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ITU doping control rules and procedural guidelines

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ITU DOPING CONTROL RULES
AND PROCEDURAL GUIDELINES

1997 EDITION

DRAFT

ITU DOPING COMMISSION

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Mark Sisson (USA)

MEMBERS
Dr. Philippe Chateau (FRA)
Dr. Martin Engelhardt (GER)
Dr. Mark Roberts (CAN)
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PREFACE

In the short history of our sport, we have done much to push the envelope of human performance. Many of our training methods are so effective that they have now been adopted by athletes in other sports. We take pride in measuring our performance gains realized through diligent training and good nutrition. Ceratinly, we agree that no single triathlete should be allowed to gain an unfair advantage over another through the use of performance enhancing substances or through other illegal methods. Even so, as the level of triathlon competition increases and the stakes multiply, so does the temptation to use artificial means to extend the limits human performance. Unfortunately, doping abuse is a very real part of this temptation. It is vitally important that each of us in the ITU family understand that the use of performance enhancing substances and methods is contrary to everything we represent.

In order to assure a “level playing field”, the ITU Executive Board formed the ITU Doping Commission for the purpose of creating, administering, reviewing and updating the Doping Control Rules for the sport of triathlon and duathlon on behalf of the International Triathlon Union. The ITU Doping Commission also establishes guidelines for each Triathlon National Federation to know so that all triathletes can have reasonable assurance that no triathlete is using doping to gain an unfair advantage.

The primary purpose of the ITU Doping Control Rules is not to catch and punish anyone, but rather to protect the innocent and to deter everyone. We can only do this by applying very strict rules and guidelines. These Rules reflect the very careful consideration of hundreds of scientists, researchers, coaches, physicians and sports ethicists within the Olympic family. As a result, some substances normally found in your daily cup of coffee, herbal tea, vitamins or cold medications could contain types or amounts of chemicals that appear on the list of banned substances. Often, there are very fine lines that separate valid use, inadvertent use and abuse. Nevertheless, the responsibility is squarely on the shoulders of you the athlete to know the rules and to take responsibility for what you put into your body.

In order that we can continue to lead the way in natural human performance, I encourage all athletes, coaches, physicians and trainers to familiarize themselves with these Rules. Working together we can eradicate doping within our sport.

Mark Sisson, Chairman
1. INTRODUCTION

1.1 It is the responsibility of every athlete, coach, team physician or other team official to know these Doping Control Rules and Procedural Guidelines as well as the Doping Control Rules of his/her National Federation and to take full responsibility individually and collectively for any infractions resulting from the failure to comply with them.

1.2 These Doping Control Rules and Procedural Guidelines are intended to conform to the current IOC Medical Code and its recommendations. Unless a substance or method is specifically included or excluded by the ITU Doping Commission, ITU will follow exactly the IOC list of doping classes, methods and banned substances in effect at the time testing takes place. In the case of any other omissions in these Rules, the IOC Medical Code will serve as the supreme authority. Relevant portions of the Code are included in Appendix A.

1.3 These Doping Control Rules and Procedural Guidelines apply to all ITU sanctioned events, as well as to out-of-competition tests conducted by ITU or to any other tests conducted on behalf of ITU by a third party. All athletes, coaches, physicians and team officials who are associated in any way with ITU affiliated or member National Federations are subject to these guidelines. Furthermore, these Rules and Guidelines shall serve as a template for the Rules and Guidelines of all Triathlon National Federations.

1.4 Each National Federation that is a member of ITU must also have and enforce its own Doping Control Rules and Procedural Guidelines which must apply to its member athletes, coaches, physicians and officials at events sanctioned by the National Federation; in out-of-competition testing conducted by the National Federation; or at any testing conducted on behalf of the National Federation by a third party, including tests conducted by other National Federations.

1.5 The Rules of each National Federation must include a fair system of hearings and appeals and must include penalties that conform to the ITU penalties for Doping Infractions.

1.6 If the Doping Control Rules of a National Federation are not precisely the same as these ITU regulations, they must otherwise substantially comply with the guidelines and procedures set forth in these Rules. The ITU Doping Commission is the sole determinant as to whether the rules of a National Federation substantially comply. In the absence of a written set of Doping Control Rules for a National Federation, these rules will apply to the National Federation by default.

