

The rules

The contents of this lesson

- The 11 ADRVs and their sanctions
- Who the 11 ADRVs apply to
- What you need to do to follow the rules
- How the rules connect to the values associated with clean sport

The aim of this lesson

- Explain the 11 ADRVs, who they apply to, and their associated sanctions
- Discuss how the 11 ADRVs protect athletes and clean sport
- Examine and reflect on ADRV cases

This lesson is meant for

- The athletes
- The athlete support personnel (ASP)

Lesson 1

Why have rules?

- Rules are fundamental to sport. We need rules so we can all participate in sport fairly.
- The anti-doping rules help us protect athletes' sporting performances so we can believe in the sport we see.

To have fun, we need sport to give us an opportunity to be successful and to be challenged and we also need sport to be safe.

Anti-doping rules have been put in place to keep athletes safe, keep sport fair, and most importantly, keep it fun.

And all of this aligns with clean sport.

Clean sport promotes values such as fun and joy, fair play and honesty, health, and respect for rules and laws. So by supporting and following the rules in sport, including the anti-doping rules, you are demonstrating values associated with clean sport.

Lesson 2

The anti-doping rules

In the Code, doping is defined as the occurrence of one or more of the Anti-Doping Rule Violations (ADRVs).

Athletes can receive an ADRV for any of the following violations.

– Presence

An athlete has a positive test.

What the Code says: It is a potential ADRV if there is presence of a prohibited substance, its metabolites or markers in an athlete's sample.

Note that prohibited substances can be found in over-the-counter medications or supplements.

– Use

An athlete uses or tries to use a prohibited substance.

What the Code says:

It is a potential ADRV if there is use or attempted use by an athlete of a prohibited substance or method. This includes Athlete Biological Passport (ABP) cases.

- Evasion

An athlete does not go to the Doping Control Station (DCS) when notified, or they refuse to take a test, or they do not give a complete sample.

What the Code says:

It is a potential ADRV if there is evading, refusing or failing to submit to sample collection by an athlete.

Remember, an athlete must submit a sample, even if a coach or parent tells them not to.

The athlete is the primary person responsible.

- Whereabouts Failures

An athlete is not where they say they will be, or they miss a test during their 60-minute time slot, or they don't submit their Whereabouts on time, or they submit incomplete or wrong information.

What the Code says:

It is a potential ADRV if there are 3 Whereabouts or filing failures by an athlete in a 12-month period.

Athletes in a Registered Testing Pool (RTP) need to submit Whereabouts information so that they can be located for testing out-of-competition.

- Tampering

An athlete or ASP interferes with the testing or doping control process, including during the prosecution of a case.

What the Code says:

It is a potential ADRV if there is tampering or attempted tampering with any part of doping control by an athlete or other person.

This can include fabricating evidence or adding a liquid other than urine to the sample bottle.

- Possession

An athlete or ASP has a banned substance in their possession.

What the Code says:

It is a potential ADRV if there is possession of a prohibited substance or method by an athlete or ASP.

- Trafficking

An athlete or ASP handles, transports, sells or attempts to sell banned substances.

What the Code says:

It is a potential ADRV if there is trafficking or attempted trafficking of any prohibited substance or method by an athlete or other person.

- Administration to an athlete

An athlete or ASP gives or tries to give a banned substance to an athlete.

What the Code says:

It is a potential ADRV if there is administration or attempted administration by an athlete or other person to any athlete of any prohibited substance or method.

- Complicity

An athlete or ASP helps or tries to help cover up a n ADRV or is involved with an ADRV in any way.

What the Code says:

It is a potential ADRV if there is assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity or attempted complicity by an athlete or other person.

This includes if an athlete helps a friend not submit to sample.

- Prohibited Association

An athlete or ASP works with or seeks help or services from ASP who is serving a period of ineligibility.

What the Code says:

It is a potential ADRV if there is prohibited association by an athlete or other person with suspended ASP.

- Discourage or Retaliate

An athlete or ASP frightens someone from reporting suspected doping, or they seek revenge against those who have reported doping.

What the Code says:

It is a potential ADRV if there are acts by an athlete or other person to discourage or retaliate against reporting to authorities.

Which ones apply to athletes?

- All 11 apply to athletes.

Athletes can receive an ADRV for any of the above violations. A few key points for athletes to remember are as follows.

The principle of strict liability

An athlete is responsible for any banned substance found in their system, regardless as to how it got there or, whether they had any intention to cheat. Even if an athlete is prescribed medication by a medical professional or is instructed to take something by their coach, if it contains a banned substance the athlete will be responsible and could receive an ADRV for presence.

