

World Triathlon Corporation

# **ANTI-DOPING RULES**

**for**

# **IRONMAN<sup>®</sup> TRIATHLON EVENTS**

**Version 3.0**

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# **IRONMAN® ANTI-DOPING RULES**

## **INTRODUCTION**

### **Preface**

On 14 September, 2005, the World Triathlon Corporation ("WTC") accepted the World Anti-Doping Code (the "Code") for all IRONMAN® Triathlon events, whether conducted by WTC or its Licensees. As a private corporation conducting triathlon events under the IRONMAN® brand, WTC is the first private, non-federation sports company to formally adhere to the Code. These Anti-Doping Rules are adopted and implemented in conformance with WTC's responsibilities under the Code, and are in furtherance of WTC's continuing efforts to eradicate doping in the sport of triathlon. WTC, as a private triathlon event organizer, does not operate as either an International or National Federation for the sport of triathlon.

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 WTC'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 the essence of IRONMAN®; 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.

## **Scope**

These Anti-Doping Rules shall apply to WTC, each WTC licensee conducting an IRONMAN® branded event, and each *Participant* in IRONMAN® Triathlon events by virtue of the *Participant's* application for entry and/or participation in IRONMAN® Triathlon events. It is expected that these Anti-Doping Rules shall work in juxtaposition with the Anti-Doping Rules of each *National Triathlon Federation* and shall supplement the prohibitions against doping in the sport of triathlon. Each *Participant* in IRONMAN® Triathlon events shall be a member of their *National Triathlon Federation* and must make himself or herself available for *Testing*, in accordance with the *Out-of-Competition* testing rules of his/her *National Triathlon Federation* prior to participating in IRONMAN® Triathlon events. At the election of WTC, WTC may create its own *Out-of-Competition* testing rules to be applied to athletes that WTC designates as members of its *Registered Testing Pool*.

These Anti-Doping Rules shall apply to all *Doping Controls* for IRONMAN® Triathlon events.

## **ARTICLE 1 DEFINITION OF DOPING**

Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in Article 2.1 through Article 2.8 of these Anti-Doping Rules.

## **ARTICLE 2 ANTI-DOPING RULE VIOLATIONS**

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

The following constitute anti-doping rule violations:

### **2.1 The presence of a *Prohibited Substance* or its Metabolites or Markers in an *Athlete's* 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 *Samples*. Accordingly, it is not necessary that intent, fault, negligence or knowing *Use* on the *Athlete's* part be demonstrated in order to establish an anti-doping violation under Article 2.1.

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

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

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

### **2.2 Use or Attempted Use of a *Prohibited Substance* or a *Prohibited Method***

**2.2.1** It is each Athlete's personal duty to ensure that no Prohibited Substance enters his or her body. Accordingly, it is not necessary that

intent, fault, negligence or knowing Use on the Athlete's part be demonstrated in order to establish an anti-doping rule violation for Use of a Prohibited Substance or Prohibited Method.

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

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

**2.4** Violation of applicable requirements regarding *Athlete* availability for *Out-of-Competition Testing*, including failure to provide required whereabouts information and missed tests which are declared based on rules which comply with the International Standard for Testing. Any combination of three missed tests and/or filing failures within an eighteen-month period as determined by Anti-Doping Organizations with jurisdiction over the Athlete shall constitute an anti-doping rule violation.

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

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

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

**2.8** Administration or Attempted administration to any Athlete In-Competition of any Prohibited Method or Prohibited Substance, or administration or Attempted administration to any Athlete Out-of-Competition of any Prohibited Method or any Prohibited Substance that is prohibited Out-of-

Competition, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any *Attempted* anti-doping rule violation.

## **ARTICLE 3 PROOF OF DOPING**

### **3.1 Burdens and Standards of Proof**

WTC, its IRONMAN<sup>®</sup> Triathlon event Licensees and/or the relevant *National Triathlon Federation* sanctioning the IRONMAN<sup>®</sup> Triathlon event shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether WTC, its IRONMAN<sup>®</sup> Triathlon event Licensee or the relevant, sanctioning *National Triathlon 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 except as provided in Articles 10.5 and 10.10 where an *Athlete* must satisfy a higher burden of proof.

### **3.2 Methods of Establishing Facts and Presumptions**

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

**3.2.1** WADA-accredited laboratories are presumed to have conducted *Sample* analysis and custodial procedures in accordance with the *International Standard* for laboratory analysis. The *Athlete* or other *Person* may rebut this presumption by establishing that a departure from the *International Standard* occurred.

If the *Athlete* or other *Person* rebuts the preceding presumption by showing that a departure from the *International Standard* occurred, then WTC, its IRONMAN<sup>®</sup> Triathlon event Licensee or the relevant, sanctioning *National Triathlon Federation* shall have the burden to establish that such departure did not cause the *Adverse Analytical Finding*, which could reasonably have caused the *Adverse Analytical Finding*

**3.2.2** Departures from any other *International Standard* for Laboratories or other anti-doping rule or policy which did not cause an *Adverse Analytical Finding* or other anti-doping rule violation shall not invalidate such results. If the *Athlete* or other *Person* establishes that a departure from another *International Standard* or other anti-doping rule or policy which could reasonably have caused the *Adverse*

Analytical Finding or other anti-doping rule violation occurred, then the WTC shall have the burden to establish that such a departure did not cause the Adverse Analytical Finding or the factual basis for the anti-doping rule violation.