1.7 Pursuant to the ITU Constitution and the IOC Charter, ITU member National Federations are required to enforce reciprocal penalties. A competitor suspended by his/her National Federation will be ineligible to compete in competitions of any ITU
affiliated National Federation or any member of the GAISF as long as the suspension remains in effect.

1.8 In all cases of Doping Control, whether conducted directly by ITU, a National Federation or by a third party on behalf of ITU or a National Federation, the positive A sample results (if any) shall be communicated within 48 hours to the President of ITU and to the athlete’s own National Federation in order that the athletes National Federation may conduct any ensuing investigation, hearing and appeal, if any.

For example: when an athlete tests positive in an event sanctioned by a National Federation of which he/she is not a member, the results of that test and any related evidence will be communicated within 48 hours of notice from the lab to the athlete’s own National Federation and to the ITU President, or;

When an athlete tests positive in a National Federation event where testing is conducted by a third party (including, but not limited to, a National Olympic Committee or Government Sponsored Anti-Doping Program) the results of that test and any related evidence will be communicated to the athlete’s own National Federation and to the ITU President.

1.9 Failure of a National Federation, acting as the relevant authority, to timely communicate A sample results to an athlete’s own National Federation (if other than the testing Federation) may result in penalties imposed by ITU to the defaulting National Federation.

1.10 These Guidelines must be followed as far as is reasonably practicable. However, a departure or departures from these guidelines shall not invalidate the finding of a doping offense, unless it was such as to cast real doubt on the reliability of the finding.

1.11 All communications and correspondence intended for the Doping Commission shall be sent to the ITU headquarters in Vancouver, Canada.

2. DEFINITION OF DOPING

2.1 Doping is strictly prohibited and is an offense under ITU rules.

2.2 For the purpose of these Rules, the following are regarded as doping offenses:

- the finding in an athlete’s body tissue or fluids of a prohibited substance;
- the use or taking advantage of a prohibited technique;
- admitting to having used or taken advantage of a prohibited substance or a prohibited technique;
- refusal or failure to submit to doping control.

11/12/96
assisting or inciting others to use a prohibited substance or prohibited technique; trafficking, distributing or selling any prohibited substance other than in the normal course of a recognized profession or trade.

2.3 A prohibited substance includes a metabolite of a prohibited substance.

2.4 A prohibited technique includes but is not limited to:
- blood doping
- use of substances and methods which alter the integrity and validity of urine samples used in doping control.

2.5 The full list of prohibited substances and techniques is included by reference in Appendix A of these Rules and is the IOC's current list of prohibited substances and methods. Unless otherwise amended in writing, or unless a substance is specifically included or excluded, the ITU list of prohibited substances will always include the most current recommendations from the IOC.

### 3. DOPING CONTROL DURING ITU COMPETITION

#### Facilities and Materials

3.1 A Doping Control Station shall be provided. It should consist of a waiting room, working room, and washroom (mens and womens). It should be equipped with all necessary ITU approved materials, including collection vessels, bottles, and sealing equipment. There should be a varied selection of sealed drinks for the athletes. The Doping Control Officials should ensure that the facilities are clean and adequate and that the materials are acceptable prior to the start of the competition.

3.2 The Doping Control Station should be clearly identified.

#### Selection of Athletes to be Tested

3.3 Selection of athletes shall be on a final position basis and / or random basis.

3.4 In addition, selection of further athletes may be ordered at the discretion of the ITU, the Doping Control Official, or the Doping Delegate by any method that it or he shall choose.

#### Collection of Urine Samples

3.5 Athletes selected for doping control must be handed a notice at the completion of their event stating that they are required to undergo doping control. In order to assist organisers, a specimen notice is attached (Appendix B). The handing over of the notice
shall be carried out as discreetly as possible and the athlete shall acknowledge receipt on the relevant section of the notice.

3.6 If an athlete refuses to sign the doping notice, the Doping Control Escort must immediately report this to the official in charge of the Doping Control Station, who must inform the relevant Doping Control Officer at the competition. The Doping Control Officer must make every effort to contact the athlete to inform him of his obligation to undergo doping control. If the athlete fails or refuses to sign this notice, and/or fails to report to doping control within one hour of acknowledging the notice, he shall be deemed to have refused to submit to doping control.