Always take the test

If an athlete is approached by a Doping Control Officer (DCO) they should always take the test and provide a sample. Refusing to do so could lead to an ADRV for evasion.

If an athlete has a problem with the sample collection process they should complete the test and then mention any issues on the Doping Control Form (DCF). Refusing to submit a sample because they found that the sample collection process did not go well can still be an ADRV for the athlete.

Apply for a TUE If needed

Before an athlete uses a medication (even if prescribed by a medication professional), they must check its active ingredients against the Prohibited List (List). If any of those ingredients are on the List they need to apply for a Therapeutic Use Exemption (TUE) before using it. They can apply for a TUE with their National Anti-Doping Organization (NADO) or with their International Federation (IF). Using a medication that contains a banned substance can lead to an ADRV for use.

Be wary of supplements

There are risks associated with the use of supplements. They can contain ingredients that are banned substances and sometimes even be contaminated with banned substances during the manufacturing process.

If an athlete chooses to use a supplement, they should remember the name of the product, keep a proof of purchase (receipt), and keep a small amount of the supplement itself so that if they test positive it can be examined for contamination.

But, remember the principle of strict liability, even if an athlete did not intend to cheat, they can still receive an ADRV.

Submit Whereabouts

If an athlete is in a Registered Testing Pool (RTP) they need to provide Whereabouts information. This is so that they can be located for testing.

Athletes in and RTP need to be available for testing during a 60-minute time slot every day. If they are not where they say they will be during this 60-minute time slot and they are selected for testing, they can receive an ADRV for a Whereabouts failure (if this happens 3 times within a 12-month period).

- 7 apply to coaches, medical professionals, or other ASP

Tampering

Possession

Trafficking

Administration to an athlete

Complicity

Prohibited association

Discourage or retaliate

Let' s look at an example.

- Athlete A has received a letter from his International Federation (IF) telling him that his sample tested positive. This is his story.

After finishing his competition, Athlete A was taken to the Doping Control Station (DCS) where he provided a urine sample. The sample tested positive for the substance furosemide, which is prohibited at all times under the List.

Athlete A was surprised about his positive test. He was surprised because a month before the competition he had been prescribed a medication and taken it as the physician directed. And while the medication contained furosemide, Athlete A didn' t think there would be any problem using something that his physician had prescribed. He had even declared the medication on his Doping Control Form (DCF).

But, in order to use the prescribed medication, which contained a banned substance, Athlete A would have needed to apply for a Therapeutic Use Exemption (TUE) with his Anti-Doping Organization (ADO) and have that application accepted.

Athlete A was frustrated. Even though he used the medication as directed by a physician he was the one responsible for any substance entering his body and was ultimately at fault.

So, after being notified of his positive test, he applied for a retroactive TUE but the IF refused based on the fact that he was a high-level athlete and experienced.

What can we learn from this story?

It is a potential ADRV whenever a prohibited substance (or its metabolites or markers) is found in an athlete's urine or blood sample, whether they intentionally or unintentionally used the prohibited substance.

Athletes are responsible for anything found in their system, regardless as to how it got there, or whether there was any intention to cheat (this is the principle of strict liability).

Athletes should always check medication against the List and talk to medical professionals. Medical professionals should be informed that athletes must abide by the anti-doping rules and the List. Coaches and parents can support with this too.

Finally, athletes should apply for a TUE, if needed, before using anything containing a banned substance, even if it is prescribed by a medical professional.

- Athlete B has received an ADRV for evasion. This is her story.

Athlete B is warming up with her team in preparation for her big game tonight. Glancing over her shoulder she notices a Doping Control Officer (DCO) and a Chaperone heading towards her coach. They are here to test someone... Maybe that someone is her.

Athlete B is suddenly very nervous. The night before, she used cannabis at a party.

In a quick decision, Athlete B decides to exit the training ground without being seen. Two days later, she receives a notification from her National Anti-Doping Organization (NADO) notifying her of a potential ADRV for evading sample collection.

What can we learn from this story?

Running away from a test could lead to an ADRV for evasion.

Read the following story to determine who might receive an ADRV.

As a member of the Registered Testing Pool (RTP), Athlete C was excited to input her Whereabouts information for the first time. She felt privileged to be part of this special group of athletes. She knew she needed to submit Whereabouts information so that she could be located for out-of-competition testing and provide a 60-minute time slot each day where she could be located. But after she initially filled in her information, she was sent her updated training schedule. Plans had changed and Athlete C was going to need to update her Whereabouts. Thankfully though, her coach had offered to update everyone's Whereabouts given the training changes had been at his request.