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

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

## **ARTICLE 4 THE PROHIBITED LIST**

### **4.1 Incorporation of the *Prohibited List***

These Anti-Doping Rules incorporate the *Prohibited List* which is published and revised by WADA as described in Article 4.1 of the *Code*. Any *Participant* in IRONMAN® Triathlon events may request the current *Prohibited List* from WTC or its IRONMAN® Triathlon event Licensee.<sup>1</sup>

### **4.2 *Prohibited Substances and Prohibited Methods***

**4.2.1** Unless provided otherwise in the *Prohibited List* and/or a 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 WTC. As described in Article 4.2 of the *Code*, WTC may request that WADA expand the *Prohibited List* for the sport of triathlon. WTC may also request that WADA include additional substances or methods, which have the potential for abuse in the sport of triathlon, 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 WTC.

#### **Specified Substances**

**4.2.2** For purposes of the application of Article 10 (Sanctions on Individuals), all Prohibited Substances shall be "Specified Substances" except (a) substances in the classes of anabolic agents and hormones; and (b)

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(1) *The Prohibited List in force is available on WADA's website at [www.wada-ama.org](http://www.wada-ama.org).*

those stimulants and hormone antagonists and modulators so identified on the Prohibited List. Prohibited Methods shall not be Specified Substances.

### **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* and the classification of substances into categories on the Prohibited List is final, and shall not be subject to challenge by an Athlete or other Person based on the argument that the substance or method was not a masking agent or did not have the potential to enhance performance, represent a health risk or violate the spirit of sport.

### **4.4 Therapeutic Use**

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

**4.4.2 Subject to Article 4.4.4** *Athletes* included by the WTC in its *Registered Testing Pool* participating in an IRONMAN® Triathlon event must obtain a TUE. In accordance with Code Article 15.4, any TUE granted to an Athlete by or on behalf of a Signatory (including any TUE granted prior to the Effective Date) will be recognised under these Rules in accordance with the terms of the grant, provided that the grant is consistent with the Code and is within that Signatory's authority. Otherwise, however, an Athlete is required to obtain a TUE from the WTC TUE Committee. The application for a TUE must be made as soon as possible (in the case of an Athlete in the Registered Testing Pool, this would be when he/she is first notified of his/her inclusion in the pool) and in any event (save in emergency situations) no later than 21 days before the Athlete's participation in the Event. TUE granted by the WTC shall be reported to the *Athlete's National Federation* and to WADA through ADAMS.

**4.4.3** Subject to Article 4.4.4, Athletes who are not included by the WTC in its Registered Testing Pool must obtain a TUE from their National Anti-Doping Organization or other body designated by their National Triathlon Federation, as required under the rules of the National Anti-Doping Organization or the National Triathlon Federation. The application for a TUE must be made as soon as possible (in the case of an Athlete in the Registered Testing Pool, this would be when he/she is first notified of his/her inclusion in the pool) and in any event (save in emergency situations) no later than 30 days before the Athlete's participation in the Event. National Triathlon Federations shall promptly report any such TUE to the WTC and WADA, through ADAMS.

**4.4.4** The WTC shall appoint a panel to consider requests for TUE's (the "TUE Panel") in accordance with the International Standard for Therapeutic Use Exemptions. The TUE Panel member(s) shall promptly evaluate the request in accordance with the International Standard for Therapeutic Use Exemptions and render a decision on such request, which shall be the final decision of the WTC.

**4.4.5** WADA, on its own initiative, may review at any time the granting of a TUE to any International-Level Athlete or athlete entered in an IRONMAN® Triathlon event for which a TUE pursuant to the WTC rules is required or national-level Athlete who is included in his or her National Anti-Doping Organization or National Federation's Registered Testing Pool. Further, upon any request of any such Athlete who has been denied a TUE, WADA may review such denial. If WADA determines that such granting or denial of a TUE did not comply with the *International Standard for Therapeutic Use Exemptions*, WADA may reverse that decision. Decisions on TUE's are subject to further appeal as provided in Article 13.

## **ARTICLE 5 TESTING**

### **5.1 Authority to Test**

All athletes participating in an IRONMAN® Triathlon event shall be subject to In-Competition Testing by WTC or its IRONMAN® Triathlon event Licensee and any other Anti-Doping Organization responsible for Testing at a Competition or Event in which they participate. All Athletes under the jurisdiction of a National Triathlon Federation, including Athletes serving a period of ineligibility or Provisional Suspension, shall be subject to Testing at any time or place, with or without advance notice, Out-of-Competition by the WTC and its IRONMAN® Triathlon event Licensees (for Athletes in the WTC Registered Testing Pool), WADA, the Athlete's National Triathlon Federation, the National Anti-Doping Organization of any country where the Athlete is national, resident, licence holder or member of a sport organization, and any other Anti-Doping

Organization responsible for testing at a Competition or Event in which they participate.

All Athletes must comply with any request for Testing by any Anti-Doping organization with testing jurisdiction.

## **5.2 Responsibility for WTC Testing**

The WTC shall be responsible for drawing up a test distribution plan for Athletes competing in IRONMAN® Triathlon events in accordance with Article 4 of the International Standard for Testing, and for the implementation of that plan, including overseeing all Testing conducted by or on behalf of the WTC. Testing may be conducted by the WTC and/or its IRONMAN® Triathlon event Licensee or by other qualified persons so authorized by WTC. All testing planned at any IRONMAN event shall be conducted in accordance with the WTC Anti-Doping Rules.

In coordination with other Anti-Doping Organizations conducting Testing on the same Athletes, and consistent with the International Standard for Testing, WTC shall:

5.2.1 Plan and conduct an effective number of In-Competition and Out-of-Competition tests on Athletes over whom it has jurisdiction, including but not limited to Athletes in its Registered Testing Pool.

5.2.2 Except in exceptional circumstances all Out-of-Competition Testing shall be No Advance Notice.

5.2.3 Make Target Testing a priority.

5.2.4 Conduct Testing on Athletes serving a period of Ineligibility or a Provisional Suspension.

## **5.3 Testing Standards**

*Testing* conducted by WTC and/or its IRONMAN® Triathlon event Licensees and the relevant *National Federations* granting sanctions to IRONMAN® Triathlon event shall be in substantial conformity with the *International Standard for Testing* in force at the time of *Testing*.

