federation;
- f. use of official National Federation or Member facilities;
- g. holding any position with the National Federation.

In addition, for any anti-doping rule violation not involving specified substances described in Article 10.3, some or all sport-related financial support or other sport-related benefits received by such Person will be withheld by IPF and its National Federations. A Person subject to a period of Ineligibility longer than four years may, after completing four years of the period of Ineligibility, participate in local sport events in a sport other than sports subject to the jurisdiction of IPF 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.

10.10 Reinstatement Testing

At 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 the IPF, the applicable National Federation, and any other Anti-Doping Organization having Testing jurisdiction, and must provide current and accurate whereabouts information as provided in Article 5.5.

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 IPF and the applicable National Federation and has been subject to Out-of-Competition Testing for a period of time equal to the longer of the period set forth in Article 5.6 or the period of Ineligibility remaining as of the date the Athlete had retired. During such remaining period of Ineligibility, a minimum of 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, at its own expense, but tests by any Anti-Doping Organization may be used to satisfy the requirement. The results of such tests shall be reported to the IPF by the National Federation concerned with. In addition, immediately prior to the end of the suspension period, an Athlete must undergo Testing by the IPF for the Prohibited Substances and Methods for Out-of-Competition Testing. Once the period of an Athlete's suspension 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.

10.11 Penalty for Participating while Ineligibility, Against Suspended Athletes

An Athlete or official cannot participate in contests or competitions if:

10.11.1 Article 10.9 above is applicable

10.11.2 There is any Athlete or official participating in any division, section or bodyweight class of that contest or competition who has been expelled or suspended from his or her international or national federation or who is subject to an Ineligibility for a doping related offence.

Penalties:

For participating while Ineligible:

First violation: Four (4) years' Ineligibility commencing from the date of violation.

Second violation: Lifetime Ineligibility.

For competing against Athlete who is expelled or is under the period of Ineligibility:

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

Second violation: Two (2) years' Ineligibility.

Third violation: Lifetime Ineligibility.

ARTICLE 11 CONSEQUENCES TO TEAMS

11.1 If a member of team is found to have committed a violation of these Anti-Doping Rules during an Event where a team ranking is based on the addition of individual results, the results of the Athlete committing the violation will be subtracted from the team result and replaced with the results of the next applicable team member. If by removing the Athlete's results from the team results, the number of Athletes counting for the team is less than the required number, the team shall be eliminated from the ranking.

ARTICLE 12 SANCTIONS AND COSTS ASSESSED AGAINST NATIONAL FEDERATIONS

12.1 Reimbursement of doping control costs

A National Federation shall be obligated to reimburse IPF for all costs (including but not limited to laboratory fees, hearing expenses and travel) related to violation of these Anti-Doping Rules committed by an Athlete or other Person affiliated with that National Federation.

12.2 Fine for failing to make diligent efforts to keep IPF informed

A National Federation that have failed to make diligent efforts to keep IPF informed about where an Athlete can be met for No Advance Notice or Advance Notice Out-of-Competition Testing, after receiving a request for that information from IPF, may be fined in an amount up to EUR 1000 per Athlete in addition to all of IPF costs incurred in Testing that National Federation's Athletes.

12.3 Fine for up to three Anti-Doping Rule violations

Where one or more (up to three) Athlete or other Person from a National Federation commits an Anti-Doping Rule violation during an International Event, IPF may fine that National Federation in an amount up to EUR 1500 for the each offence.

12.4 Early List of athletes following doping failures

A National Federation, which is fined for doping offences committed by one or more of its lifters or officials at International Event or in out-of-competition testing, shall only be permitted to enter the team for future versions of that International Event, or for the calendar year following the positive out of competition test respectively if this national federation has provided a list of maximum of its currently 35 top ranked lifters in writing to the General Secretary at least six months prior to that International Event. The restrictions shall be removed if there are no doping offences committed at any International Event by the lifters or officials of that national federation for a period of two years. A failure to report this list by the specified date disqualifies offending nation from scoring team points at all International Events until the time when the list is reported. Furthermore, the national federation must not send more than 4 lifters to any International Event until the time when the list is reported.

12.5 Reduction on national team for positive doping tests, Participation in International Events.

The number of lifters from a nation suspended by IPF for doping abuse, will reduce by the same number the participants this federation is allowed to nominate to a International Event compared with the number this federation took part with the previous year in the same category International Event.

The number of reduction is calculated out from the specific age category of the suspended lifter(s) and the category of an International Event this (these) lifter(s) tested positive in or generally compete in (in case of a suspension following OC testing).

E.g. if a federation has one suspended lifter that tested positive in World Open championships, the team nominated by his or her federation to the World Open championships must be at least one less than the number of lifters this federation took part with the previous year in that World Open Championship.

The same rule goes for all age categories, Men and Women (Sub-Juniors, Juniors, Open and Masters as well as single lifts as in Bench press International Events.

12.6 Fine and other consequences for more than three Anti-Doping Rule violations

If four or more violations of these Anti-Doping Rules (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 IPF or its Regional Federation or Anti-Doping Organizations other than the National

Federation or its National Anti-Doping Organization, then the IPF may in its discretion elect to:

- (a) ban all officials from that National Federation for participation in any IPF activities for a period of up to two years and/or;
- (b) fine the National Federation in an amount up to EUR 5000. (For purposes of this Rule, any fine paid pursuant to Rule 12.3 shall be credited against any fine assessed.)

12.6.1 If four or more violations of these Anti-Doping Rules (other than violations involving Articles 12.4 and 10.3) are committed in addition to the violations described in Article 12.4 by Athletes or other Persons affiliated with a Member Federation within a 12-month period in testing conducted by IPF or its Regional Federation or Anti-Doping Organizations other than the Member Federation or its National Anti-Doping Organization, then the IPF may suspend that National Federation's membership for a period of up to 4 years.

12.7 Failure to pay fines, Participation

If any of the above fines are imposed the offending national federation shall not participate in any International Event until the fine is paid.

12.8 Withhold of funding

The IPF Executive has the authority to withhold some or all funding or other non-financial support to Member Federations that are not in compliance with these Anti-Doping Rules.

ARTICLE 13 APPEALS

13.1 Decisions Subject to Appeal

Decisions made under these Anti-Doping Rules may be appealed as set forth in Article 13.2 through 13.4. 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 Article 8.2.7 must be exhausted.

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, a decision that no anti-doping rule violation was committed, a decision that the IPF or its National Federation lacks jurisdiction to rule on an alleged anti-doping rule violation or its consequences, and a decision to impose a Provisional Suspension as a result of a Provisional Hearing 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 In cases arising from competition in an International Event or in cases involving International Level Athletes, the decision may be appealed exclusively to the Court of Arbitration for Sport ("CAS") in accordance with the provisions applicable before such court.

13.2.2 In cases involving Athletes that do not have a right to appeal under Article 13.2.1, each National Federation shall have in place an appeal procedure that respects the following principles:

- a timely hearing;
- a fair and impartial hearing body;
- the right to be represented by a counsel at the person's expense;
- and a timely, written decision.

IPF's right of appeal with respect to these cases are set forth in Article 13.2.3 below.

13.2.3 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) the IPF and any other Anti-Doping Organization under whose rules a sanction could have been imposed; and
- (c) 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:

- (a) the Athlete or other Person who is the subject of the decision being appealed;
- (b) the other party to the case in which the decision was rendered;
- (c) the IPF; and
- (d) 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:

- (a) the Athlete or other Person who is the subject of the decision being appealed;
- (b) the other party to the case in which the decision was rendered;
- (c) the IPF; and
- (d) WADA.

For cases under Article 13.2.2, WADA and IPF shall also have the right to appeal to CAS with respect to the decision of the national-level reviewing body.

13.3 Appeals from Decisions Granting or Denying a Therapeutic Use Exemption

Decisions by WADA reversing the grant or denial of a TUE exemption may be appealed exclusively to CAS by the Athlete, IPF, or National Anti-Doping Organization or other body designated by a National Federation which granted or denied the exemption. Decisions to deny therapeutic use exemptions, 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 therapeutic use exemption, that decision may be appealed to CAS by WADA.

13.4 Appeal from decisions Pursuant to Article 12

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

13.5 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 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 led to the decision subject to appeal:

- a) within ten (10) days from notice of the decision, such party/ies shall have the right to request from the body having issued the decision a copy of the file on which such body relied;
- b) if such a request is made within the ten-day period, then the party making such request shall have twenty-one (21) days from receipt of the file to file an appeal to CAS.

ARTICLE 14 NATIONAL FEDERATIONS INCORPORATION OF IPF RULES, REPORTING AND RECOGNITION

14.1 Incorporation of IPF Anti-Doping Rules

All National Federations shall comply with these Anti-Doping Rules. These Anti-Doping Rules shall also be incorporated either directly or by reference into each National Federations Rules. All National Federations shall include in their regulations the procedural rules necessary to effectively implement these Anti-Doping Rules. Each National Federation shall obtain the written acknowledgement and agreement, in the form attached as Appendix 2, of all Athletes subject to Doping Control and Athlete Support Personnel for such Athletes. Notwithstanding whether or not the required form has been signed, the Rules of each National Federation shall specifically provide that all Athletes, Athlete Support Personnel and other Persons under the jurisdiction of the National Federation shall be bound by these Anti-Doping Rules.

14.2 Statistical Reporting

National Federations shall report to the IPF General Secretary not later than 31st of March each year results of all Doping Controls within their jurisdiction during the previous year.

The report must give the total number of Doping Controls together with the number of positive and/or negative test results, and whether the tests were conducted In-Competitions or Out-of-Competitions, and the name of the WADA approved laboratory in which the samples were analysed. Annual reports are required even if no positive test results were found to exist among the test results during the year from which the report shall be provided.

A failure to report such results by 31st of March, disqualifies offending National Federations from scoring team points at all International Events during that year.

14.3 Doping Control Information Clearing House

When a National Federation has received an Adverse Analytical Finding on one of its Athletes it shall report the following information to the IPF (General Secretary) and WADA 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 National Federation shall also regularly update the IPF (General Secretary) and WADA on the status and findings of any review or proceedings conducted pursuant to Article 7 (Result Management), Article 8 (Right to a Fair Hearing) or Article 13 (Appeals), and comparable information shall be provided to the IPF (General Secretary) and WADA within 14 days of the notification described in Article 7.1.9, with respect to other violations of these Anti-Doping Rules. 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 IPF (General Secretary) and WADA shall be provided with a written reasoned decision explaining the basis for the elimination or

reduction. Neither the IPF nor WADA shall disclose this information beyond those persons within their organisations with a need to know until the National 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 IPF nor its National Federation shall publicly identify Athletes whose Samples have resulted in Adverse Analytical Findings, or who were alleged to have violated other Articles of these Anti-Doping 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 the Athlete has been Provisionally Suspended]. Once a violation of these Anti-Doping Rules has been established, it shall be publicly reported within 20 days.

