UIPM
MEDICAL AND ANTI-DOPING HANDBOOK
2022 EDITION
CHAPTER 1

UIPM MEDICAL RULES

2022 EDITION
1. **Scope**

1.1 These Rules apply to each National Federation and each participant in the activity of the UIPM or any of its National Federations by virtue of the participant’s membership, accreditation or participation in the UIPM or its National Federation activities or competitions. In case of conflict the UIPM Statutes, Rules on Internal Organisation, Anti-Doping Rules, Anti-Doping Procedures and Code of Ethics shall prevail.

2. **General principles and confidentiality**

2.1 Athletes shall enjoy the same fundamental rights as all patients in their relationships with physicians and health care providers. The relationship between athletes, their personal physician, the team physician and other health care providers shall be protected and be subject to mutual respect. The health and the welfare of athletes shall prevail over the sole interest of competition and other economic, legal or political considerations.

2.2 Athletes shall be fully informed, in a clear and appropriate way, of their health status and their diagnosis; preventive measures; proposed medical interventions, together with the risks and benefits of each intervention; alternatives to proposed interventions, including the consequences of non-treatment for their health and for their return to sports practice. The prior voluntary and informed written consent of the athletes shall be required for any medical intervention.

2.3 Athletes may refuse or interrupt a medical intervention. The consequences of such a decision shall be carefully explained to them.

2.4 Particular care shall be taken to avoid pressures from the entourage (e.g., coach, management, family, etc.) and other athletes, so that athletes can make fully informed decisions, taking into account the risks associated with practising a sport with a diagnosed injury or disease.

2.5 Athletes are encouraged to designate a person who can act on their behalf in the event of incapacity. They may also dictate in writing how they wish to be treated in the event of incapacity and give any other instruction they deem necessary.

2.6 All information about an athlete’s health status, diagnosis, prognosis, treatment, rehabilitation measures and all other personal information shall be kept confidential, even after the death of the athlete and all applicable legislation shall be complied with. As to whereabouts information, Therapeutic Use Exemptions and other anti-doping related matters the UIPM Anti-Doping Rules and UIPM Anti-Doping Procedures apply.

2.7 Confidential information may be disclosed only if the athlete gives explicit consent thereto, or if the law or prevailing UIPM Rules expressly provide so. To the extent necessary for any athlete’s treatment, consent may be presumed when the information is disclosed to other health care providers directly involved in his or her health care.

2.8 Intrusion into the private life of an athlete shall be permissible only if necessary for diagnosis, treatment and care, with the consent of the athlete, or if it is legally required. Such intrusion is also permissible pursuant to the provisions of the World Anti-Doping Code, the UIPM Anti-Doping Rules and UIPM Anti-Doping Procedures.
2.9 Athletes shall have the right of access to, and a copy of, their complete medical record. Such access shall normally exclude data concerning third parties.

2.10 Athletes have the right to demand the rectification of any erroneous medical data in their files.

3. Pre-participation and Periodic health evaluation

3.1 Member (National) Federations shall use best efforts to ensure that all athletes under their jurisdiction competing in International Competitions are in a state of physical health that is compatible with elite level competition in athletics, so that risks (e.g. sudden cardiac death) can be avoided.

3.2 A pre-participation medical test is recommended for high level athletes. It shall be performed under the responsibility of a specially trained physician.

3.3 Every Member Federation shall use its best efforts to ensure that appropriate and continuous medical monitoring of its athletes - with the main purpose of screening for injuries or medical conditions that may place an athlete at risk - is undertaken either internally or through an approved external body.

3.4 If periodic health evaluation evidence indicates that an athlete is at serious medical risk, it is the duty of the Medical Delegate to intervene avoiding any health risk for the athlete and it has to be guaranteed them by the relevant authority.

3.5 Considering that pre-participation or periodic health evaluation can contribute to screening of athletic population and detection of asymptomatic silent diseases, to prevention of acute unexpected health problems or life-threatening events, to appropriate and precocious management of health conditions, to decision on the opportunity to participate in intensive sport activity, to opportunity for athletes to have continuous medical and health education contact and evaluation of medication or nutritional products, to avoidance of unwanted violation of WADA Anti-Doping rules, and to suggestions for applications of Therapeutic Use Exemptions, important aspects not to be missed in periodic health evaluation are:

i. Familiarity with sudden cardiac death;
ii. Detection of risk factors and groups;
iii. Non-cardiac medical problems;
iv. Risk factors for musculoskeletal injuries; and
v. Eating disorders.

3.6 Based on statistics, the physical evaluation shall focus on, but not only, cardiac and pulmonary systems of the athlete.

3.7 All UIPM athletes must have physical evaluations by their medical staff or their National Federation medical doctors. Records shall be kept on file on each of the UIPM Member Federations of the athletes’ health and any subsequent injury or illness. In case of a significant lapse in training, an update medical evaluation is required that will also become part of a medical record on file.
Illnesses are recorded for retrospective evaluation of illness/injury trends. It is recommended that all UIPM Member Federations keep such a record of the injury. When medically indicated, a formal request may be made through the UIPM Headquarters for such records from the Member Federations.

**Roles and responsibilities**

The mission of the Medical Committee is: to provide primary and emergency care to athletes, staff, officials, judges, volunteers, family members and spectators at all competition, training, and other event sites; to provide other medical support services needed to ensure the safety and health of the above described persons; and to arrange for referrals, where necessary, to a higher level of health care.