**5.3.1** Blood (or other non-urine) *Samples* may be used either to detect *Prohibited Substances* or *Prohibited Methods* and/or for screening purposes.

## **5.4 Coordination of Testing**

WTC and/or its IRONMAN® Triathlon event Licensees and *National Triathlon Federations* sanctioning IRONMAN® Triathlon events shall promptly report completed tests through the WADA clearinghouse to avoid unnecessary duplication in *Testing*.

## **5.5 Athlete Whereabouts Requirements**

**5.5.1** The WTC shall identify a Registered Testing Pool of those Athletes who are required to comply with the whereabouts requirements of the International Standard for Testing, and shall publish the criteria for Athletes to be included in this Registered Testing Pool as well as a list of the Athletes meeting those criteria for the period in question. The WTC shall review and update as necessary its criteria for including Athletes in its Registered Testing Pool, and shall revise the membership of its Registered Testing Pool from time to time as appropriate in accordance with the set criteria. Each Athlete in the Registered Testing Pool (a) shall advise the WTC of his/her whereabouts on a quarterly basis, in the manner set out in Article 11.3 of the International Standard for Testing; (b) shall update that information as necessary, in accordance with Article 11.4.2 of the International Standard for Testing, so that it remains accurate and complete at all times; and (c) shall make him/herself available for Testing at such whereabouts, in accordance with Article 11.4 of the International Standard for Testing.

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

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

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

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

## **5.6 Retirement and Return to Competition**

**5.6.1** An *Athlete* who has been identified by WTC for inclusion in WTC's *Registered Testing Pool* shall continue to be subject to these Anti-Doping Rules, including the obligation to comply with the whereabouts requirements of the International Standard for Testing unless and until the *Athlete* gives written notice to WTC that he or she has retired or until he or she no longer satisfies the criteria for inclusion in the WTC's *Registered Testing Pool* and has been so informed by WTC.

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

## **5.7 Selection of Athletes to be Tested**

**5.7.1** At IRONMAN® Triathlon events, WTC and/or its IRONMAN® Triathlon event Licensee shall determine the number of finishing placement tests, random tests and target tests to be performed.

**5.7.2** In addition to the selection procedures set forth in Articles 5.7.1 above, WTC and/or its IRONMAN® Triathlon event Licensee may also select *Athletes Target Testing* so long as such *Target Testing* is not used for any purpose other than legitimate *Doping Control* purposes.

**5.7.3** *Athletes* shall be selected for *Out-of-Competition Testing* by the WTC through a process that substantially complies with the *International Standard for Testing* in force at the time of selection.

**5.8** The WTC and WTC Licensees shall provide access to independent observers at Events in accordance with the Independent Observers Program.

**5.9** All WTC Professional Members and Age Group qualified athletes (those athletes that compete in the general age division classifications as mandated in all IRONMAN Triathlon events) will not be permitted to compete in an IRONMAN World Championship event unless he/she acknowledges that they are subject to the WTC anti-doping program, he/she is available for Sample collection and where applicable, he/she provides accurate and up-to-date whereabouts information. All Professional Members and qualified Age Group athletes are subject to inclusion in the WTC's Registered Testing Pool at the discretion of the WTC.

## **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**

The WTC shall send *Doping Control Samples* for analysis only to WADA-accredited laboratories or as otherwise approved by WADA. The choice of the WADA-accredited laboratory (or other method approved by WADA) used for the *Sample* analysis shall be determined exclusively by WTC. Blood Samples may be analysed at WADA accredited Laboratory or at a satellite facility (mobile unit and/or ISO accredited hematology Laboratory approved by WADA).

### **6.2 Purpose of Collection and Analysis of Sample**

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

### **6.3 Research on Samples**

No sample may be used for any purpose other than as described in Article 6.2 without the Athlete's written consent. Samples used (with the Athlete's consent) for purposes other than Article 6.2 shall have any means of identification removed such that they cannot be traced back to a particular Athlete.

### **6.4 Standards for Sample Analysis and Reporting**

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

### **6.5 Retesting Samples**

A Sample may be reanalyzed for the purposes described in Article 6.2 at any time exclusively at the direction of the Anti-Doping Organization that collected the Sample or WADA. The circumstances and conditions for retesting Samples shall conform with the requirements of the International Stand for Laboratories.

## ARTICLE 7 RESULTS MANAGEMENT

### 7.1 Results Management for *Tests* Initiated by WTC

Results management for *Tests* initiated by WTC and/or its IRONMAN® Triathlon event Licensees shall proceed as set forth below:

**7.1.1** The results from all analyses must be sent to WTC in encoded form, in a report signed by an authorised representative of the laboratory. All communication must be conducted in confidentiality and in conformity with ADAMS, a database management tool developed by WADA. ADAMS is consistent with data privacy statutes and norms applicable to WADA and other organizations using it.

**7.1.2** Upon receipt of an *A Sample Adverse Analytical Finding*, WTC shall forward the *Sample Adverse Analytical Finding* to the *Athlete's National Triathlon Federation* which may 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*. If the *Athlete's National Triathlon Federation* declines to conduct this review, WTC shall conduct its own 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*.

**7.1.3** 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*, WTC and/or the *Athlete's National Triathlon Federation* shall promptly notify the *Athlete* of: (a) the *Adverse Analytical Finding*; (b) the anti-doping rule violated, or, in a case under Articles 7.1.8 or 7.1.9, a description of the additional investigation that will be conducted as to whether there is an anti-doping rule violation; (c) the *Athlete's* right to promptly request the analysis of the *B Sample* or, failing such request, that the *B Sample* analysis may be deemed waived; (d) the scheduled date, time, and place for the *B Sample* analysis of the *Athlete* or WTC chooses to request an analysis of the *B Sample*; (e) the right of the *Athlete* and/or the *Athlete's* representative to attend the *B Sample* opening and analysis if such analysis is requested; and (f) 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** Where requested by the Athlete, the WTC or National Triathlon Federation 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 results by waiving the requirement for B *Sample* analysis. WTC and/or the *Athlete's National Triathlon Federation* may nonetheless elect to proceed with the B *Sample* analysis.