14.4.1 The IPF General Secretary shall keep WADA fully apprised as to the status of pending cases and the results of all hearings.

14.4.2 When all testing results have been finalised the IPF General Secretary shall report these immediately to the IPF Records Registrar, Newsletter Editors, the Internet Officer and the Chair of the Doping Commission.

14.5 Recognition of Decisions by IPF and other National Federations

Any decision of the IPF or a National Federation regarding a violation of these Anti-Doping Rules shall be recognized by all National Federations, which shall take all necessary action to render such results effective.

ARTICLE 15 RECOGNITION OF DECISIONS BY OTHER ORGANISATIONS

Subject to the right to 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 recognised and respected by the IPF and its National Federations. The IPF and its National 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 Anti-Doping Rules against an Athlete or other Person for a violation of an anti-doping rule contained in these Anti-Doping Rules unless such action is commenced within eight years from the date the violation occurred.

ARTICLE 17 IPF COMPLIANCE REPORTS TO WADA

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

ARTICLE 18 AMENDMENTS AND INTERPRETATION OF ANTI-DOPING RULES

18.1 These Anti-Doping Rules may be amended from time to time by the IPF Executive.

- 18.2** Except as provided in Article 17.4, these Anti-Doping 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 Anti-Doping Rules are for convenience only and shall not be deemed part of the substance of these Anti-Doping Rules or to affect in any way the language of the provisions to which they refer.
- 18.4** The INTRODUCTION and the APPENDICES including the APPENDIX 1 DEFINITIONS shall be considered integral parts of these Anti-Doping Rules.
- 18.5** These Anti-Doping 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 Anti-Doping 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 not apply retrospectively to matters pending before the date these Anti-Doping Rules came into effect.

APPENDIX 1 DEFINITIONS

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

Anti-Doping Organization. A Signatory that is responsible for adopting rules for initiating, implementing or enforcing any part of the Doping Control process, This includes, for example, the International Olympic Committee, the International Paralympic Committee, other Major Event Organizations that conduct testing at their Events, WADA, International Federations, and National Anti-Doping Organizations.

Athlete. For Purposes of Doping Control, any Person who participates in sport at the international level (as defined by each International Federation) or national level (as defined by each National Anti-Doping Organization) and any additional Person who participates in sport at a lower level if designated by the Person's National Anti-Doping Organization. For purposes of anti-doping information and education, any Person who participates in sport under the authority of any Signatory, government, or other sports organization accepting the *Code*.

Athlete Support Personnel. Any coach, trainer, manager, agent, team staff, official, medical or para-medical personnel working with or treating Athletes participating in preparing for sports competition.

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

Code. The World Anti-Doping Code.

Competition. A single race, match, game or singular athletic contest. For example, the finals of the Olympic 100-meter dash. For stage races and other athletic contests where prizes are awarded on a daily or other interim basis the distinction between a Competition and 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. The process including test distribution planning, Sample collection and handling, laboratory analysis, results management, hearings and appeals.

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

In-Competition. For purposes of differentiating between In-Competition and Out-of-Competition Testing, unless provided otherwise in the rules of an International federation or other relevant

Anti-Doping Organization, an In-Competition test is a test where an Athlete is selected for testing in connection with a specific Competition.

Independent Observer Program. A team of observers, under the supervision of WADA, who observe the Doping Control process at certain Events and report on observations. If WADA is testing In-Competition at an Event, the observers shall be supervised by an independent organization.

Ineligibility. See Consequences of Anti-Doping Rule Violations.

International Event. An Event where the International Olympic Committee, the International Paralympic Committee, an International Federation, a Major Event Organization, or another international sport organization is the ruling body for the Event or appoints the technical officials for the Event.

International-Level Athlete. Athletes designated by one or more International Federations as being within the Registered Testing Pool for an International Federation.

International Standard. A standard adopted by WADA in support of the *Code*. Compliance with an International Standard (as opposed to another alternative standard, practice or procedure) shall be sufficient to conclude that the procedures addressed by the International Standard were performed properly.

Major Event Organizations. This term refers to the continental associations of National Olympic Committees and other international multi-sport organizations that function as the ruling body for any continental, regional or other International Event.

Marker. A compound, group of compounds or biological parameters that indicates the Use of a Prohibited Substance or Prohibited Method.

Metabolite. Any substance produced by a biotransformation process.

Minor. A natural Person who has not reached the age of majority as established by the applicable laws of his or her country of residence.

National Anti-Doping Organization. The entity/ies designated by each country as possessing the primary authority and responsibility to adopt and implement anti-doping rules, direct the collection of Samples, the management of test results, and the conduct of hearings, all at the national level. If this designation has not been made by the competent public authority/ies, the entity shall be the country's National Olympic Committee or its designee.

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

National Federation. A national or regional entity which is a member of or is recognized by IPF as the entity governing the IPF'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 of Negligence. The Athlete's establishing that he or she did not know or suspect, and could no 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 No 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 no longer intends to have Possession and has renounced the Person's previous Possession.

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

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

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

Provisional Hearing. For purposes of Article 7.5, 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 establishing separately by each International Federation and National Anti-Doping Organization who are subject to both In-Competition and out-of-Competition Testing as part of that International Federation's or Organization's test distribution plan.

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

Signatories. Those entities signing the *Code* and agreeing to comply with the *Code*, including the International Olympic Committee, International Federations, International Paralympic Committee, National Olympic Committees, National Paralympic Committees, Major Event Organizations, National Anti-Doping Organizations, and WADA.

Tampering. Altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly to alter results or prevent normal procedures from occurring.

Target Testing. Selection of Athletes for Testing where specific Athletes or groups of Athletes are selected on a non-random basis for testing at a specified time.

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

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

Trafficking. To sell, give, administer, transport, send, deliver or distribute a Prohibited Substance or Prohibited Method to an Athlete either directly or through one or more third parties, but excluding the sale of distribution (by medical personnel or by Person other than an Athlete's Support Personnel) of a prohibited Substance for genuine and legal therapeutic purposes.

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

WADA. The World Anti-Doping Agency.

APPENDIX 2

Acknowledgement and Agreement

I, as a member of _____ and/or participant in a _____ or IPF
National Federation National Federation
authorized or recognized event, hereby acknowledge and agree as follows:

1. I have received and had an opportunity to review the IPF Anti-Doping Rules.
2. I consent and agree to comply with and be bound by all of the provisions of the IPF 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.
3. I acknowledge and agree that _____ and IPF have jurisdiction to
National Federation
impose Sanctions as provided in the Anti-Doping Rules.
4. I also acknowledge and agree that any dispute arising out of a decision made pursuant to the IPF Anti-Doping Rules, after exhaustion of the process expressly provided for in the IPF Anti-Doping Rules, may be appealed exclusively as provided in Article 13 of the IPF Anti-Doping Rules to an appellate body for final and binding arbitration, which in the case of International-Level Athletes is the Court of Arbitration for Sport.
5. I acknowledge and agree 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.
6. I have read and understand this Acknowledgement and Agreement.

Date

Print Name (Last Name, First Name)

Date of Birth
(Day/Month/Year)

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

APPENDIX 3

IPF ANTI-DOPING RULES -

CRITERIA FOR INCLUSION IN THE IPF REGISTERED TESTING POOL

The purpose of the IPF Registered Testing Pool is to identify top-level International Lifters in both Powerlifting and Bench Press who the IPF requires to provide up-to-date whereabouts information to facilitate Out-of-Competition Testing by IPF and WADA.

1. Lifters are included in the IPF Registered testing Pool in accordance with the following criteria:
 - 1.1 The fifteen top ranked male lifters of each weight class in the men's world rankings (both powerlifting and bench press) from the preceding calendar year; and
 - 1.2 The ten top ranked female lifters of each weight class in the women's world rankings (both powerlifting and bench press) from the preceding calendar year; and
 - 1.3 Any male Lifter whose result at national or international events within the current calendar year is better than or equal to the result of the 15th ranked lifter of his weight class in the above mentioned men's world rankings from the preceding calendar year; and
 - 1.4 Any female Lifter whose result at national or international events within the current calendar year is better than or equal to the result of the 10th ranked lifter of her weight class in the above mentioned women's world rankings from the preceding calendar year.
 - 1.5 Every National Federation shall report to IPF (the Chair of the IPF Doping Commission; see www.powerlifting-ipf.com) the performances, names and addresses of all Lifters whose performances at national championships within the current calendar year fall within the Registered Testing Pool criteria as specified in 1.3 and 1.4 above. All those lifters are included in the IPF Registered testing Pool.

The IPF Doping Commission may revise the Registered Testing Pool from time to time as appropriate.

As a minimum the following Athlete whereabouts information are collected from the lifters (and kept updated by the lifters) in IPF Registered Testing Pool;

- Name
- Sport/discipline
- Home address
- Contact phone numbers
- Training times and venues
- Training camps
- Travel plans
- Competition schedule
- Disability, if applicable, including the requirement for third party involvement in notification

APPENDIX 4

IPF ANTI-DOPING RULES

Guideline for Sample Collection

Notification, Reporting, Collection of Samples, Other, Out-of-Competition Doping Control.

1 Notification, Reporting

1.1 Upon selection of an Athlete for Doping test during a competition, the following procedures shall be followed:

1.2 The member of the Doping Commission, as designated by the Chair of the Doping Commission before the event, shall write the name of the Athlete on a notification form and present it to the Chaperone who in turn shall present it to the Athlete, as discreetly as possible, immediately after the competition. The Athlete shall sign to confirm receipt of the form and retain a copy. The time of signing shall be recorded on the form by the chaperone. The Athlete must stay in view of the chaperone until reporting to the doping control room.

1.3 If the Athlete refuses to sign the notification form, the chaperone shall immediately report this to the Doping Control Officer (DCO) responsible for conducting the Sample Collection Session who in turn shall immediately report this to the representative of the IPF, as designed by the EC before the event. Every effort to inform the Athlete of his or her obligation to undergo Doping control shall be made by the DCO and/or by the representative of the IPF. If the Athlete fails or refuses to sign this notice or fails to report to the doping control within 60 minutes of acknowledging the notice, he or she shall be deemed to have refused to submit to doping control for the purpose of articles 2.3 and 10.4.1 of the IPF Anti-Doping Rules. Even if the Athlete indicates reluctance to report to the Doping Control Station the chaperone shall keep the Athlete in view until there is no question that the Athlete has refused to submit to Doping Control.

1.4 The Competitor must appear in the Doping Control Station within sixty (60) minutes after having been notified. If the Athlete refuses Doping control, this shall be recorded and the representative of the IPF in charge shall be notified.