3.7 Once the athlete has been given a notice, he should report to the Doping Control Station as soon as possible, no later than one hour after receipt of the notice. During the period between notification and reporting a Doping Control Escort should accompany the athlete. The athlete should not be allowed to urinate prior to reporting to the Doping Control Station. Once the athlete has reported to the Doping Control Station, he shall be expected to remain until the procedure is completed. He may leave the doping station only in extraordinary circumstances, and only if accompanied by an official Doping Control Escort.

3.8 When attending the Doping Control Station, the athlete may be accompanied by a representative of his choice and/or an interpreter. A urine sample shall be collected under supervision. The competitor shall have fulfilled his duty to submit to doping control only after having delivered the necessary volume of urine, at the required specific gravity, irrespective of the time required for this.

3.9 In addition to the above, only the following persons should be allowed in the working room of the Doping Control Station:
* ITU Doping Delegate (if appointed)
* Officials in charge of the station
* Sampling Officers
* Doping Control Doping Control Escorts
* Other persons as determined by the ITU Doping Delegate or other Official in charge of the Station.

It is recommended that a security person be positioned outside the Doping Control Station to monitor the flow of people in and out and to keep unauthorised persons from entering the station.

3.10 When an athlete feels he is ready to provide a sample, he shall select a sample collecting vessel from a number of clean, unused vessels and proceed to the washroom.

3.11 To ensure authenticity of the sample, the Doping Control Officer may require such disrobing as is necessary to confirm the urine has been produced by the competitor. This means the exposure of the body from the middle of the back to below the knees.

11/12/96
3.12 No one, other than the athlete and an official of the Doping Control Station, should be present in the washroom when the urine is collected.

3.13 An athlete shall be requested to provide a minimum of 70ml of urine. The collection of urine shall be witnessed by an official of the Doping Control Station. The witness shall be of the same gender as the athlete. If the athlete is unable to provide the required amount of urine, his sample should be sealed and kept in the secure working room. The athlete should return to the waiting area until he feels he is able to provide a further sample. He should then add to or top up the urine previously provided to the required amount.

3.14 Specific gravity and pH of the urine shall be measured using a residual volume of urine in the collecting vessel. A specific gravity of 1.010 or higher is required. If the first sample does not meet these specifications, a second sample may be required. Samples which do not meet the required specific gravity should be processed, sealed, and documented in accordance with normal ITU practice. Any subsequent sample collected from the athlete on this occasion shall also be processed in the normal manner and documented on the form.

3.15 An athlete shall be allowed the choice of two bottles from a selection of clean, unused bottles. One bottle shall be marked main sample A and the other reserve sample B.

3.16 The sample shall be divided in the presence of the athlete and the Doping Control Official into two chosen bottles. It is recommended that the main sample A be of at least 40ml and the reserve sample B 30ml. However, any shortfall in the amount of urine shall not invalidate a test, provided there is sufficient urine for the test to be adequately performed.

3.17 The two bottles, or the individual outer container in which each bottle has been placed, shall be sealed in the presence of the athlete who should insure that the code on each bottle is the same as that entered by the official on the athlete's Doping Control Form. An example of this form is attached (Appendix C).

3.18 Signatures of the athlete, the accompanying person (if any), and the official of the Doping Control Station must appear on the Doping Control Form, confirming that the above procedures were carried out. If the athlete feels the procedures were not carried out satisfactorily, he should declare so on the Doping Control Form and state the reasons for dissatisfaction. In the absence of any such declaration the athlete shall be deemed to have waived any alleged procedural breach. The athlete shall also provide details of any medication recently used by him on the Doping Control Form.

3.19 The Doping Control Form should be so devised that duplicate copies are produced at the same time. These should be dealt with as follows:
a) a copy to be retained by the representative of the relevant authority (e.g. the ITU, National Federation, or Area Association);
b) a copy to be transmitted to the relevant authority (e.g. the ITU, National Federation, or Area Association);
c) a copy to be given to the athlete;
d) a special copy to be sent to the laboratory which is to conduct the analysis. The copy which is sent to the laboratory should not contain any information which could identify the athlete who provided the sample.