**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 Triathlon Federation* as well as a representative of WTC shall be allowed to be present.

**7.1.6** If the B *Sample* proves negative, (unless the WTC takes the case forward as an anti-doping rule violation under Article 2.2) the entire test shall be considered negative and the *Athlete*, his *National Triathlon Federation*, and WTC 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/her *National Triathlon Federation*, WTC, and to WADA.

**7.1.8** WTC and/or the *Athlete's National Triathlon Federation* shall conduct any follow-up investigation as may be required by the *Prohibited List*. Upon completion of such follow-up investigation, WTC and/or the *Athlete's National Triathlon Federation* shall promptly notify the *Athlete* regarding the results of the follow-up investigation and whether or not WTC and/or the *National Triathlon Federation* asserts that an anti-doping rule was violated. The WTC and/or National Triathlon Federation shall also notify the *Athlete's National Anti-Doping Organization* and WADA.

**7.1.9** For apparent anti-doping rule violations that do not involve *Adverse Analytical Findings*, WTC and/or the *Athlete's National Federation* shall conduct any necessary follow-up investigation and shall then promptly notify the *Athlete* of the anti-doping rule which appears to have been violated, and the basis of the violation.

## **7.2 Review of Atypical Findings**

**7.2.1** As provided in the *International Standards*, in some circumstances laboratories are directed to report the presence of *Prohibited Substances*, which may also be produced endogenously as *Atypical Findings* subject to further investigation.

**7.2.2** Upon receipt of an A *Sample Atypical Finding*, the WTC shall conduct an initial review to determine whether: (a) an applicable *TUE* has been granted, or (b) there is an apparent departure from the

*International Standard for Testing or International Standard for Laboratories that caused the Atypical Finding.*

**7.2.3** If the initial review of an *Atypical Finding* under Article 7.2.2 reveals an applicable TUE or departure from the *International Standard for Testing* or the *International Standard for Laboratories that caused the Atypical Finding*, the entire test shall be considered negative and the *Athlete*, the *Athlete's National Anti-Doping Organization*, and WADA shall be so informed.

**7.2.4** If that initial review does not reveal an applicable TUE or departure that caused the *Atypical Finding*, the WTC shall conduct the required investigation. After the investigation is complete, the *Athlete*, WADA and the *Athlete's National Anti-Doping Organization* shall be notified whether or not the *Atypical Finding* will be brought forward as an *Adverse Analytical Finding*. The *Athlete* shall be notified as provided in Article 7.1.4.

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

(a) If the WTC determines the *B Sample* should be analysed prior to the conclusion of its follow-up investigation, it may conduct the *B Sample* analysis after notifying the *Athlete*, with such notice to include a description of the *Atypical Finding* and the information described in Article 7.1.4(b) to (f).

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

### **7.3 Results Management for Tests Initiated During Other *International Events***

Results management and the conduct of hearings from a test by the International Olympic Committee, the International Paralympic Committee, or a Major Event Organization, shall be managed, as far as sanctions beyond Disqualification from the Event or the results of the Event, by the WTC.

### **7.4 Results Management for Tests initiated by *National Federations***

Results management conducted by *National Federations* shall be consistent with the general principles for effective and fair results management which are

underlined in the detailed provisions set forth in this Article 7. *Adverse Analytical findings, Atypical Findings* and other asserted violations of anti-doping rules shall be reported by *National Federations* in accordance with the principles outlined in this Article 7 to the *Athlete's National Anti-Doping Organization, IF, WADA, and WTC* no later than the completion of the *National Federation's* results management process. Any apparent anti-doping rule violation by an *Athlete* who is a member of that *National Federation* shall be promptly referred to an appropriate hearing panel established pursuant to the rules of the *National Federation, National Anti-Doping Organization* or national law. Apparent anti-doping rule violations by *Athletes* who are members of another *National Federation* shall be referred to the WTC for hearing.

## **7.5 Results Management for Whereabouts Violations**

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

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

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

## **7.6 Provisional Suspensions**

**7.6.1** If analysis of an A Sample has resulted in an Adverse Analytical Finding for a Prohibited Substance that is not a Specified Substance, and a review in accordance with Article 7.1.2 does not reveal an applicable TUE or departure from the International Standard for Testing or the International Standard for Laboratories that caused the Adverse Analytical Finding, a Provisional Suspension shall be imposed promptly after the review and notification described in Article 7.1.

**7.6.2** In any case not covered by Article 7.2.1 where the WTC decides to take the matter forward as an apparent anti-doping rule violation in accordance with the foregoing provisions of this Article 7, a Provisional Suspension may be imposed after the review and notification described in Article 7.1, but prior to the analysis of the Athlete's B Sample or the final hearing as described in Article 8 (Right to a Fair Hearing).

**7.6.3** However, a Provisional Suspension may not be imposed, whether pursuant to Article 7.2.1 or Article 7.2.2, unless the Athlete or other Person is given either (a) an opportunity for a Provisional Hearing either before imposition of the Provisional Suspension or on a timely basis after imposition of the Provisional Suspension; or (b) an opportunity for an expedited hearing in accordance with Article 8 (Right to a Fair Hearing) on a timely basis after imposition of a Provisional Suspension. National Triathlon Federations shall impose Provisional Suspensions in accordance with the principles set forth in this Article 7.2.