1.4.1 A DCO may accept a request from an Athlete to delay reporting to the Doping Control Station beyond 60 minutes, and/or once the Athlete arrives at the Doping Control Station and wishes to leave if the Athlete can be continuously chaperoned during the delay and if the request relates to the following activities:

- a) Participation in a victory ceremony;
- b) Fulfilment of media commitments;
- c) Performing a warm down;
- d) Obtaining necessary medical treatment;
- e) Locating a representative and/or interpreter.

1.5 The Athlete shall be entitled to be accompanied to the Doping Control Station by a Competition-accredited representative from his or her Member Federation.

1.6 The Athlete must show identification at the Doping Control Station whether by passport or other reliable identification card. The Athlete's time of arrival at the Doping Control Station shall be recorded on the doping protocol.

1.7 If the Athlete has to leave the Doping Control Station for any justifiable reason, he or she may do so only under the constant supervision of a chaperone.

1.8 Only the following persons may be present at the Doping Control Station:

- a) Doping Control Personnel;
- b) The Athletes selected for Doping control and their respective accredited representatives;
- c) Authorised interpreters;
- d) A WADA Independent Observer where applicable under the Independent Observer Program. The WADA Independent Observer shall not directly observe the passing of a urine Sample.
- e) Other people only with the permission of the Doping Control Officer.
- f) The news media shall not be admitted to the Doping Control Station. The doors of the station must not be left open. No photography shall be permitted in the Doping control station during the hours of operation.

2 Collection of Urine Samples at IPF Competition

2.1 Each Athlete asked to provide a Sample shall also provide information on a form generated by IPF. The Athlete's name, country, national federation and, if available, the event number will be entered into the form, as well as any medication taken by the Athlete which (a) is on the Prohibited List of substances and methods (article 4.1 of the IPF Anti-Doping Rules), but which may be permitted under certain circumstances specified in the Prohibited List; or (b) has been approved for legitimate medical purposes pursuant to article 4.4. of the IPF Anti-Doping Rules. The Athlete shall declare any medication and nutritional supplements that he or she has used in the preceding three (3) days. The form shall provide the names of the people present at the Doping control station involved with the obtaining of the Sample, including the Doping Control Personnel and the representative of the IPF in charge. Any irregularities must be registered on the form. The form shall include four copies for distributions as follows:

- a) a copy to be retained by the representative of IPF in charge;
- b) a copy to be given to the Athlete;
- c) a special copy to be sent to the laboratory which is to conduct the analysis. The copy that is sent to the laboratory shall not contain any information which could identify the Athlete who provided the Sample;
- d) an extra copy, for distribution as IPF deems appropriate.

2.2 The Athlete shall select a collection vessel from a number of such vessels, visually check that it is empty and clean, and proceed to provide minimum of 75 ml of urine (the recommended minimum is 100 ml) under the direct supervision of, and within the view of, a sampling officer, who shall be of the same gender as the Athlete. To ensure authenticity of the Sample, the sampling officer may require such disrobing as is necessary to confirm the urine has been produced by the Athlete. No other than the Athlete and sampling officer shall be present when the urine is collected. Blood sampling may be performed prior to, after or instead of a urine sample.

2.3 The Athlete shall remain in the Doping control station until he or she has fulfilled the duty to pass an adequate quantity of urine. If the Athlete is unable to provide the requested amount, the urine, which is collected, shall be sealed in a container and the seal shall be broken when the Athlete is ready to provide more urine. The Athlete shall retain custody of the sealed container while waiting to provide more urine.

2.4 When the Athlete has provided at least 75 ml (100 ml) of urine, he or she shall select from a number of such kits a urine control kit, containing two containers for Samples (A and B). The Athlete shall check to be sure the containers are empty and clean and shall check that all code numbers match and that this code number is recorded accurately by the DCO.

2.5 The Athlete shall pour the relevant laboratory's prescribed minimum volume of urine (the recommended minimum is 40 ml) into the B bottle, and then fill the A bottle as much as possible (the recommended minimum is 60 ml). The Athlete shall then fill the B bottle as much as possible with the remaining urine. The Athlete shall ensure that a small amount of urine is left in the collection vessel for the measurement of laboratory pH and specific gravity. The Athlete shall then seal the bottles as directed by the DCO. The DCO shall check, in full view of the Athlete, that the bottles have been properly sealed. The Athlete shall also verify that both containers have the same code number. The DCO may, with permission of the Athlete, assist the Athlete with the procedures in this 2.5. The Athlete must also verify at each step in the Doping control procedures that each bottle has the same code.

2.6 The DCO shall use the relevant laboratory's guidelines for pH and specific gravity to test the residual urine in collection vessel to determine if the Sample is likely to meet the laboratory guidelines (pH between 5 and 7 and specific gravity greater than or equal to 1.005). If it is not, then the DCO shall follow the WADA *International Standard for Testing – Annex F – Urine Samples – Samples that do not meet laboratory pH and specific gravity guidelines*.

2.7 The DCO shall ensure any residual urine that will not be sent for analysis is discarded in full view of the Athlete.

2.8 In conducting the Sample Collection Session the following information shall be recorded as a minimum:

- a) Date, time and type of notification (no-advance notice, advance notice, In Competition or Out-of-Competition);
- b) Date and time of Sample provision;
- c) The name of the Athlete;
- d) The date of birth of the Athlete;
- e) The gender of the Athlete;
- f) The Athlete's home address and telephone number;
- g) The Athlete's sport and discipline;
- h) The sample code number;
- i) The name and signature of the Chaperone who witnessed the urine Sample provision;
- j) The name and signature of the Blood Collection Official who collected the blood Sample, where applicable;
- k) Required laboratory information on the Sample;
- l) Medications and supplements taken and recent blood transfusion details if applicable, within the timeframe specified by the lab as declared by the Athlete;
- m) Any irregularities in procedures;
- n) Athlete's comments or concerns regarding the conduct of the session, if provided;
- o) The name and signature of the Athlete;
- p) The name and signature of the Athlete's representative, if required; and
- q) The name and signature of the DCO.

3 Other

3.1 The accumulation of Samples may take place over several sessions of competition before dispatch to the laboratory. During this time, the Samples must be stored in a cool secure place in a manner that protects their integrity, identity and security prior to transport from the Doping Control Station.

3.2 Sealed samples shall always be transported to the WADA accredited laboratory or as otherwise approved by WADA, as soon as practicable after the completion of the Sample Collection Session, using the IPF's authorised transport method that ensures the Samples and documentation will be transported in a manner that protects their integrity, identity and security.

3.3 IPF will provide identification labels, if required, for customs purposes. The opening of the transport container will not, of itself, invalidate Doping control.

See www.wada-ama.org for the most up-to-date *Guideline for Urine Sample Collection*.

4 Out-of-Competition Doping control

4.1 Athletes shall be selected for Out-of-Competition Doping control by the IPF Doping Commission and by National Federation through a process that substantially complies with the *International Standard for Testing* provided by WADA, see www.wada-ama.org in force at the time of selection.

4.2 Every Athlete affiliated to Member Federation is obliged to undergo unannounced Doping control at any time or place without advance notice by IPF, WADA, or the Athlete's National Federation, the National Anti-Doping Organization of any country where the Athlete is present.

4.3 In accordance with the number of Sample collections allocated to Out-of-Competition control in each year by the Executive Committee, the Doping Commission shall select Athletes for Sample collection using Target Testing, Weighted and random selection methods.

4.4 As a minimum, the Doping Commission shall consider Target Testing Athletes based on the following information:

- a) Injury;
- b) Withdrawal or absence from expected Competition;
- c) Going into or coming out of retirement;
- d) Behaviour indicating doping;
- e) Sudden major improvements in performance;
- f) Changes in Athlete whereabouts information that can indicate a potential increase in the risk of doping, including moving to a remote location;
- g) Athlete's sport performance history;
- h) Details of past Doping Controls;
- i) Athlete's reinstatement after a period of Ineligibility; and
- j) Reliable information from a third party.

4.5 The Doping Commission may select Athletes under their authority for Sample collection who are not included in the Registered Testing Pool.

4.6 Where the Doping Commission authorises a Doping Control Officer (DCO) to select Athletes for Sample collection, the Doping Commission shall provide selection criteria to the DCO in accordance with the test distribution plan.

4.7 Following the selection of an Athlete for Sample collection and prior notification of the Athlete, the Doping Commission and/or DCO shall ensure Athlete selection decisions are disclosed only to those who need to know in order to ensure the Athlete can be notified and tested on a No Advance Notice basis.

4.8 Notification of Athletes starts when the Doping Commission initiates the notification of the selected Athlete and ends when the Athlete arrives at the Doping Control Station or when the Athlete's possible failure to comply is brought to the Doping Commission's attention.

4.8.1 The main activities are:

- a) Appointment of authorised DCO(s), Chaperone(s) and other Sample Collection Personnel who have been trained for their assigned responsibilities, who do not have a conflict of interest in the outcome of the Sample collection, and who are not Minors;
- b) Locating the Athlete and confirming his/her identity;
- c) Informing the Athlete that he/she has been selected to provide a Sample and of his/her rights and responsibilities;
- d) For No Advance Notice Sample collection, continuously chaperoning the Athlete from the time of notification to the arrival at the designated Doping Control Station; and
- e) Documenting the notification.

4.9 No Advance Notice shall be the notification method for Out-of-Competition Sample collection whenever possible.

4.10 Advance Notice Sample collection refer to Sample collection which starts at that time notified to Athlete up to 24 hours in advance. In no case the start of Advance Notice Sample collection session shall be scheduled being later than 24 hours from the time when the Athlete has received of notification for an advance notice Sample collection.

4.11 The Doping Commission, DCO or Chaperone, as applicable, shall establish the location of the selected Athlete and plan the approach and timing of notification, taking into consideration the specific circumstances of the situation in question.

4.12 The Athlete shall be the first one notified that he/she has been selected for Sample collection except where prior contact with a third party is required as specified in 4.12.1.

4.12.1 The Doping Commission, DCO or Chaperone, as applicable, shall consider whether a third party, i.e. a parent or guardian, is required to be notified prior to notification of the Athlete when the Athlete is a Minor, where required by an Athlete's disability as provided for in the WADA *International Standard for Testing – in Annex B - Modifications for Athletes with disabilities*, or in situations where an interpreter is required for the notification.

4.13 If the Athlete can not be contacted after having made reasonable attempt(s) at location or locations specified on a daily basis in the whereabouts information provided by the Athlete, and logging the attempt(s) and outcome(s) into the Register established and updated by the Doping Commission, the DCO or Doping Commission, as applicable, shall institute the WADA *International Standard for Testing - Annex A – Investigating a possible failure to comply*.

4.14 When in-person contact is made, the DCO/Chaperone shall:

- a) From this time until the Athlete leaves the Doping Control Station at the end of his/her Sample Collection Session, keep the Athlete under observation at all times;

- b) Identify themselves to the Athlete using their official identification card/document provided by IPF or the other Anti-Doping Organization appointed for conducting the Sample Collection Session.
- c) Confirm the Athlete's identity as per criteria established in 1.6. Any failure to confirm the identity of the Athlete shall be documented. In such cases, the DCO responsible for conducting the Sample Collection shall decide whether it is appropriate to report such situation in accordance with the WADA *International Standard for Testing – Annex A – Investigating a possible failure to comply*.