A few weeks later, while training abroad, Athlete C was contacted by her ADO to inform her that she had missed a test. She was confused. Hadn't her coach updated her Whereabouts? Was this her fault or her coach's?

The athlete is responsible for her own Whereabouts. Even if the coach promised to update the information it is her responsibility to ensure that it is correct and only she can receive an ADRV for a Whereabouts failure.

Lesson 3

Sanctions

- For Presence and Use and Possession

The sanction will vary depending on what kind of substance was used, found in the athlete's sample, or in their possession.

If a specified substance (generally found more easily in over-the-counter medications or in contaminated supplements and more likely to be used for a purpose other than the enhancement of sport performance), the basic sanction is 2 years – unless the ADO can demonstrate that it was on purpose (intentional) and then the sanction would be 4 years.

If a non-specified substance, the basic sanction is 4 years – unless you can demonstrate that it was not intentional in which case it will be 2 years.

Be careful about the meaning of "intention" – even if an athlete uses a banned substance by accident (so not intentionally trying to cheat) but ignores the risks associated with certain products and does nothing to mitigate these risks – it could still be classified as intentional.

As a general rule, athletes need to demonstrate how the substance entered their body – the origin of the substance – to prove their behavior was not intentional. This can include, for example, analyzing the supplement the athlete used if they claim that the prohibited substance came from a contaminated supplement.

If an athlete chooses to use a supplement, it is recommended that they keep a small amount so that it can be analyzed, should the athlete test positive. Proving that they didn't use the prohibited substance intentionally can be difficult to do and in most cases, athletes who test positive for a

non-specified substance still end up with a 4-year period of ineligibility. And yes, that means 4 years not participating in sport.

The period of ineligibility can be reduced further, down to a reprimand, depending on the type of substance and the athlete's degree of fault.

If the violation involves a substance of abuse (as defined in the Code), and the athlete can establish that it was used out-of-competition and was unrelated to sport performance, then the period of ineligibility is 3 months (and they can reduce this to 1 month if they complete a substance of abuse treatment program approved by their ADO).

- For Tampering and Evasion/Refusal

If cheating is intentional, the period of ineligibility is 4 years.

If an athlete can prove that they unintentionally failed to submit to sample collection the period of ineligibility could be 2 years.

If there is a justifiable exceptional circumstances established to reduce the sanction, the sanction will be between 2 and 4 years.

For Whereabouts failures the period of ineligibility is between 1 and 2 years, depending on an athlete's degree of fault.

For Complicity violations, the period of ineligibility is a minimum of 2 years up to a lifetime ban.

For Prohibited association violations, the period of ineligibility is 2 years but can be reduced to 1 year depending on the degree of fault and the circumstances of the case.

For Discourage or retaliate violations the period of ineligibility is a minimum of 2 years up to a lifetime ban depending on the seriousness of the violation.

- For Trafficking and Administration

The period of ineligibility is a minimum of 4 years up to a lifetime ban. It is considered a very serious violation if the administration of a prohibited substance or method is to a protected person (as defined in the Code). And if the administration to that protected person is by an ASP, like a coach or medical professional, using something other than a specified substance, the sanction will be a lifetime ban for the ASP.

And, any serious violations that might violate laws of a country will be reported to the appropriate authorities.

- Important points to note.

Multiple ADRVs, or the presence of multiple substances may increase the sanction you face.

An ADRV that happens during or in connection with an event can lead to disqualification and loss of results, points, medals and prizes. If an athlete can establish they were not at fault or negligent in their actions, they may only be disqualified from the competition (assuming the other competitions weren't impacted by the ADRV).

ADRVs for athletes who are part of a team sport might lead to consequences for the entire team. For example, the whole team may experience loss of points, disqualification from a competition or event, or other sanction.

Lesson 4

A final word

Before you go, here is what you need to know.

ADRVs are in place to protect athletes' health and their right to clean, fair competition.

ADRVs support the values associated with clean sport such as fun and joy, fair play and honesty, health, and respect for rules and laws.

And to avoid inadvertent doping (i.e. doping by accident).

Know which ADRV's apply to you and how they apply to you.

Always check medication and methods of administration against the List before using or administering anything.

Remember, there are risks associated with the use of supplements, so always conduct thorough research before using.

Athletes need to apply for a TUE, if needed, before using a prohibited substance or method.

Athletes need to take responsibility for their own Whereabouts information and remember that they are responsible for any substance found in their body.