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

## **7.7 Retirement from Sport**

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

## ARTICLE 8 RIGHT TO A FAIR HEARING

**8.1** When it appears, following the results management process described in Article 7, that these Anti-Doping Rules have been violated, the *Athlete* or other *Person* involved may be brought before a disciplinary panel of the *Athlete* or other *Person's National Triathlon Federation* for a hearing to adjudicate whether a violation of these Anti-Doping Rules occurred and if so what *Consequences* should be imposed. If the *Athlete's National Triathlon Federation* declines to institute such a disciplinary hearing, WTC shall bring the *Athlete* before WTC's own disciplinary panel. Such hearing process shall respect 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 Panel to determine the identity, and responsibility for the cost of the interpreter; and
- a timely, written, reasoned decision.

**8.2** Hearings pursuant to this Article shall be completed expeditiously and in all cases within three months of the completion of the Results Management process described in Article 7. Hearings held in connection with *Events* may be conducted by an expedited process. If the completion of the hearing is delayed beyond three months, WTC may elect, if the *Athlete* is a member of WTC's *Registered Testing Pool*, to bring the case directly to a single arbitrator from the Court of Arbitration for Sport. The case before the Court of Arbitration for Sport shall be handled in accordance with the Court of Arbitration for Sport appeal procedure without reference to any time limit for appeal. If the completion of the hearing is delayed beyond three months, and the *Athlete* is not a member of WTC's *Registered Testing Pool*, WTC may elect to bring the case directly to the national level appellate body referenced in Article 13.2.2. In either case the appeal from such decision shall be to the Court of Arbitration for Sport.

**8.3** 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.

**8.4** Decisions by *National Triathlon Federations* pertaining to violations of these Anti-Doping Rules at WTC's IRONMAN® triathlon events or decisions by WTC, 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.

**8.5** Hearing decisions by the *National Triathlon Federation* pertaining to violations of these Anti-Doping Rules at WTC's IRONMAN® triathlon events or decisions by WTC, shall not be subject to further administrative review at the national level except as provided in Article 13 or as required by applicable national law.

## **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 that *Event* with all consequences, including forfeiture of all medals, points and prizes, except as provided in Article 10.1.1.

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

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

The period of ineligibility imposed for a violation of Article 2.1 (Presence of Prohibited Substance or its Metabolites or Markers) Article 2.2 (Use or Attempted Use of Prohibited Substance or Prohibited Method) or Article 2.6 (Possession of Prohibited Substances and Prohibited Methods) shall be as follows, unless the conditions for eliminating or reducing the period of

Ineligibility, as provided in Articles 10.3 and 10.5, or the conditions for increasing the period of Ineligibility, as provided in Article 10.10 are met:

First violation: Two (2) years' *Ineligibility*.

### **10.3 Elimination or Reduction of the Period of Ineligibility for Specified Substances under Specific Circumstances**

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

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

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

### **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* shall be two (2) years unless the conditions provided in Article 10.5, or the conditions provided in Article 10.10 are met.

**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* unless the conditions provided for in Article 4.2.2 are met. An anti-doping rule violation involving a *Minor* shall be considered a particularly serious violation, and, if committed by *Athlete Support Personnel* for violations other than specified substances referenced in Article 10.3, shall result in lifetime *Ineligibility* for such *Athlete Support Personnel*. In addition, violations of such Articles which also violate non-sporting laws and regulations, may be reported to the competent administrative, professional or judicial authorities.

**10.4.3** For violations of Article 2.4 (Whereabouts Violations or Missed *Tests*), the period of *Ineligibility* shall be a minimum one (1)

year and at a maximum two (2) years based on the Athlete's degree of fault.

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

**10.5.1** If the *Athlete* establishes in an individual case 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 10.6.

**10.5.2** If an *Athlete* establishes in an individual case that he or she bears *No Significant Fault or Negligence*, then the period of *Ineligibility* may be reduced, but the reduced period of *Ineligibility* may not be less than one-half of the 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 WTC may, prior to a final appellate decision under Article 13 or the expiration of the time to appeal, suspend a part of the period of ineligibility imposed in an individual case where the Athlete or other Person has provided Substantial Assistance to an Anti-Doping Organization, criminal authority or professional disciplinary body which results in the Anti-Doping Organization discovering or establishing an anti-doping rule violation by another Person or which results in a criminal or disciplinary body discovering or establishing a criminal offense or the breach of professional rules by another Person. After a final appellate decision under Article 13 or the expiration of time to appeal, the WTC may only suspend a part of the otherwise applicable period of Ineligibility with the approval of WADA. The extent to which the otherwise applicable period of Ineligibility may be suspended shall be based on the seriousness of the anti-doping rule violation committed by the Athlete or other Person and the significance of the Substantial Assistance provided by the Athlete or other Person to the effort to eliminate doping in sport. No more than three-quarters of the otherwise applicable period of Ineligibility may be suspended. If the otherwise applicable period of Ineligibility is a lifetime, the non-

suspended period under this Article must be no less than eight (8) years. If the WTC suspends any part of the otherwise applicable period of Ineligibility under this Article, they shall promptly provide a written justification for its decision to each Anti-Doping Organization having a right to appeal the decision. If the WTC subsequently reinstates any part of the suspended period of Ineligibility because the Athlete or other Person has failed to provide the Substantial Assistance which was anticipated, the Athlete or other Person may appeal the reinstatement pursuant to Article 13.2.

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

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

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

Before applying any reduction or suspension under Articles 10.5.2, 10.5.3 or 10.5.4, the otherwise applicable period of Ineligibility shall be determined in accordance with Articles 10.2, 10.3, 10.4 and 10.10. If the Athlete or other Person establishes entitled to a reduction or suspension of the period of Ineligibility under two or more of Articles 10.5.2, 10.5.3 or 10.5.4, then the period of Ineligibility may be reduced or suspend, but not below one-fourth of the otherwise applicable period of Ineligibility.