4.15 The Chaperone/DCO shall then have the Athlete sign an appropriate form to acknowledge and accept the notification. If the Athlete refuses to sign that he/she has been notified or evades the notification, the Chaperone/DCO shall inform the Athlete of the consequences of failing to comply if possible, and the Chaperone (if not the DCO) shall immediately report all relevant facts to the DCO. When possible the DCO shall continue to collect a Sample. The DCO shall document the facts and report the circumstances to the Doping Commission. The DCO and Doping Commission shall follow the steps prescribed in the WADA *International Standard for Testing – Annex A – Investigating a possible failure to comply*.

4.16 The DCO/Chaperone shall consider any reasonable request by the Athlete to delay reporting to the Doping Control Station within 60 minutes of acknowledgement and acceptance of notification and approve or reject such requests as appropriate bearing in mind that the Athlete must be given reasonable time to complete, under the observation of the Chaperone/DCO, any reasonable activity in which he/she is engaged. In any case the Sample collection should commence as soon as possible. The DCO shall document the reasons for delay in reporting to the Doping Control Station once arriving that may require further investigation by the IPF.

4.16.1 A DCO/Chaperone shall reject a request for delay from an Athlete if it will not be possible for the Athlete to be continuously chaperoned.

4.17 When an Athlete notified of an advance notice Sample collection does not report to the Doping Control Station at the designated time, the DCO shall use his/her judgement whether to attempt to contact the Athlete. At a minimum, the DCO shall wait 30 minutes after the appointed time before departing. If the Athlete still has not reported by the time the DCO departs, the DCO shall follow the requirements of the WADA *International Standard for Testing – Annex A – Investigating a possible failure to comply*.

4.18 If the Athlete reports to the Doping Control Station after the minimum waiting time and prior to the DCO's departure, the DCO shall decide as to whether to process a possible failure to comply. If at all possible the DCO shall proceed with collecting a sample, and shall document the details of the delay in the Athlete reporting to the Doping Control Station.

4.19 If, while keeping the Athlete under observation, Sample Collection Personnel observe any matter with potential compromise the test, the circumstances shall be reported to and documented by the DCO. If deemed appropriate by the DCO, the DCO shall follow the requirements of the WADA *International Standard for Testing – Annex A – Investigating a possible failure to comply*.

4.20 The actual collection of the Sample shall be in as much accordance with article 2 – Collection of urine samples at IPF Competition.

See www.wada-ama.org for the most up-to-date *Guideline for Out-of-Competition Testing*.

APPENDIX 5

IPF ANTI-DOPING RULES

Therapeutic Use Exemption (TUE) Procedures

Criteria for Granting a Therapeutic Use Exemption

A therapeutic Use Exemption (TUE) may be granted to an International-level Athlete, as categorized in article 4.4.2 of the IPF Anti-Doping Rules, permitting the use of a *Prohibited Substance* or *Prohibited Method* contained in the *Prohibited List* published by WADA. An exemption may be granted by the IPF Medical Committee (MC) only in strict accordance with the *International Standard for Therapeutic Use Exemptions*. The main criteria are:

- The Athlete shall submit an application for a TUE no less than 30 days before participating in an Event.
- The Athlete would experience a significant impairment to health if the *Prohibited Substance* or *Prohibited Method* were to be withheld in the course of treating an acute or chronic medical condition.
- The therapeutic use of the *Prohibited Substance* or *Prohibited Method* would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition, the use of any *Prohibited Substance* or *Prohibited Method* to increase "low-normal" levels of any endogenous hormone is not considered as acceptable therapeutic intervention.
- There is no reasonable therapeutic alternative to the use of the otherwise *Prohibited Substance* or *Prohibited Method*.
- The necessity for the use of the otherwise *Prohibited Substance* or *Prohibited Method* cannot be a consequence, wholly or part, of prior non-therapeutic use of any substance from the *Prohibited List*.

Any TUE granted by the IPF MC shall cease to exist if the Athlete:

- a. Does not promptly comply with a request from the IPF (MC) to reduce the dose or cease the use of the otherwise *Prohibited Substance* or *Prohibited Method*.
- b. Refuses to undergo any monitoring tests required as a condition of the granting of the TUE; or
- c. Does not use the otherwise *Prohibited Substance* or *Prohibited Method* in strict accordance with the stated terms of the TUE.
- d. The term for which the TUE was granted has expired.
- e. Is advised that the TUE has been withdrawn by the IPF (each TUE will have a specified duration as decided upon by the MC).

The applicant must provide written consent for the transmission of all information pertaining to the application to members of the MC and, as required, other independent medical scientific experts, or to all necessary staff involved in the management or review of TUEs.

Should the Athlete wish to revoke the right of the MC or the WADA TUE Committee (WADA TUEC) to obtain any health information on his/her behalf, the athlete must notify his/her medical practitioner in writing on the fact. As a consequence to such decision, the athlete may not receive approval for a TUE or renewal of an existing TUE.

How to apply for a TUE?

Standard application process (International level Athletes)

A TUE will only be considered following the receipt of a completed application form. The application process must be dealt with in strict accordance with the principles of medical confidentiality. The application must include all relevant documents (see appendix 6 – TUE Standard Application Form).

- The TUE Standard Application Form is as Appendix 6 of these Anti-Doping Rules and is also available/printable at www.powerlifting-ipf.com or an applicant may contact the Chairman of the MC and ask for an application form for requesting a TUE. For the name and contact information of the MC Chairman, see www.powerlifting-ipf.com (and the bottom edge of the last page of this Appendix).
- The application form must be filled out by the Athlete's physician and forwarded to the Chairman of the IPF MC. Note. Incomplete application will be returned to the applicant and will need to be resubmitted.

Any additional relevant investigations, examinations or imaging studies requested by the MC will be undertaken at the expense of the applicant or his/her national governing body.

The request will be reviewed and the decision made by the MC as to whether the TUE is granted or not.

Where a TUE has been granted to the Athlete by the IPF (MC), the Athlete and WADA will be promptly provided with a certificate, which includes information pertaining to the duration of the exemption and any conditions associated with the TUE.

WADA, at the request of an Athlete or on its own initiation, may review the granting or denial of any TUE to an International Level Athlete or a national level Athlete that is included in the IPF Registered Testing Pool:

- a. Upon receiving a request by an Athlete for review, WADA TUEC will be able to reverse a decision on a TUE granted by the IPF (MC). The Athlete shall provide to the WADA TUEC an appropriate application fee and all the information for a TUE as submitted initially to the IPF MC. Until the review process has been completed, the original decision remains in effect. The process should not take longer than 30 days following receipt of the information by WADA.
- b. A WADA review can be initiated at any time during the duration of the TUE. The WADA TUEC will complete its review within 30 days of such initiation.

If the decision regarding the granting of a TUE is reversed on review, the reversal shall not apply retroactively and shall not disqualify the Athlete's results during the period that the TUE had been granted and shall take effect no later than 14 days following notification of the decision to the athlete.

Abbreviated Process (International level Athletes)

The *Prohibited Substances* or *Prohibited Methods* which may be permitted by the simplified process is strictly limited to the following substances:

- Beta-2 agonists by inhalation (salbutamol, formoterol, terbutaline, salmeterol)
- Glucocorticosteroids by non-systemic routes.

To obtain approval to use one of the substances above, the Athlete shall provide to the IPF (MC Chairman) a medical certification justifying the therapeutic necessity. The medical certification,

as contained in appendix 7 "TUE Abbreviated Process" (application form is also available/printable at www.powerlifting-ipf.com or is available from the MC Chairman) shall describe the prescription and its dosage, the route of administration and the duration of the treatment. Any diagnosis and tests undertaken in order to establish that diagnosis should be included (without the actual results or details).

Approval for use of prohibited substances subject to the simplified process is effective upon receipt of a complete application by the IPF (MC Chairman). Incomplete application will be returned to the applicant and will need to be resubmitted.

The IPF (MC) shall promptly advise the approval of the TUE to the Athlete's National Federation and National Anti-Doping Organization (as appropriate) and to WADA.

A WADA review by the WADA TUEC can be initiated at any time during the duration of the TUE.

If an Athlete requests a review of a denial of TUE by the WADA TUEC, the WADA TUEC will have the ability to request from the athlete additional medical information or medical examination(s) as deemed necessary, the expenses of which should be met by the athlete.

Any TUE may be cancelled or revoked by the WADA TUEC at any time.

TUE requests of other than the International level Athletes

National level Athletes subject to Testing must obtain a TUE from their National Anti-Doping Organization or other body designated by their National Federation.

National level TUE requests shall also be evaluated in strict accordance with the *International Standard for Therapeutic Use Exemptions*.

National Federations shall promptly report any such TUE's to IPF (MC Chairman) and WADA.

Appeals

Decisions on TUE's are subject to further appeal as provided in article 13 of the IPF Anti-Doping Rules.

Name and address of the IPF Medical Committee Chairman:

Bernie Miller D.C., C.C.E.P.
1322 Ashley River Road
Charleston, SC 29407
USA

Phone: +1 843 556 0101
Fax: +1 843 556 8186
Email: Baktalk@knology.net

Therapeutic Use Exemptions Standard Application Form

I apply for approval from International Powerlifting Federation (IPF) for the therapeutic use of a prohibited substance on the WADA List of Prohibited Substances and Prohibited Methods.

Please complete all sections

1. Athlete Information

Surname:	Given Names:
Female Male (tick appropriate box)	
Address:	
City:	Country : Postcode:
Date of Birth (d/m/y):	
Tel. Work:	Tel. Home : Mobile:
E-mail:	Fax:
Sport:	Discipline/Position:
National Sporting Organization:	
If athlete with disability, indicate disability:	

2. Notifying medical practitioner

Name, qualifications and medical specialty (see note 1):	
.....	
.....	
Address:	
.....	
E-mail address:	
Tel. Work:	Tel. Home:
Mobile:	Fax:
*Diagnosis (see note 2):	
.....	
Has the national sporting organization Chief Medical Officer been notified of this request? Yes: No:	
Name of NSO's Chief Medical Officer (see note 3):	

3. Medical details (see note 4)

Prohibited Substance(s):	Dose of administration	Route of administration	Frequency of Administration
1.			
2.			
3.			

Anticipated Duration of this medication plan	
--	--

Previous/Current TUE request(s): yes no

If yes, Date:

Anti-doping Organization:

Result (attach previous TUE(s)):

If appropriate, reasons for not prescribing alternative therapies (see note 5):

.....

.....

.....

4. Please note additional information and attach sufficient medical information to substantiate the diagnosis and the necessity to use a prohibited substance:

.....