3.20 If the Doping Control Officer believes that the circumstances surrounding the giving of a sample are suspicious, he may request the athlete to provide a second sample. The first sample shall be retained by the Official for analysis. The second sample shall be collected in accordance with the procedures governing the collection of the first sample, as set out above. Once the second sample has been taken, all samples (being the main A and reserve B portions of both samples) shall be dispatched to the laboratory for analysis. The laboratory shall be informed (without disclosing the athlete's identity) that the first and second samples were taken from the same athlete.

3.21 If the athlete refuses to provide a urine sample (or a second sample), the Doping Control Officer should explain to the athlete that by refusing to provide a sample, he is deemed to have refused to submit to doping control and my be subject to sanctions under ITU rules. If the athlete still refuses to provide a sample (or a second sample), the Doping Control Officer should note this on the Doping Control Form, sign his name on the form and ask the athlete to sign the form. The Doping Control Official should also note any other irregularities in the doping control process. Observations by the athlete or his/her representative of improprieties in the collection process shall not be deemed as valid reason to refuse to submit to doping control.

Storage and Dispatch of Samples

3.22 Before the bottles containing the urine are packed, it should be confirmed that all samples taken are present and that the number is in accordance with the list of code numbers. All samples should be stored, if possible, in a refrigerator or freezer.

3.23 The main A and reserve B samples should be placed in a suitable outer container and should be dispatched to the laboratory as soon as possible after doping control.

3.24 If at all possible, the outer container should not be opened during transit to the laboratory. The ITU will provide identification labels, if required, for customs purposes. The opening of the outer container will not, of itself, invalidate doping control.

Analysis of Samples

3.25 Samples provided by athletes for the purpose of doping control immediately become the property of ITU.
3.26 Only laboratories accredited or approved by ITU / IOC may be used to carry out analysis on samples taken in accordance with doping control.

3.27 The analysis of samples should be carried out as soon as is reasonably practicable after arrival at the laboratory.

3.28 Access to the laboratory during the analysis should be restricted to laboratory personnel, members of the ITU Doping Commission, and to authorised observers.

3.29 If at any stage any question or issue arises on the testing or interpretation of results, the person responsible for testing at the laboratory may consult the ITU for guidance.

3.30 If at any stage question or issue arises in relation to the sample, the laboratory may conduct any further or other tests necessary to clarify the fact or issue so raised and such tests may be relied upon by ITU when deciding whether a sample has tested positive for a prohibited substance.

3.31 Subject to the athletes consent, if the analysis of a sample reveals the presence of any ailment, illness, disease, or condition detrimental to the health of the athlete (other than the presence of a substance prohibited under ITU rules), this must be disclosed by the laboratory to ITU. The ITU shall ensure that the athlete is advised of such condition as soon as possible and shall hold this information in the strictest confidence.

Communication of Results

3.32 If the analysis of the main A sample indicates the presence of a prohibited substance, the laboratory shall inform ITU immediately. The ITU shall then inform the athletes National Federation and request that the National Federation seek an explanation from the athlete within a period set by ITU. The National Federation shall, in turn, inform the athlete of the results of the analysis as soon as is reasonably practicable and seek such an explanation. The explanation, if any, should be conveyed by the National Federation to ITU as soon as reasonably practicable, but within the time limit set by ITU.

3.33 If no adequate explanation is received from the athlete or his National Federation, as determined by ITU, within the limit set by ITU, the test shall be regarded as positive and the athlete shall be suspended from this time, his suspension being a provisional matter pending the resolution of the case. This fact shall be reported by ITU to the athletes National Federation who shall immediately inform the athlete. The National Federation shall also be informed that the athlete should be subject to disciplinary proceedings in accordance with ITU rules.

3.34 The athlete may, at any time before the hearing by the athletes National Federation, raise any matter he feels relevant with ITU (whether by its Doping Commission or otherwise).
Commission or otherwise) via his National Federation. The ITU is empowered to consider all such representations to require further information from the relevant parties and, in exceptional circumstances, to request the athlete to appear before it. The ITU may give any weight it chooses to representations made to it and is under no obligation to explain to any party what account it took of representations submitted to it in reaching any decisions it may take.