### **10.6 Rules for Certain Potential Multiple Violations**

#### **10.6.1 Second Anti-Doping Rule Violation**

For an Athlete's or other Person's first anti-doping rule violation, the period of Ineligibility is set forth in Articles 10.2 and 10.3 (subject to elimination, reduction or suspension under Articles 10.4 or 10.5, or to an increase under Article 10.10). For a second anti-doping rule violation the period of Ineligibility shall be within the range set forth in the table below.

<b>Second Violation First Violation</b>	<b>RS</b>	<b>FFMT</b>	<b>NSF</b>	<b>St</b>	<b>AS</b>	<b>TRA</b>
<b>RS</b>	<b>1-4</b>	<b>2-4</b>	<b>2-4</b>	<b>4-6</b>	<b>8-10</b>	<b>10-life</b>
<b>FFMT</b>	<b>1-4</b>	<b>4-8</b>	<b>4-8</b>	<b>6-8</b>	<b>10-life</b>	<b>life</b>
<b>NSF</b>	<b>1-4</b>	<b>4-8</b>	<b>4-8</b>	<b>6-8</b>	<b>10-life</b>	<b>life</b>
<b>St</b>	<b>2-4</b>	<b>6-8</b>	<b>6-8</b>	<b>8-life</b>	<b>life</b>	<b>life</b>
<b>AS</b>	<b>4-5</b>	<b>10-life</b>	<b>10-life</b>	<b>life</b>	<b>life</b>	<b>life</b>
<b>TRA</b>	<b>8-life</b>	<b>life</b>	<b>life</b>	<b>life</b>	<b>life</b>	<b>life</b>

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

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

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

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

St (Standard sanction under Articles 10.2 or 10.3.1): The anti-doping rule violation was or should be sanctioned by the standard sanction of two (2) years under Articles 10.2 or 10.3.1.

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

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

### **10.6.2 Application of Articles 10.5.3 and 10.5.4 to Second Anti-Doping Rule Violation.**

Where an *Athlete* or other Person who commits a second anti-doping rule violation establishes entitled to suspension or reduction of a portion of the period of Ineligibility under Article 10.5.3 or Article 10.5.4, the hearing panel shall first determine the otherwise applicable period of Ineligibility within the range established in the table in Article 10.6.1, and then apply the appropriate suspension or reduction of the period of Ineligibility. The remaining period of Ineligibility, after applying any suspension or reduction under Articles 10.5.3 and 10.5.4, must be at least one-fourth of the otherwise applicable period of Ineligibility.

### **10.6.3 Third Anti-Doping Rule Violation**

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

- For purposes of imposing sanctions under Article 10.10, an anti-doping rule violation will only be considered a second violation if the WTC can establish that the Athlete or other Person committed the second anti-doping rule violation after the Athlete or other Person received notice pursuant to Article 7 (Results Management), or after the WTC made reasonable efforts to give notice, of the first anti-doping rule violation; if the WTC cannot establish this, the violations shall be considered together as one single first violation, and the sanction imposed shall be based on the violation that carries the more sever sanction; however, the occurrence of multiple violations may be considered as a factor in determining aggravating circumstances (Article 10.10)

- If, after the resolution of a first anti-doping rule violation, the WTC discovers facts involving an anti-doping rule violation by the Athlete or other Person which occurred prior to notification regarding the first violation, then the WTC shall impose an additional sanction based on the sanction that could have been imposed if the two violations would have been adjudicated at the same time. Results in all Competitions dating back to the earlier anti-doping rule violation will be Disqualified as provided in Article 10.7. To avoid the possibility of a finding of Aggravating Circumstances (Article 10.6) on account of the earlier-in-time but later-discovered violation, the Athlete or other Person must voluntarily admit the earlier anti-doping rule violation on a timely basis after notice of the violation for which he or she is first charged. The same rule shall also apply when he or she is first charged. The same rule shall also apply when the WTC discovers facts

involving another prior violation after the resolution of a second anti-doping rule violation.

#### **10.6.5 Multiple Anti-Doping Rule Violations during an Eight-Year Period**

For purposes of Article 10.6, each anti-doping rule violation must take place within the same eight (8) year period in order to be considered multiple violations.

### **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.

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

**10.7.2** Forfeited prize money shall be allocated first to reimburse the collection expenses of the Anti-Doping Organization that performed the necessary steps to collect the prize money back, then to reimburse the expenses of the Anti-Doping Organization that conducted results management in the case, with the balance, if any, allocated in accordance with the following rules:

### **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, WTC 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.

#### **10.8.2 Timely Admission**

Where the Athlete promptly (which, in all events, means before the Athlete competes again) admits the anti-doping rule violation after being confronted with the anti-doping rule violation by the WTC, the period of *Ineligibility* may

start as early as the date of Sample collection or the date on which another anti-doping rule violation last occurred. In each case, however, where this Article is applied, the Athlete or other Person shall serve at least one-half of the period of Ineligibility going forward from the date the Athlete or other Person accepted the imposition of a sanction, the date of a hearing decision imposing a sanction, or the date the sanction is otherwise imposed.

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

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

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

## **10.9 Status During *Ineligibility***

### **10.9.1 Prohibition against Participation during Ineligibility**

No *Person* who has been declared *Ineligible* may, during the period of *Ineligibility*, participate in any capacity in an IRONMAN® Triathlon event or activity (other than authorized anti-doping education or rehabilitation programs) authorized or organized by WTC or any IRONMAN® Triathlon event Licensee. 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 WTC and/or its IRONMAN® Triathlon event Licensees.

An Athlete or other Person subject to a period of Ineligibility longer than four years may, after completing four years of the period of Ineligibility, participate in local sport events in a sport other than the sport in which the Athlete or other Person committed the anti-doping rule violation, but only so long as the local sport event is not at a level that could otherwise qualify such Athlete or other Person directly or indirectly to compete in (or accumulate points toward) a national championship or International Event.