.....

.....

.....

5. Medical practitioner's and athlete's declaration

I, certify the above-mentioned substance/s for the above named athlete has been/are to be administered as the correct treatment for the above named medical condition.

Signature of Medical Practitioner: **Date:**

I, certify that the information under 1.is accurate and that I am requesting approval to use a Substance or Method from the WADA Prohibited List. I authorize the release of personal medical information to the International Powerlifting Federation as well as to WADA staff and to the WADA TUEC (Therapeutic Use Exemption Committee) under the provisions of the Code. I understand that if I ever wish to revoke the right of the International Powerlifting Federation Medical Committee or WADA TUEC to obtain my health information on my behalf, I must notify my medical practitioner in writing of that fact.

Athlete's signature:..... **Date:**

Parent's/Guardian's signature: **Date:**

If the athlete is a minor, or has a disability preventing him/her to sign this form, a parent or guardian shall sign together with or on behalf of the athlete)

6. Notes:

Note 1	<i>Name, qualifications and medical specialty</i> For example: Dr AB Cook, MD FRACP, Castro-enterologist.
Note 2	<i>Diagnosis</i> Evidence confirming the diagnosis must be attached and forwarded with this application. The medical evidence should include a comprehensive medical history and the results of all relevant examinations, laboratory investigations and imaging studies. Copies of the original reports or letters should be included when possible. Evidence should be as objective as possible in the clinical circumstances and in the case of non-demonstrable conditions independent supporting medical opinion will assist this application.
Note 3	<i>NSO Chief Medical Officer</i> Where possible the Chief Medical Officer (CMO) of the sport involved should be notified of the application to the International Powerlifting Federation. When appropriate, the application should include a statement by the Medical Officer of the Athlete's national sport governing body, attesting to the necessity of the otherwise Prohibited Substance or Prohibited Method in the treatment of the athlete.
Note 4	<i>Medication details</i> Provide details concerning all prohibited substances or methods for which approval is sought. Use generic names (INN) and specify medication dose.
Note 5	<i>If a permitted medication can be used in the treatment of the athlete's medical condition, please provide clinical justification for the requested use of the prohibited medication.</i>

Incomplete Applications will be returned and will need to be resubmitted.

Please submit the completed form to the Chairman of the International Powerlifting Federation Medical Committee, see www.powerlifting-ipf.com and keep a copy of the completed form for your records.

Therapeutic Use Exemptions Abbreviated Process

(Beta-2 agonists by inhalation, glucocorticosteroids by non-systemic routes)

I apply for approval for the therapeutic use of a prohibited substance on the World Anti-Doping Agency (WADA) List of Prohibited Substances and Prohibited Methods that is subject to the Abbreviated Therapeutic Use Exemption Application Process.

Please complete all sections

1. Athlete Information

Surname:		Given Names:	
Female	Male	(tick appropriate box)	
Address:.....			
City:		Country :	Postcode:
Date of Birth (d/m/y):			
Tel. Work:		Tel. Home :	Mobile:
E-mail:		Fax:	
Sport:		Discipline/Position:	
National Sporting Organization:			
If athlete with disability, indicate disability:			

2. Notifying medical practitioner

Name, qualifications and medical specialty (see note 1):	
.....	
Address:	
.....	
E-mail address:	
.....	
Tel. Work:	Tel. Home:
Mobile:	Fax:

3. Medical Information

Diagnosis:
Medical examination(s)/test(s) performed:
.....

Prohibited substance(s):	Dose of administration	Route of administration	Frequency of administration
Anticipated duration of this Medication plan			

Additional information:

.....

.....

.....

4. Medical practitioner's and athlete's declaration

I, certify the above-mentioned substance/s for the above named athlete has been/are to be administered as the correct treatment for the above named medical condition. I further certify that the use of alternative medications not on the Prohibited List would be unsatisfactory for the treatment of the above named medical condition. Specify reasons:
Signature of Medical Practitioner: Date:

Application No.:

I, certify that the information under 1. is accurate and that I am requesting approval to use a Substance or Method from the WADA Prohibited List. I authorize the release of personal medical information to the International Powerlifting Federation as well as to WADA staff and to the WADA TUEC (Therapeutic Use Exemption Committee) as well as to other Anti-Doping Organizations under the provisions of the Code. I understand that if I ever wish to revoke the right of the International Powerlifting Federation Medical Committee or WADA TUEC to obtain my health information on my behalf, I must notify my medical practitioner in writing of that fact.

Athlete's signature: **Date:**

Parent's / Guardian's signature: **Date:**
(if the athlete is a minor or has a disability preventing him / her to sign this form, a parent or guardian shall sign together with or on behalf of the athlete)

Note 1	Name, qualifications and medical specialty For example: Dr AB Cook, MD FRACP, Gastro-enterologist.
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Incomplete Applications will be returned and will need to be resubmitted.

Please submit the completed form to the Chairman of the International Powerlifting Federation Medical Committee see www.powerlifting-ipf.com and keep a copy of the completed form for your records.

APPENDIX 8

IPF ANTI-DOPING RULES

Guideline for Athlete Whereabouts Information

1 Provision of Athlete Whereabouts information

- 1.1 The IPF and National Anti-Doping Organization ¹ shall identify a Registered Testing Pool of Athletes who are subject to Out-of-Competition testing. The Athletes registry shall include at a minimum the top ranked Athletes in the sports of Powerlifting.
- 1.2 The IPF (Doping Commission) shall make the list of Athletes in a Registered Testing Pool available to other relevant Anti-Doping Organizations.
- 1.3 Athletes who have been identified for inclusion as part of the Registered Testing Pool by the IPF (Doping Commission) and/or their national Anti-Doping Organization shall provide accurate, current whereabouts information. ²
- 1.4 If appropriate the IPF may coordinate provisions of Athlete Whereabouts information through National Federations.
- 1.5 IPF (Doping Commission) and National Anti-Doping Organizations shall coordinate the identification of Athletes included in a Registered Testing Pool and the collecting of such Whereabouts Information.
- 1.6 The IPF (Doping Commission) shall inform the Athlete and/or the National Federation that the Athlete is required to provide accurate, current whereabouts information.
- 1.7 The IPF and National Anti-Doping Organization may use the following criteria for inclusion of Athletes in the Registered Testing Pool
 - a) For IPF: Athletes who compete at a high level of International Competition and/or whose performances at a national championships fall within the criteria for inclusion in the IPF Registered testing pool. See an Appendix 3 of the IPF Anti-Doping Rules for the basic criteria.
 - b) For National Anti-Doping Organizations: Athletes who are part of National teams in recognized national federations.
 - c) Athletes who are serving periods of Ineligibility or Provisional Suspensions as consequences of an Anti-Doping Rule Violation.
- 1.8 The Registered Testing Pool shall be reviewed and updated on a regular basis.
- 1.9 The IPF and relevant Anti-Doping Organizations shall coordinate the identification of Athletes and the collection of current location information and shall submit it to WADA. ²

¹ If the country does not have an established National Anti-Doping Organization the national Olympic Committee (NOC) shall fulfil the role of the National Anti-Doping Agency.

² **Code Article 14.3:** Athletes who have been identified by their International Federation or National Anti-Doping Organization for inclusion in an Out-of-Competition Testing Pool shall provide accurate, current location information. The International Federations and National Anti-Doping Organizations shall coordinate the identification of Athletes and the collecting of current location information and shall submit it to WADA. WADA shall make this information accessible to other Anti-Doping Organizations having authority to test the Athletes as provided in Article 15. This information shall be maintained in strict confidence at all times; shall be used exclusively for the purposes of planning coordinating and conducting Testing; and shall be destroyed after no longer relevant for the purposes.

- 1.10 The IPF and the relevant Anti-Doping Organizations shall coordinate the gathering of whereabouts information in order to prevent Athletes from having to provide their information to more than one Anti-Doping Organization (Reference *Code Article 14.3*).
- 1.11 When available, it is recommended that ADAMS (whereabouts information database) be used by IPF, all Anti-Doping Organizations, Athletes and National Federations to submit whereabouts information to WADA.
- 1.12 In strict confidence, WADA shall make Athlete whereabouts information available to the relevant stakeholders who have the authority to conduct Testing (Reference *Code Article 14.3*).
- 1.13 Athletes who do not form part of the Registered Testing Pool or who have not submitted whereabouts information may also be subject to testing.

2 Minimum information required (as provide for in Article 4.4.2 in the International Testing Standards)

- a) Athlete name
 - b) Sport/discipline
 - c) Home address
 - d) Contact phone numbers
 - e) Training times and venues
 - f) Training camps
 - g) Travel plans
 - h) Competition schedule
 - i) Disability if applicable, including the requirements for third party involvement in the notification
 - j) Athletes may provide daily schedules indicating times and locations they are more likely be available for testing.
- 2.1 Athlete whereabouts information shall be submitted to the IPF (Doping Commission) or the other relevant Anti-Doping Organization as a minimum of quarterly basis. Should an Athlete's plans change from those originally submitted on the whereabouts form, the Athlete shall provide updates to the IPF (Doping Commission) or the other relevant Anti-Doping Organization. The IPF (Doping Commission) or the other relevant Anti-Doping Organization shall submit this information to WADA.

3 Informing the athlete of requirement to provide information

- 3.1 The IPF (Doping Commission) shall inform the Athlete via written notice that he/she must provide accurate Whereabouts Information in accordance with Article 14.3 of the World Anti-Doping Code and these Guidelines.
- 3.2 The Athlete shall be informed by the IPF (Doping Commission) or the other relevant Anti-Doping Organization of the details he/she is required to complete and the frequency of providing such information.
- 3.3 The Athlete shall confirm receipt of such notice directly to the IPF (Doping Commission) or the other relevant Anti-Doping Organization requesting the information, or to the National Federation, as appropriate.
- 3.4 When accessible, it is recommended that the Athlete provide Whereabouts Information to the ADAMS Whereabouts Information Database.
- 3.5 If Electronic means is not available for the Athlete to use the ADAMS Whereabouts Information Database or where the IPF (Doping Commission) or the other relevant Anti-Doping Organization does not have an Electronic Database to receive

Whereabouts Information, the Athlete shall provide Whereabouts Information via fax in accordance with the information required in appropriate Whereabouts Information or, when applicable, Change of Information Form(s).

Athlete Whereabouts Information Forms are located/printable at www.powerlifting-ipf.com and are also available from the Chair of IPF Doping Commission:

Robert Wilks
GPO BOX 2322
Melbourne
VICTORIA, 3001
Australia
Phone: +61 418 366 416
Fax: +61 3 8686 5701
Email: rwilks@epartments.com.au

4 Receipt of whereabouts information

- 4.1 Upon receipt of Whereabouts Information and updates the IPF (the Chair of IPF Doping Commission) shall date and file the information. If the information is provided via the ADAMS whereabouts information Database the system will electronically record the date and confirm receipt via email.
- 4.2 The IPF (Doping Commission) shall monitor receipt of Whereabouts Information and identify failures to provide accurate whereabouts information.