3.35 If the athlete raises matters which ITU feels indicate that a doping offense has not been committed, or if the results of the B sample analysis requested by an athlete do not indicate the presence of the substance detected in the A sample, ITU may lift an athlete's suspension and declare that he will no longer be subject to disciplinary proceedings in accordance with ITU rules.

3.36 Every athlete shall have the right to request that the reserve B sample be tested to ascertain whether that sample discloses the presence of the same prohibited substance detected in the main A sample. Additionally, the athlete has the right to be present or to have a representative be present, at the athlete's expense, during the opening of the "B" sample. Such request must be made within 28 days of the notification to the athlete that the main A sample discloses the presence of a prohibited substance. A laboratory shall not be obliged to keep any reserve B samples after this time, unless so requested by ITU. An athlete shall remain suspended, despite the fact that he has requested analysis of the B sample.

3.37 Once an athlete has requested analysis of the reserve B sample, a date which is convenient both for the athlete and ITU shall be arranged for the conduct of the analysis which will be within 21 days of the request. A date and time shall be arranged for the analysis. The athlete's National Federation shall be informed of the date and time of the analysis. Should he wish to do so, the athlete and/or his representative may be present at the analysis. A representative of the athlete's National Federation may also be present, as may a representative of ITU. Once testing on the reserve B sample is complete, the laboratory report should be sent to the ITU as well as, in due course, a copy of all relevant laboratory data.

3.38 The ITU may, at any time, request analysis of the B sample if it believes that this will be relevant to the consideration of an athlete's case. If the ITU requests such expedited "B" sample analysis, the athlete will be notified through his/her National Federation and will be given an opportunity to be present or to have a representative present, except that ITU will not be obliged to provide more than 7 days notice prior to opening.

3.39 Confidentiality shall be observed by all persons connected with doping control until such time as the athlete is suspended.

3.40 Every athlete shall have the right to a hearing before the relevant tribunal of his National Federation before any decision on eligibility is reached. This hearing should take
place as soon as possible and under normal circumstances, not later that three months after
the final laboratory
analysis.

3.41 If the athlete is found at the hearing before his National Federation to have
committed a doping offense, or he waives his right to a hearing, he shall be declared
ineligible. His ineligibility shall begin from the date on which the sample was provided.

4. ITU OUT OF COMPETITION TESTING

International Sampling Officers (ISOs)

4.1 The ITU Executive Board may, on the advice of the Doping Commission, appoint
International Sampling Officers (ISOs) to conduct Out of Competition doping control.

4.2 The ITU Executive Board shall maintain a register of persons selected by the ITU
to act as ISOs. However, the fact that an Officer's name has not yet been added to the
register of ISOs will not affect his competence to carry out this function.

4.3 The appointment of a person as an ISO shall be evidenced by the issue of an ISOs
license or a letter of appointment. Before a sampling officer can validly conduct Out of
Competition testing, he must also receive a letter of authorisation from ITU, specifying, in
general terms, where and when he is to conduct Out of Competition doping control.

Selecting the Athlete

4.4 The Executive Board of ITU shall keep a register of athletes who may be required
to undergo Out of Competition doping control.

4.5 Individual athletes or groups of athletes may be tested at the discretion of ITU.

Contacting the Athlete

4.6 When an athlete has been selected for Out of Competition doping control, the ISO
or ITU may either make an appointment to meet the athlete or he may arrive unannounced
at the athlete's training camp, accommodation, or any other place where the athlete is likely
to be found.

4.7 Where an arrangement has been made for the collection of a sample, a time and a
place for collection will be agreed. The sample should be collected as soon as possible
thereafter.

4.8 Where such an arrangement has been made, it is the athlete's responsibility to check
prior to the arranged meeting that there is no possible confusion over the arranged date.
time, and precise location where the meeting will take place. The ISO will wait up to 2 hours beyond the time agreed but thereafter the athlete will be declared absent from testing. An appeal on the grounds that the athlete did not fully understand where to go, or went at the wrong time, will not normally be considered. An athlete who is absent from testing will be deemed to have refused to submit to doping control and may be subject to sanctions under ITU rules.