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

### **10.9.2 Violation of the Prohibition of Participation during Ineligibility**

Where an Athlete or other Person who has been declared Ineligible violates the prohibition against participation during Ineligibility described in Article 10.9.1, the results of such participation shall be Disqualified and the period of Ineligibility which was originally imposed shall start over against as of the date of the violation. The new period of Ineligibility may be reduced under Article 10.5.2 if the Athlete or other Person establishes he or she bears No Significant Fault or Negligence for violating the prohibition against participation. The determination of whether an Athlete or another Person has violated the prohibition against participation, and whether a reduction under Article 10.5.2 is appropriate, shall be made by the WTC.

#### **10.10 Aggravating Circumstances Which May Increase the Period of Ineligibility**

If the WTC establishes in an individual case involving an anti-doping rule violation other than violations under Articles 2.7 (Trafficking or Attempted Trafficking) and 2.8 (Administration or Attempted Administration) that aggravating circumstances are present which justify the imposition of a period of Ineligibility greater than the standard sanction, then the proof of Ineligibility otherwise application shall be increased up to a maximum of four (4) years unless the Athlete or other Person can prove to the comfortable satisfaction of the hearing panel that he did not knowingly commit the anti-doping rule violation.

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

#### **10.11 Reinstatement *Testing***

As a condition to regaining eligibility at the end of a specified period of *Ineligibility*, an *Athlete* must, during any period of *Provisional Suspension* or *Ineligibility*, make him or herself available for *Out-of-Competition Testing* by WTC, 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 WTC and the applicable *National Triathlon 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 4 tests must be conducted on the *Athlete* with at least three months between each test. The results of such tests shall be reported to WTC. In addition, immediately prior to the end of the suspension period, an *Athlete* must undergo *Testing* by WTC 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 Triathlon Federation* will then be necessary.

**[ARTICLES 11 & 12 intentionally omitted]**

**ARTICLE 13 APPEALS**

**13.1 Decisions Subject to Appeal**

Decisions made under these Anti-Doping Rules may be appealed as set forth below in Article 13.2 through 13.4. Such decisions shall remain in effect while under appeal unless the appellate body orders otherwise.

**13.1.1 WADA Not Required to Exhaust Internal Remedies**

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

**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 an anti-doping rule violation proceeding cannot go forward for procedural reasons (including, for example, prescription); a decision under Article 10.9.2 (Violation of the Prohibition of Participation during Ineligibility); a decision that the WTC lacks jurisdiction to rule on an alleged anti-doping rule violation or its Consequences; a decision by an Anti-Doping Organization not to bring forward an Adverse Analytical Finding or an Atypical Finding as an anti-doping rule violation, or a decision not to go forward with an anti-doping rule violation, or a decision not to go forward with an anti-doping rule violation after an investigation under Article 7.3; and a decision to impose a Provisional Suspension as a result of a Provisional Hearing or in violation of Article 7.2 may be appealed exclusively as provided in this Article 13.2.

**13.2.1** In cases arising from competition in an IRONMAN® Triathlon event or in cases involving members of WTC's *Registered Testing Pool*, 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 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) WTC and any other *Anti-Doping Organization* under whose rules a sanction could have

been imposed; (d) the International Olympic Committee or International Paralympic Committee, as applicable, where the decision may have an effect in relation to the Olympic Games or Paralympic Games, including decisions affecting eligibility for the Olympic Games or Paralympic Games; and (e) WADA.

In cases under Article 13.2.2, the parties having the right to appeal as provided in the National Anti-Doping Organization's rules but, at a minimum, shall include the following parties: (a) the Athlete or other Person who is the subject of the decision being appealed; (b) the other party to the case in which the decision was rendered; (c) WTC; (d) the National Anti-Doping Organization of the Person's country of residence; and (e) WADA. For cases under Article 13.2.2, WADA and the WTC shall also have the right to appeal to CAS with respect to the decision of the national-level reviewing body. Any party filing an appeal shall be entitled to assistance from CAS to obtain all relevant information from the Anti-Doping Organization whose decision is being appealed and the information shall be provided if CAS so directs

Notwithstanding any other provision herein, the only Person who may appeal from a Provisional Suspension is the Athlete or other Person upon whom the Provisional Suspension is imposed.

### **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*, WTC, or *National Anti-Doping Organization* or other body designated by a *National Triathlon Federation* which granted or denied the exemption. Decisions by Anti-Doping Organizations other than WADA denying TUE's, which are not reversed by WADA, may be appealed by International-Level Athletes to CAS.

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

### **13.4 Failure to Render a Timely Decision by WTC**

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

### **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 the appealing party. The above notwithstanding, the following shall apply in connection with appeals filed by a party entitled to appeal but which was not a party to the proceedings having lead to the decision subject to appeal:

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

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

- a) Twenty-one (21) days after the last day on which any other party in the case would have appealed, or
- b) Twenty-one (21) days after WADA's receipt of the complete file relating to the decision.

## **ARTICLE 14 CONFIDENTIALITY AND REPORTING**

### **14.1 Notice and Confidentiality**

#### **14.1.1 Notice to *Athletes* and Other *Persons*.**

Notice to *Athletes* or other *Persons* shall occur as provided under Article 7. 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*.

#### **14.1.2 Notice to National Anti-Doping Organizations, IF and WADA.**

Notice to *National Anti-Doping Organizations*, IF and WADA shall occur as provided under Article 7.

#### **14.1.3 Confidentiality.**

Any notice given to Interested Parties and/or other third parties of pending cases pursuant to these Rules shall be provided to them on the confidential basis set out in Code Article 14.1.5.