5 Management of whereabouts information

- 5.1 Athlete Whereabouts information shall be maintained in strict confidence at all times; shall be used exclusively for the purpose of planning, coordinating or conducting testing; and shall be destroyed in accordance with applicable confidentiality requirements after it is no longer relevant to the various parties.
- 5.2 The IPF (Doping Commission) or the other relevant Anti-Doping Organization shall use the Whereabouts Information as a main source of information for locating an Athlete for sample collection, however a Coping Control Officer may attempt to locate an Athlete even if the location is not identified on the Whereabouts Information Form.
- 5.3 The IPF (Doping Commission) or the other relevant Anti-Doping Organization shall follow the WADA No Advance Notice Testing Guidelines in order to best use the Athlete Whereabouts Information.

6 Failure to provide whereabouts information

- 6.1 The IPF (Doping Commission) shall set a deadline, in writing for when an Athlete is required to submit quarterly Whereabouts Information. In order to gain maximum benefit the accurate and updated Whereabouts Information forms should be submitted prior to the commencement of the quarter.
- 6.2 If information is not received, or is inadequate or inaccurate the IPF (Doping Commission) or the other relevant Anti-Doping Organization shall document such failures to provide and/or inaccuracies and provide a warning to the Athlete and/or National Federation.
- 6.3 Should the Athlete and/or National Federation after the written warning not provide accurate Whereabouts Information within seven (7) business days the Athlete and/or National Federation shall be provided an additional written warning.

- 6.4 Should an Athlete and/or National Federation receive three (3) recorded warnings for failure to provide accurate whereabouts in a rolling period of 18 months³ or a combination of failure to provide whereabouts information and missed tests as outlined in Article 7.11 equalling three (3) the Athlete may be subject to an Anti-Doping Rule Violation as defined by Article 2.4 of these Anti-Doping Rules and by Article 2.4 of the World Anti-Doping Code and as determined by process in compliance with Article 8 of these Anti-Doping Rules and in Article 8 of the World Anti-Doping Code.⁴
- 6.5 For the processing of failure to provide Whereabouts Information reference the WADA Model Rules for Result Management.

³ An example of a Rolling Period for 18 months would mean if an Athlete has received a notice for failure to provide in month 1 and a second in month 2 and a third notice in month 19, the athlete would only have 2 notices for failure to provide under an 18 month rolling period.

⁶ **Code Article 2.4:** Violation of applicable requirements regarding Athlete availability for Out-of-Competition Testing including failure to provide required whereabouts information and missed tests which are declared based on reasonable rules.

7 Unavailable Athlete reports as a result of inaccurate whereabouts information

- 7.1 The IPF (Doping Commission) or the other relevant Anti-Doping Organization shall provide the relevant testing authority or Doping Control Officer with current and accurate Whereabouts Information.
- 7.2 The Doping Control Officer shall attempt to locate the Athlete in accordance with the no advance notice testing guidelines.⁵
- 7.3 Should the Doping Control Officer not locate the Athlete based on the information provided, the Doping Control Officer shall complete a detailed Unavailable Athlete Report that shall include the times, locations and all other details of the Doping Control Officer's attempt to locate the Athlete.
- 7.4 The Doping Control Officer shall provide the unavailable Athlete report as soon as possible, but no later than 3 working days, to the IPF (Doping Commission) or the other relevant Anti-Doping Organization.
- 7.5 The IPF (Doping Commission) or the other relevant Anti-Doping Organization shall confirm that the information provided to the Doping Control Officer is the most accurate and up-to-date Whereabouts Information received from the Athlete for the time period covered by the collection order.
- 7.6 If the information provided to the Doping Control Officer was not the most up-to-date/accurate information received from the Athlete, the IPF (Doping Commission) or the other relevant Anti-Doping Organization shall reschedule the testing session.
- 7.7 Upon receipt of an Unavailable Athlete Report, the IPF (Doping Commission) or the other relevant Anti-Doping Organization shall confirm that, the information provided to the Doping Control Officer is the most up-to-date/accurate information received from the Athlete. The IPF (Doping Commission) or the other relevant Anti-Doping Organization shall report the missed test, in writing to the Athlete using the contact details provided by the Athlete.
- 7.8 The Athlete shall be given the right to provide a written explanation immediately after the missed test is reported.

⁵ Reference the WADA Model Rules for No Advance Notice Testing.

- 7.9 Explanations received from the Athlete should only be accepted by the IPF or the other relevant Anti-Doping Organization if circumstances were proved (i.e. medical treatment, accidents etc.).
- 7.10 After each missed test the IPF or the other relevant Anti-Doping Organization shall carry out the procedures outlined 7.3 through 7.9. The Athlete cannot accrue a second missed test unless he/she has been advised of the first one and has been provided the opportunity to update his/her whereabouts information.
- 7.11 Should an Athlete record three (3) missed tests in a rolling period of 18 months⁶ or a combination of missed tests and failure to provide whereabouts information as outlined in Article 6.4 equalling three (3) the Athlete may be subject to an Anti-Doping Rule Violation as defined by Article 2.4 of these Anti-Doping Rules and by Article 2.4 of the World Anti-Doping Code and as determined by a process in compliance with Article 8 of these Anti-Doping Rules and in Article 8 of the World Anti-Doping Code.⁷
- 7.12 If the Athlete has recorded three (3) missed tests in a rolling period of 18 months the IPF or the other relevant Anti-Doping Organization shall proceed with the result management process.

8 Coordination

- 8.1 For coordination purposes and in order to provide more information for Hearings it is recommended that Anti-Doping organizations make available to other Anti-Doping Organizations information related to an Athletes' failure to provide whereabouts information and/or missed tests.
- 8.2 Anti-Doping Regulations permitting, an Anti-Doping Organization may combine athletes' failure to provide whereabouts information and/or missed tests with other Anti-Doping Organizations recorded failure to provide whereabouts information and/or missed tests to determine an Anti-Doping Rule Violation.

⁶ An example of a Rolling Period for 18 months would mean if an Athlete has received a notice for failure to provide in month 1 and a second in month 2 and a third notice in month 19, the athlete would only have 2 notices for failure to provide under an 18 month rolling period.




⁷ **Code Article 2.4:** Violation of applicable requirements regarding Athlete availability for Out-of-Competition Testing including failure to provide required whereabouts information and missed tests which are declared based on reasonable rules.

IPF
INSTRUCTIONS FOR ATHLETE LOCATION FORM

PLEASE READ BEFORE FILLING OUT THE ATHLETE LOCATION FORM

Personal Information

This information allows doping control officers to correctly identify you and also means the minimum inconvenience possible to you. Please attach additional pages if necessary.

- 1. NAME**
Provide your complete surname and given first and middle names
- 2. WADA ATHLETE PASSPORT IDENTIFICATION NUMBER**
If you have already registered for the WADA athlete passport, insert your personal number here. If not, please write NA
- 3. DATE OF BIRTH**
Provide your day, month, and year of birth
- 4. SEX**
Delete male or female as appropriate
- 5. NATIONALITY**
Provide your nationality (the country you represent)
- 6.  RESIDENTIAL ADDRESS (R)**
The address where you will be living permanently. Please provide the house name/number, street, town/city, state/province, post code and country.
Please also supply a home telephone number and mobile number if you have one
- 7.  MAILING ADDRESS**
Provide your mailing address if different to your residential address
- 8.  E-MAIL ADDRESS**
Provide your e-mail address
- 9. NATIONAL FEDERATION**
Provide the full name of the national sport governing body to which you belong
- 10. MEMBERSHIP NUMBER: (IF AVAILABLE)**
Provide your membership number if you have one
- 11. DISCIPLINE/CLASS/TEAM**
Provide the discipline and/or class and/or team that you compete in

Draft

Location Details/Schedule  

This information will serve to create a more comprehensive picture of where you will be on any given day throughout the year. Your best estimate will help significantly.

12.  PRIMARY TRAINING LOCATION (X)

FACILITY NAME

Provide the full name of the facility where you will do **most** of your training during the upcoming quarter

FACILITY ADDRESS

Provide the full address of the above facility.

DAILY SCHEDULE

Provide the times when you will typically be training at your primary location. Fill in all remaining empty boxes on the schedule with "NA". Please refer to the following example:

This Athlete trains at her primary training facility from Monday to Friday from 5am to 7am and then again from 1pm. to 3pm

Day	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	NA	5:00 – 7:00	5:00 – 7:00	5:00 – 7:00	5:00 – 7:00	5:00 – 7:00	NA
PM	NA	1:00 – 3:00	1:00 – 3:00	1:00 – 3:00	1:00 – 3:00	1:00 – 3:00	NA

13.  SECONDARY TRAINING LOCATION (Y)

FACILITY NAME

Provide the full name of the facility where you will spend the **second most** amount of time training during the upcoming quarter.

FACILITY ADDRESS

Provide the full address of the facility.

Our Athlete trains at her secondary training facility Saturday and Sunday from 10am to 2pm

Day	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	10:00 -	NA	NA	NA	NA	NA	10:00 -
PM	2:00	NA	NA	NA	NA	NA	2:00

14. WORK/STUDY SCHEDULE (Z)

Provide the times during the day when you will typically have other commitments such as work or school/college classes (study) during the upcoming quarter.

Our Athlete Monday, Friday from 10:30am	Month/Date		1	2	3	4	5	6	7	works every Wednesday and 7:30am to
	JULY	AM	R X R	R X Z	R T TC	TC	R Y	A1 Y	R X Z	
		PM	X R	X R	TC	TC T R	Y A1	Y A1 T R	X R	

Day	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	NA	7:30 – 10:30	NA	7:30 – 10:30	NA	7:30 – 10:30	NA
PM	NA	NA	NA	NA	NA	NA	NA

15. ADDITIONAL TEMPORARY ADDRESSES (A1, A2)

Provide the addresses of any additional places you will stay during the quarter. This could include a term-time address, your parents' address, a hotel if you are on vacation, accommodation at a training camp or competition, etc.

16. TRAINING CAMPS (TC)

Provide the names of the organizers and the full addresses of any training camps you will be attending. If your accommodation is at a different address, include it under temporary residence address.

17. COMPETITION SCHEDULE

Provide the name, location, and dates of all competitions you will attend during the quarter. Attach additional pages if necessary.

Draft

Quarterly Planner

18. 3 MONTH SCHEDULE (SEE 7 DAY EXAMPLE BELOW)

Fill in the schedule with the letters that correspond to the addresses where you can be found each day. There is no limit to the number of letters you can place in one box. Please ensure that you complete **every day** of the quarter.

- Use the letter T to denote those days when you will be traveling.

Our Athlete trains at her primary training venue on the morning of June 1st. She returns home before and after her next training session. On July 2nd (Wednesday) she goes to work between training sessions. Because she has already provided her training and work times we are able to build up a picture of her whereabouts.