4.9 Where an ISO arrives unannounced, he must give the athlete reasonable time to complete any activity in which he is engaged. Such activity must be within the ISOs clear and continuous view, notwithstanding this, testing should commence within one hour of his first contact.

Identification

4.10 When an athlete and ISO meet, the ISO must show his:
   a) proof of identity or ISOs license;
   b) letter of appointment as an International Sampling Officer from ITU, including authorisation to collect the sample.

4.11 The ISO may also require proof of identity of the athlete. Whenever possible this will involve photographic proof of identity (passport, ID card, etc.).

Collecting the Sample

4.12 The International Sampling Officer will make every effort to collect the urine sample as discreetly as possible and with maximum privacy but circumstances may impose difficulties on the ISO that cannot be overcome.

4.13 When the athlete feels he is ready to provide a sample, he shall select a sample collecting vessel from a number of clean, unused samples, and proceed to do so, following the guidelines previously outlined in points 3.10 - 3.19.

4.14 If the athlete refuses to provide a urine sample (or second sample), the ISO should explain to the athlete that by refusing to provide a sample, he shall be deemed to have refused to submit to doping control and may be subject to sanctions under ITU rules. If the athlete still refuses to provide a sample (or second sample), the ISO should note this on the Doping Control Form, sign his name and ask the athlete to sign the form. The ISO should also note any other irregularities in the doping control process.

Storage and Dispatch of Samples

4.15 Storage and Dispatch of Out of Competition Samples should follow the guidelines previously outlined in points 2.39 - 2.40.

Analysis of Samples and Communications of Results
4.16 The same procedures as listed in the Procedural Guidelines for Doping Control During Competitions should be followed.

Waiver

4.17 The nature of Out of Competition doping control makes it inevitable that little or no prior warning is given to the athlete. Every effort will be made by the International Sampling Officer to collect the sample speedily and efficiently with a minimum of interruption to the athlete's training plans and/or social or work arrangements. If there is an interruption, however, no athlete may take action to gain compensation for any inconvenience caused.

5. HEARINGS AND APPEALS

5.1 It is a condition of membership in ITU that each National Federation have within its Constitution a means by which any athlete accused of having committed a doping offense will receive a fair hearing.

5.2 In matters of Doping, each athlete shall have the right to a hearing before any decision on eligibility is reached. Notwithstanding the final outcome of a hearing or appeal, an athlete whose A sample tests positive will remain suspended from competition pending the final outcome, unless otherwise directed by the ITU Doping Commission.

5.3 When the relevant authority is a National Federation, the following timelines should be observed in order that an athlete be given all due process:

Upon notification from the lab that an “A” sample has tested positive, the relevant authority (NF, ITU or third party testing agency) should immediately contact the athlete's NF, not later than 48 hours.

The National Federation shall immediately contact the athlete and inform him/her that it believes a doping offense has taken place. Notification should be delivered to the athlete immediately and in no case later than 48 hours. At that time, the NF should also give the athlete 1) written notice that he/she has a right to a hearing and 2) a notice of hearing application. If an athlete does not return the notice of application within 28 days of receipt, he/she will be deemed to have waived his/her right to a hearing. At that same time, The NF should also inform the athlete of his/her right to be present or to have a representative present (at the athlete's own expense) during the opening of the “B” sample. If the athlete fails to notify the NF of his/her intention to be present or to have a representative present for the opening of the “B” sample within 28 days of receipt, he/she will be deemed to have waived his/her right to that presence.
5.4 When a hearing or appeal takes place, ITU or the National Federation shall have the burden of proving, beyond a reasonable doubt, that a doping offense has been committed.

5.5 An athlete who is penalized by his/her National Federation for any doping offense has the right to appeal the finding and/or penalty to the Executive Board of ITU.

5.6 A National Federation acting as the relevant authority that turns over results of a doping test to another National Federation for the hearing of its athlete may appeal the outcome of that hearing to the ITU Executive Board if the National Federation feels that these ITU Guidelines were not enforced in the process.