### **14.2 Public Disclosure.**

- 14.2.1** The identity of any *Athlete* or other *Person* who is asserted by WTC or its *National Federations* to have committed an anti-doping rule

violation, may be *publicly disclosed* by WTC or its *National Federations* only after notice has been provided to the *Athlete* or other *Person* in accordance with Articles 7.1, 7.2 or 7.8, and to the applicable *Anti-Doping Organizations* in accordance with Article 14.1.2. Where such public disclosure is permitted under those Articles, the Participant's identity shall be disclosed publicly on the WTC or its National Federation's website.

**14.2.2** Neither WTC, nor its National Federation, or official of either, shall publicly comment on the specific facts of a pending case (as opposed to general description of process and science) except in response to public comments attributed to the *Athlete*, other *Person* or their representatives.

### **14.3 Reporting of Testing**

WTC or its *National Federations* shall, at least annually, publish publicly a general statistical report of their *Doping Control* activities with a copy provided to WADA. WTC or its *National Federations* may also publish reports showing the name of each *Athlete* tested and the date of each *Testing*.

### **14.4 Data Privacy.**

When performing obligations under these rules, WTC or its *National Federations* may collect, store, process or disclose personal information relating to *Athletes* and third parties. WTC or its *National Federations* shall ensure that they comply with applicable data protection and privacy laws with respect to their handling of such information, as well as the *International Standard* for the protection of privacy that WADA shall adopt to ensure *Athletes* and non-athletes are fully informed of and, where necessary, agree to the handling of their personal information in connection with anti-doping activities arising under the *Code* and these *anti-doping rules*.

## **ARTICLE 15 RECOGNITION OF DECISIONS BY OTHER ORGANIZATIONS**

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 recognized and respected by WTC and its IRONMAN® Triathlon event Licensees. WTC and its IRONMAN® Triathlon event Licensees 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            WTC COMPLIANCE REPORTS TO WADA**

WTC will report to WADA on the WTC's compliance with the *Code* every second year and shall explain reasons for any noncompliance.

## **ARTICLE 18            AMENDMENT AND INTERPRETATION OF ANTI-DOPING RULES**

**18.1** These Anti-Doping Rules may be amended from time to time by the WTC.

**18.2** Except as provided in Article 18.5, 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 APPENDIX I DEFINITIONS and the International Standards issued by WADA 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

ADAMS. The Anti-Doping Administration and Management System is a Web-based database management tool for data entry, storage, sharing and reporting designed to assist stakeholders and WADA in their anti-doping operations in conjunction with data protection legislation.

Adverse Analytical Finding. A report from a laboratory or other WADA-approved Testing entity that, consistent with the International Standard for Laboratories and related Technical Documents, identifies in a Sample, the presence of a Prohibit Substance or its Metabolites or Markers (including elevated quantities of endogenous substances) or evidence of the Use of a Prohibited Method.

Age Group Athlete. An athlete defined as an amateur – an athlete who does not qualify for, nor has applied for, a professional/elite license through his/ her respective National Triathlon Federation. An age group athlete competes in IRONMAN® Triathlon events according to age divisions, separated in five-year increments, and is not eligible to receive prize money.

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

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

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

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

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

*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 an *Event* will be as provided in the rules of the applicable International Federation.

*Consequences of Anti-Doping Rules 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 Rules Violations* above.

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

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

*In-Competition.* Unless provided otherwise in the rules of an International Federation or other relevant Anti-Doping Organization, "In-Competition" means the period commencing twelve hours before a *Competition* in which the *Athlete* is

scheduled to participate through the end of such Competition and the Sample collection process related to such Competition.

*Independent Observer Program.* A team of observers, under the supervision of WADA, who observe 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 Rules Violations* above.

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

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

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

*Major Event Organizations.* 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 Event*.

National Triathlon Federation. A national or regional entity which is a member of or is recognized by IF as the entity governing the sport of triathlon in that nation or region.

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

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

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

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

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

Participant. Any *Athlete* or *Athlete Support Personnel*.

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

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

Professional Athlete. *An athlete who has met the qualifying criteria and been approved, by his/ her National Triathlon Federation or the WTC Committee, to compete exclusively in this category which is eligible to receive prize money.*

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* of Anti-Doping Rules Violations above.

Publicly Disclose or Publicly Report. To disseminate or distribute information to the general public or persons beyond those persons entitled to earlier notification in accordance with Article 14.

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

Specified Substances. As defined in Article 4.2.2.

Substantial Assistance. For purposes of Article 10.5.3, a Person providing Substantial Assistance must: (1) fully disclose in a signed written statement all information he or she possesses in relation to anti-doping rule violations, and (2) fully cooperate with the investigation and adjudication of any case related to that information, including, for example, presenting testimony at a hearing if requested to do so by an Anti-Doping Organization or hearing panel. Further, the information provided must be credible and must comprise an important part of any case which is initiated or, if no case is initiated, must have provided a sufficient basis on which a case could have been brought.

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

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

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

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

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

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

WADA. The World Anti-Doping Agency.

WTC The World Triathlon Corporation. WTC is a private triathlon event organizer and does not operate as an International or National Federation.

## **APPENDIX 2 - Acknowledgment and Agreement**

I, as a participant in an IRONMAN® Triathlon event, hereby acknowledge and agree as follows:

- 1.** I have received and had an opportunity to review the WTC Anti-Doping Rules.
- 2.** I consent and agree to comply with and be bound by all of the provisions of the WTC 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 WTC has jurisdiction to impose sanctions as provided in the WTC Anti-Doping Rules.
- 4.** I also acknowledge and agree that any dispute arising out of a decision made pursuant to the WTC Anti-Doping Rules, after exhaustion of the process expressly provided for in the WTC Anti-Doping Rules, may be appealed exclusively as provided in Article 13 of the WTC Anti-Doping Rules to an appellate body for final and binding arbitration, which in the case of members of WTC's Registered Testing Pool 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)