After attending a 2-day training camp, the athlete goes straight to her parent's house from her secondary training venue on July 5th (her first temporary address), and travels home the following afternoon.

19. ADDITIONAL INFORMATION

Feel free to attach additional pages if there is not enough space on this form for you to provide complete information regarding your personal information, location details/schedule or 3 month schedule.

20. ATHLETE SIGNATURE

Read the acknowledgment, include the date and sign your name to declare that the information is correct.

5. NATIONALITY: _____

6.  RESIDENTIAL ADDRESS (R)

NO STREET TOWN/CITY STATE/PROVINCE

POST CODE COUNTRY  TEL NO (LANDLINE)

7.  MAILING ADDRESS (IF DIFFERENT FROM RESIDENTIAL ADDRESS)

NO STREET TOWN/CITY STATE/PROVINCE

POST CODE COUNTRY

8.  E-MAIL ADDRESS: _____

9. NATIONAL FEDERATION: _____

10. MEMBERSHIP NUMBER: (IF APPLICABLE) _____

11. DISCIPLINE/CLASS/TEAM: _____

Draft

Athlete Name _____

Location Details/Schedule   1

12.  PRIMARY TRAINING LOCATION (X)

FACILITY NAME: _____

FACILITY ADDRESS: _____

NO STREET TOWN/CITY STATE/PROVINCE

POST CODE COUNTRY  TEL NO

DAILY SCHEDULE (INSERT TIMES)

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM							
PM							

13.  SECONDARY TRAINING LOCATION (Y)

FACILITY NAME: _____

FACILITY ADDRESS: _____

NO STREET TOWN/CITY STATE/PROVINCE

POST CODE COUNTRY  TEL NO

DAILY SCHEDULE (INSERT TIMES)

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM							
PM							

16. TRAINING CAMPS (TC)

Athlete Name: _____

ORGANISER NAME	START DATE	END DATE
----------------	------------	----------

NUMBER	STREET	TOWN/CITY	STATE/PROVINCE	COUNTRY
--------	--------	-----------	----------------	---------

ORGANISER NAME	START DATE	END DATE
----------------	------------	----------

NUMBER	STREET	TOWN/CITY	STATE/PROVINCE	COUNTRY
--------	--------	-----------	----------------	---------

ORGANISER NAME	START DATE	END DATE
----------------	------------	----------

NUMBER	STREET	TOWN/CITY	STATE/PROVINCE	COUNTRY
--------	--------	-----------	----------------	---------

17. COMPETITION SCHEDULE (E)

D r a f t

NAME OF COMPETITION	START DATE	END DATE
---------------------	------------	----------

NUMBER	STREET	TOWN/CITY	STATE/PROVINCE	COUNTRY
--------	--------	-----------	----------------	---------

NAME OF COMPETITION	START DATE	END DATE
---------------------	------------	----------

NUMBER	STREET	TOWN/CITY	STATE/PROVINCE	COUNTRY
--------	--------	-----------	----------------	---------

NAME OF COMPETITION	START DATE	END DATE
---------------------	------------	----------

NUMBER	STREET	TOWN/CITY	STATE/PROVINCE	COUNTRY
--------	--------	-----------	----------------	---------

Athlete Name _____

ATHLETE LOCATION FORM

Quarterly Update: April - June 2005

In order to assist both the IPF and the World Anti-Doping Agency (WADA) with Out-of-Competition doping control you are required to complete this form detailing your whereabouts for the next quarter.

This information is to be forwarded by 01/____03 / 2005 to the IPF Doping Commission
Day Month Year

by e-mail, fax or mail.

( fax no):


( e-mail):

( postal address):

Please type or print legibly in block letters and be as accurate and thorough as possible. Before completing this form please consult the accompanying instructions.

Personal Information

2. NAME:

_____ SUR  GIVEN NAMES _____

2. ATHLETE PASSPORT IDENTIFICATION NUMBER:

3. DATE OF BIRTH:

DAY MONTH YEAR

4. SEX:

Male / Female

5. NATIONALITY:

6.  RESIDENTIAL ADDRESS (R)

NO STREET TOWN/CITY STATE/PROVINCE

POST CODE COUNTRY  TEL NO (LANDLINE)

7.  MAILING ADDRESS (IF DIFFERENT FROM RESIDENTIAL ADDRESS)

NO STREET TOWN/CITY STATE/PROVINCE

POST CODE COUNTRY

8.  E-MAIL ADDRESS:

9. NATIONAL FEDERATION:

10. MEMBERSHIP NUMBER: (IF APPLICABLE)


11. DISCIPLINE/CLASS/TEAM:

Location Details/Schedule  
12. PRIMARY TRAINING LOCATION (X)

FACILITY NAME: _____

FACILITY ADDRESS: _____

 NO STREET TOWN/CITY STATE/PROVINCE

 POST CODE COUNTRY  TEL NO

DAILY SCHEDULE (INSERT TIMES)

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM							
PM							

13. SECONDARY TRAINING LOCATION (Y)

FACILITY NAME: _____

FACILITY ADDRESS: _____

 NO STREET TOWN/CITY STATE/PROVINCE

 POST CODE COUNTRY  TEL NO

DAILY SCHEDULE (INSERT TIMES)

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM							
PM							

14. WORK/STUDY SCHEDULE (Z)

DAILY SCHEDULE (INSERT TIMES)

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM							
PM							


15. ADDITIONAL TEMPORARY ADDRESSES (A1/A2)

A1. TEMPORARY RESIDENCE ADDRESS

 NO STREET

 TOWN/CITY STATE/PROVINCE

 POST CODE COUNTRY


 TEL NUMBER

A2. TEMPORARY RESIDENCE ADDRESS

 NO STREET

 TOWN/CITY STATE/PROVINCE

 POST CODE COUNTRY

 TEL NUMBER

Athlete Name _____

ATHLETE LOCATION FORM

Quarterly Update: July - September 2005

In order to assist both the IPF and the World Anti-Doping Agency (WADA) with Out-of-Competition doping control you are required to complete this form detailing your whereabouts for the next quarter.

This information is to be forwarded by 01/____06 / 2005 to the IPF Doping Commission
Day Month Year

by e-mail, fax or mail.

( fax no):

( e-mail):

( postal address):

Please type or print legibly in block letters and be as accurate and thorough as possible. Before completing this form please consult the accompanying instructions.

Personal Information

3. NAME:

SURNAME

GIVEN NAMES

2. ATHLETE PASSPORT IDENTIFICATION NUMBER:

3. DATE OF BIRTH:

DAY MONTH YEAR

4. SEX:

Male / Female

5. NATIONALITY:



RESIDENTIAL ADDRESS (R)

NO STREET TOWN/CITY STATE/PROVINCE
POST CODE COUNTRY TEL NO (LANDLINE)



MAILING ADDRESS (IF DIFFERENT FROM RESIDENTIAL ADDRESS)

NO STREET TOWN/CITY STATE/PROVINCE
POST CODE COUNTRY

8. E-MAIL ADDRESS:

9. NATIONAL FEDERATION:

10. MEMBERSHIP NUMBER: (IF APPLICABLE)

11. DISCIPLINE/CLASS/TEAM:

Location Details/Schedule  

12. PRIMARY TRAINING LOCATION (X)

FACILITY NAME: _____

FACILITY ADDRESS: _____

NO STREET TOWN/CITY STATE/PROVINCE

POST CODE COUNTRY  TEL NO

ORGANISER NAME START DATE END DATE

NUMBER STREET TOWN/CITY STATE/PROVINCE COUNTRY

NO STREET TOWN/CITY STATE/PROVINCE

POST CODE COUNTRY  TEL NO

NUMBER STREET TOWN/CITY STATE/PROVINCE COUNTRY

ORGANISER NAME START DATE END DATE

NNUMBER STREET TOWN/CITY STATE/PROVINCE COUNTRY

A1. TEMPORARY RESIDENCE ADDRESS

NO STREET

TOWN/CITY STATE/PROVINCE

POST CODE COUNTRY

 TEL NUMBER

A2. TEMPORARY RESIDENCE ADDRESS

NO STREET

TOWN/CITY STATE/PROVINCE

POST CODE COUNTRY

 TEL NUMBER

NAME OF COMPETITION START DATE END DATE

NUMBER STREET TOWN/CITY STATE/PROVINCE COUNTRY

NAME OF COMPETITION START DATE END DATE

Athlete Name _____

ATHLETE LOCATION FORM

Quarterly Update: October - December 2005

In order to assist both the IPF and the World Anti-Doping Agency (WADA) with Out-of-Competition doping control you are required to complete this form detailing your whereabouts for the next quarter.

This information is to be forwarded by 01/____09 / 2005 to the IPF Doping Commission
Day Month Year

by e-mail, fax or mail.

( fax no):

( e-mail):

( postal address):

Please type or print legibly in block letters and be as accurate and thorough as possible. Before completing this form please consult the accompanying instructions.

Personal Information

4. NAME:

SURNAME

GIVEN NAMES

2. ATHLETE PASSPORT

IDENTIFICATION NUMBER

3. DATE OF BIRTH:

DAY MONTH YEAR

4. SEX:

Male / Female

5. NATIONALITY:



RESIDENTIAL ADDRESS (R)

NO

STREET

TOWN/CITY

STATE/PROVINCE

POST CODE

COUNTRY



TEL NO (LANDLINE)



MAILING ADDRESS (IF DIFFERENT FROM RESIDENTIAL ADDRESS)

NO

STREET

TOWN/CITY

STATE/PROVINCE

POST CODE

COUNTRY

8. E-MAIL ADDRESS:

9. NATIONAL FEDERATION:

10. MEMBERSHIP NUMBER: (IF APPLICABLE)

11. DISCIPLINE/CLASS/TEAM:

Location Details/Schedule

12. PRIMARY TRAINING LOCATION (X)

FACILITY NAME: _____

FACILITY ADDRESS: _____

 NO STREET TOWN/CITY STATE/PROVINCE

 POST CODE COUNTRY  TEL NO

DAILY SCHEDULE (INSERT TIMES)

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM							
PM							

13. SECONDARY TRAINING LOCATION (Y)

FACILITY NAME: _____

FACILITY ADDRESS: _____

 NO STREET TOWN/CITY STATE/PROVINCE

 POST CODE COUNTRY  TEL NO

DAILY SCHEDULE (INSERT TIMES)

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM							
PM							

14. WORK/STUDY SCHEDULE (Z)

DAILY SCHEDULE (INSERT TIMES)

