

## Important Definitions

- **International-Level Athlete (ILA):** Athletes who compete in sport at the international level, as defined by each International Federation, consistent with the International Standard for Testing and Investigations.
- **National-Level Athlete (NLA):** Athletes who compete in sport at the national level, as defined by each National Anti-Doping Organization, consistent with the International Standard for Testing and Investigations.
- **Event period:** The Code states that the definition of event period as “The time between the beginning and end of an event, as established by the ruling body of the event.”
- **In-competition period:** The Code defines the in-competition period as “The period commencing at 11:59 p.m. on the day before a competition in which the athlete is scheduled to participate through end of such competition and the sample collection process related to such competition.”
- **Out-of-competition period:** The Code defines the out-of-competition period simply as “Any period which is not in-competition” .