5.7 An athlete or National Federation that loses an appeal to the ITU Executive Board has the right to appeal to the Court of Arbitration for Sport.

5.8 An athlete who is suspended temporarily from competition upon positive "A" sample and who is later found not to have committed a doping offense will not have any recourse against ITU for competitions missed during suspension.

6 PROCEDURES FOR APPLICATION FOR EXEMPTION TO USE PROHIBITED SUBSTANCES

General

6.1 ITU rules make it possible for an athlete who, for a limited or prolonged period of time, needs a prohibited substance for medical reasons in order to participate in sport. An athlete may request that the Doping Commission grant prior exemption allowing him/her to take a substance normally prohibited under ITU Rules. Such exemption will only be granted in a case of clear and compelling clinical need.

6.2 Exemption will not normally be granted in cases of acute disease and never when sporting activity may be hazardous to the athlete.

6.3 Out of Competition doping control is used primarily as a deterrent for the use of anabolic agents and peptide hormones. Application for exemption of certain drug use during training is, therefore, needed only for these substances.

Procedures

6.4 An application for exemption must contain a certificate from a qualified physician setting out the reasons why the administration of a prohibited substance is necessary for the health of the athlete. It must also contain the dosage and duration of medication, as well as an explanation as to why a non-banned drug cannot be used.

11/12/96
The application shall be in writing and addressed to the ITU Doping Commission. An application with respect to salbutamol, salmeterol, or terbutaline inhalation therapy must be made to both the Doping Commission and to the relevant body of the athlete's National Federation at least 7 days prior to the athlete's next competition. Any exemption granted will be in effect during a maximum period of one year, unless renewed by the Doping Commission or the relevant body of an athlete's National Federation. A sample exemption application appears in appendix "E" of this document. It is the responsibility of the athlete to apply for renewal of any exemption about to expire.

In evaluating any medical opinion advanced on behalf of an athlete, the Doping Commission is authorised, if necessary, to take advice from a specialist in the field relevant to the issue.

7 PENALTIES

7.1 The use of any banned substance or other doping method shall result in the athlete being disqualified from the event at which the doping infraction occurred as well as from any events taking place during the interim between the testing and the outcome of the final appeal.

7.2 The ITU Penalties for Doping Infractions are:

a) For anabolic steroids, amphetamine-related and other stimulants, diuretics, beta-blockers, narcotic analgesics, designer drugs and any other boosting violations not specifically included in paragraph b):
   * First Offense: up to a maximum two year suspension.
   * Second Offense: lifetime ban.

b) For Ephedrine, phenylpropanolamine, caffeine, pseudoephedrine, strychnine and related compounds
   * First Offense: up to a maximum of 90 days suspension.
   * Second Offense: up to a two year suspension.

c) For refusal to submit to testing
   * Same penalties as a) above

7.3 In the case of Out of Competition testing, penalties that may have applied may be reduced to a warning or other penalty, provided that the athlete declared use of the substance prior to testing; AND the substance is legally possessed, AND the substance is legally prescribed by a physician or is available without a prescription; AND it is determined by the ITU Doping Commission that the substance is not present in sufficient quantities to indicate abuse.

7.4 An athlete suspended as a result of a positive finding for doping must immediately return any and all prize money gained at the event at which suspension began and/or at any

11/12/96
events contested in the interim between testing and the final ruling against the athlete. An athlete who fails to timely return prize money may, at the discretion of the ITU Executive Board, be subject to further time being added to the suspension, up to a lifetime suspension.

8. RESPONSIBILITY FOR DOPING CONTROL

8.1 The IOC is responsible for Doping Control at Olympic Games.

8.2 The ITU is responsible for Doping Control at Triathlon World Championships, Duathlon World Championships, Triathlon World Cup, Duathlon World Cup, and on other occasions where random and/or designated testing is carried out by the ITU, including out-of-competition tests. ITU reserves the right to appoint any third party to conduct doping control on its behalf.

8.3 In all other cases the National Federation conducting the event will be responsible for conducting or assigning conduct of Doping Control. When the NF assigns conduct of Doping Control to a third party, the third party must substantially comply with ITU Procedural Guidelines for collection (section 2.1 through.xxx).