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM							
PM							

15. ADDITIONAL TEMPORARY ADDRESSES (A1/A2)**A1. TEMPORARY RESIDENCE ADDRESS**

 NO STREET

 TOWN/CITY STATE/PROVINCE

 POST CODE COUNTRY

 TEL NUMBER _____

A2. TEMPORARY RESIDENCE ADDRESS

 NO STREET

 TOWN/CITY STATE/PROVINCE

 POST CODE COUNTRY

 TEL NUMBER _____

16. TRAINING CAMPS (TC)

Athlete Name: _____

ORGANISER NAME	START DATE	END DATE
----------------	------------	----------

NUMBER	STREET	TOWN/CITY	STATE/PROVINCE	COUNTRY
--------	--------	-----------	----------------	---------

ORGANISER NAME	START DATE	END DATE
----------------	------------	----------

NUMBER	STREET	TOWN/CITY	STATE/PROVINCE	COUNTRY
--------	--------	-----------	----------------	---------

ORGANISER NAME	START DATE	END DATE
----------------	------------	----------

NUMBER	STREET	TOWN/CITY	STATE/PROVINCE	COUNTRY
--------	--------	-----------	----------------	---------

Draft

17. COMPETITION SCHEDULE (E)

NAME OF COMPETITION	START DATE	END DATE
---------------------	------------	----------

NUMBER	STREET	TOWN/CITY	STATE/PROVINCE	COUNTRY
--------	--------	-----------	----------------	---------

NAME OF COMPETITION	START DATE	END DATE
---------------------	------------	----------

NUMBER	STREET	TOWN/CITY	STATE/PROVINCE	COUNTRY
--------	--------	-----------	----------------	---------

INSTRUCTIONS FOR ATHLETE CHANGE OF INFORMATION FORM

PLEASE READ BEFORE FILLING OUT THE ATHLETE CHANGE OF INFORMATION FORM

Personal Information

This information MUST be completed

1. NAME

Provide your surname and given (first and middle) names

2. DATE OF BIRTH

Provide the day, month, and year of birth

3. ATHLETE PASSPORT NUMBER

If you have already registered for the WADA passport, insert your personal identification number here. If this does not yet apply to you, write NA

4. NATIONALITY

Provide your nationality (the country you represent)

Location/Schedule Updates

Only complete those sections which have CHANGED since you submitted your quarterly location form. Provide as much detail as possible.

5. **NEW PERMANENT RESIDENTIAL ADDRESS (R)**
Provide your new address and telephone number. Include any new mobile numbers

6. **NEW MAILING ADDRESS (IF DIFFERENT FROM RESIDENTIAL ADDRESS)**
Provide your new mailing address

7. **NEW E-MAIL ADDRESS**
Provide your new e-mail address

8. **CHANGED ADDRESS/TIMES FOR PRIMARY TRAINING VENUE (X)**
Provide details of any change in your primary training venue, including full address and telephone number. Complete the revised daily schedule.

9. **CHANGED ADDRESS/TIMES FOR SECONDARY TRAINING VENUE (Y)**
Provide details of any change in your secondary training venue, including full address and telephone number. Complete the revised daily schedule.

10. **CHANGED WORK SCHEDULE (Z)**
If your work schedule has changed, provide your revised work days/times

11. **ADDITIONAL TEMPORARY RESIDENTIAL ADDRESSES (A1...)**
Provide the full addresses, and dates of any additional places you will stay during the quarter

12. **UPDATES TO TRAINING CAMP SCHEDULE (TC)**
Provide the name, full addresses and dates of any additional training camps you will take part in during the quarter, or any changes to those already identified.

13. **UPDATES TO COMPETITION SCHEDULE (E)**
Provide the name, full addresses and dates of any additional competitions you will take part in during the quarter, or any changes to those already identified.

14. **CHANGES TO MONTHLY PLAN**
Give a detailed description of any changes to the 3-monthly plan already submitted. If necessary, attach an amended version of the plan, with changes highlighted.

15. ADDITIONAL INFORMATION

Indicate whether you have attached additional information on your whereabouts, and the number of pages. Attach any information you think may be helpful.

16. SIGNATURE

Read the acknowledgment, include the date and sign your name to declare that the information is correct.

Thank you for taking the time to fill out the form and demonstrating your commitment to doping-free sport.

CONTACT DETAILS

Please send the form **to be received at least 5 days in advance of changes** by e-mail, fax or mail to the IPF Doping Commission:

Draft

Should you have any further questions about the completion of the form, please do not hesitate to call the IPF Medical Committee

QUARTERLY SCHEDULE

Athlete Name _____

Month/Date		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
January	AM																															
	PM																															
February	AM																															
	PM																															
March	AM																															
	PM																															

Draft

- R Residence
- X Primary Training Venue
- Y Secondary Training Venue
- Z Workplace
- TC Training Camp
- A1/A2 Temporary Residence(s)
- B1/B2 Other Activity Venues
- E Competition
- T Travelling time

This information is to be forwarded by 1st of December 2004 to the IPF Doping Commission:

World Anti-Doping Code on the condition that the information is used for doping control purposes only.
 I recognize that failure to provide accurate and adequate information on my location may result in investigation and sanctions imposed by my governing body of sport.

Athlete signature: _____

QUARTERLY SCHEDULE

Athlete Name _____

Month/Date		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
April	AM																															
	PM																															
May	AM																															
	PM																															
June	AM																															
	PM																															

Draft

- R Residence
- X Primary Training Venue
- Y Secondary Training Venue
- Z Workplace
- TC Training Camp
- A1/A2 Temporary Residence(s)
- B1/B2 Other Activity Venues
- E Competition
- T Travelling time

This information is to be forwarded by 1st of March 2005 to the IPF Doping Commission:

World Anti-Doping Code on the condition that the information is used for doping control purposes only.
 I recognize that failure to provide accurate and adequate information on my location may result in investigation and sanctions imposed by my governing body of sport.

Athlete signature: _____

QUARTERLY SCHEDULE

Athlete Name _____

Month/Date		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
July	AM																															
	PM																															
August	AM																															
	PM																															
September	AM																															
	PM																															

Draft

- R Residence
- X Primary Training Venue
- Y Secondary Training Venue
- Z Workplace
- TC Training Camp
- A1/A2 Temporary Residence(s)
- B1/B2 Other Activity Venues
- E Competition
- T Travelling time

This information is to be forwarded by 1st of June 2005 to the IPF Doping Commission:

World Anti-Doping Code on the condition that the information is used for doping control purposes only.
 I recognize that failure to provide accurate and adequate information on my location may result in investigation and sanctions imposed by my governing body of sport.

Athlete signature: _____

QUARTERLY SCHEDULE

Athlete Name _____

Month/Date		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
October	AM																															
	PM																															
November	AM																															
	PM																															
December	AM																															
	PM																															

Draft

- R Residence
- X Primary Training Venue
- Y Secondary Training Venue
- Z Workplace
- TC Training Camp
- A1/A2 Temporary Residence(s)
- B1/B2 Other Activity Venues
- E Competition
- T Travelling time

This information is to be forwarded by 1st of September 2005 to the IPF Doping Commission:

World Anti-Doping Code on the condition that the information is used for doping control purposes only.
 I recognize that failure to provide accurate and adequate information on my location may result in investigation and sanctions imposed by my governing body of sport.

Athlete signature: _____

Athlete Name: _____

ATHLETE CHANGE OF INFORMATION FORM

PLEASE READ THE ATHLETE CHANGE OF INFORMATION FORM INSTRUCTIONS BEFORE FILLING OUT THIS FORM

Personal Information (MUST BE COMPLETED)

- 1. NAME:** _____
SURNAME GIVEN NAMES
- 2. DATE OF BIRTH:** _____
DAY MONTH YEAR
- 3. ATHLETE PASSPORT NUMBER:** _____
- 4. NATIONALITY:** _____

Location/Schedule Updates (CHANGED DETAILS ONLY)

5.  NEW PERMANENT RESIDENTIAL ADDRESS (R)

NO STREET TOWN/CITY STATE/PROVINCE

POST CODE COUNTRY TEL NUMBER (LANDLINE) TEL NUMBER (MOBILE)

6.  NEW MAILING ADDRESS (IF DIFFERENT FROM RESIDENTIAL ADDRESS)

NO STREET TOWN/CITY STATE/PROVINCE

POST CODE COUNTRY

7.  NEW E-MAIL ADDRESS _____

8.  CHANGED ADDRESS/TIMES FOR PRIMARY TRAINING VENUE (X)

FACILITY NAME: _____
FACILITY ADDRESS: _____

NO STREET TOWN/CITY STATE/PROVINCE

POST CODE COUNTRY TEL NUMBER

Athlete Name: _____

DAILY SCHEDULE

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM							
PM							

9. CHANGED ADDRESS/TIMES FOR SECONDARY TRAINING VENUE (Y)

FACILITY NAME: _____
 FACILITY ADDRESS: _____

 NO STREET TOWN/CITY STATE/PROVINCE

 POST CODE COUNTRY TEL NUMBER

DAILY SCHEDULE

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM							
PM							

10. CHANGED WORK SCHEDULE (Z)

DAILY SCHEDULE

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM							
PM							

Draft

11. ADDITIONAL TEMPORARY RESIDENTIAL ADDRESSES (A1....)

NUMBER	STREET	TOWN/CITY	STATE/PROVINCE
_____		_____	
POST CODE	COUNTRY	TEL NUMBER	
_____		_____	
FROM	DAY MONTH YEAR	TO	DAY MONTH YEAR
_____		_____	

12. UPDATES TO TRAINING CAMP SCHEDULE (TC)

_____		_____		_____	
ORGANISER NAME	START DATE			END DATE	
_____		_____		_____	
NUMBER	STREET	CITY	STATE/PROVINCE	COUNTRY	
_____		_____		_____	
ORGANISER NAME	START DATE			END DATE	
_____		_____		_____	
NUMBER	STREET	CITY	STATE/PROVINCE	COUNTRY	

13. UPDATES TO COMPETITION SCHEDULE (E)

NAME OF COMPETITION	START DATE	END DATE
---------------------	------------	----------

NUMBER	STREET	CITY	STATE/PROVINCE	COUNTRY
--------	--------	------	----------------	---------

NAME OF COMPETITION	START DATE	END DATE
---------------------	------------	----------

NUMBER	STREET	CITY	STATE/PROVINCE	COUNTRY
--------	--------	------	----------------	---------

14. CHANGES TO 3-MONTHLY PLAN

PLEASE OUTLINE ANY OTHER CHANGES TO 3-MONTHLY PLAN

15. ADDITIONAL INFORMATION

ADDITIONAL INFORMATION ATTACHED? YES / NO PAGES: _____

Draft

16. SIGNATURE

I acknowledge that ATHLETE CHANGE OF INFORMATION FORM may be shared with the World Anti-Doping Agency and other relevant authorities as specified in the World Anti-Doping Code on the condition that the information be used for doping control purposes only.

I recognize that failure to provide accurate and adequate information may result in investigation and sanctions imposed by my governing body of sport.

Date: _____

Signature: _____

This information is to be forwarded by e-mail, fax or mail to the IPF Doping Commission