**4.1 UIPM medical team**

Prior to the events the UIPM medical team is responsible to:

- Liaise with the Local Organising Committee (“LOC”) medical team as required to ensure adequate planning for the delivery of athlete care including the provision of Venue medical action plan, requirements for venue medical station and transport provision;
- Provide the LOC medical team advice regarding health care personnel requirements;
- Provide the LOC medical team with sport specific medical regulations;
- Provide LOC with a summary of medically related concerns from past UIPM events; and
- Provide LOC with UIPM communication policy for medically related issues.

During UIPM events, the UIPM medical team is responsible to:

- Support the LOC medical team to ensure quality control of athlete medical care provision in the venues;
- Support NF Team doctor to ensure access to LOC Medical team and medical services as required;
- Provide advice to LOC medical team to manage medical issues;
- Hold Ad-hoc meetings for emergency medical issues to assist in resolving acute medical issues and to review serious /critical medical events;
- Implement UIPM research initiatives;
- Support and implement UIPM safeguarding policies;
- Support UIPM anti-doping program as per UIPM Anti-Doping rules; and
- Provide advice to athletes regarding mental health support.
4.2  LOC Medical team

Prior to the events, the LOC medical team is responsible to:

- Collaborate with UIPM in planning of the medical program;
- Undertake a sport-specific medical risk assessment of all training and competition sites;
- Provide timeline for the organisation of the medical program;
- Provide venue medical plans and electronic venue medical information guide for each venue;
- Determine appropriate designated athlete and spectator hospital locations and arrange the necessary service contracts;
- Liaise with public health authorities to event risk mitigation strategies;
- Provide a list of common medications available/not available in the country;
- Provide drug and equipment importation regulations; and
- Liaise with local health delivery government departments to ensure coordination of venue medical disaster plans.

During UIPM events, the LOC medical team is responsible to:

- Implement the medical program for all areas in venue (training, competition and athletes hotel);
- Undertake scenario based practice of the venue (field of play) extractions and parts of medical action plan on daily basis or at change of shift;
- Undertake Venue initial assessment, treatment and evacuation from the venue as per internationally recognized standards;
- Undertake medical care for athletes who do not have their own medical team;
- Complete the required documentation for the UIPM;
- Support the NF medical teams in the provision of medical care for the athletes;
- Implement UIPM Safeguarding Policies and procedures as applicable;
- Ensure all relevant staff are familiar with WADA Prohibited list and requirements for Therapeutic Use Exemptions; and
- Maintain medical confidentiality throughout the event.

4.3  NF Team doctor

Prior to the events each of the NFs Team doctor is responsible to:

- Adhere to host country governmental rules and regulations; and
- Inform the LOC medical team in confidence of any pre-existing medical
conditions for their athletes;

During UIPM events each of the NFs Team doctor is responsible to:

- Attend venue medical meeting;
- Understand the emergency medical evacuation procedures for injured or ill athlete and NF medical team role in evacuation; and
- Be present at the venue at all time during training and competition.

5. **Venue Medical Care**

Venue medical care shall be implemented at the international standards of “Good Clinical Practice”.

5.1 Medical staff must be available at least 1 hour before the start of the competition and remain until the competition is over.

5.2 The medical staff shall include a sports medicine physician or a primary care or emergency room physician with special interest in sports medicine and a veterinarian. Other physician staffing can include: orthopaedic surgeon; intensive care physicians; nurses; physicians’ assistants; EMTs; and paramedics. Field of play medical team shall include minimum 4 medical personnel.

5.3 Medical staff has to be equipped with communication system in order to be able to communicate between them on-time.

5.4 Medical team should be easily recognisable to athletes and spectators, Distinctive identification markers including caps, arm bands, vests, t-shirts and/or bibs labelled with individual training level (physician, physiotherapist, nurse, EMT, etc.) shall be used for easy recognition of the medical team.

5.5 The LOC prior to the event shall appoint a medical director who will be the responsible person in charge of the competition and of the venue. The Medical Delegate and any other UIPM representative present will directly liaise with the Medical Director should they require assistance.

5.6 The medical director shall set a Venue medical meeting with team representatives and instruct them where to find basic health care facilities and about safety features in all venues.

5.7 Health care providers who care for athletes shall have the necessary education, training and experience in sports medicine, and keep their knowledge up to date. For example, venue medical personnel should be competent in the latest Advanced Trauma Life Support (ATLS) and Advanced Cardiac Life Support (ACLS) guidelines. For the assessment and treatment of sport injuries, the IOC Manual of Sports Injuries may be used as a reference. They shall understand the physical and emotional demands placed upon athletes during training and competition, as well as the commitment and necessary capacity to support the extraordinary physical and emotional endurance that sport requires.

5.8 A minimum of one ambulance must be on site at all times and two ambulances during riding event.

5.9 Team Doctors from the different countries should be permanently informed whether their athletes required medical assistance in the field,
or in the main treatment area. The Medical Director should make the necessary arrangements to ensure that a member of the Medical Committee will liaise with Team Doctors and provide them with any medical information on their athletes.

5.10 Medical staff has to guarantee medical data recording and reporting.

5.11 To prevent any transmission of blood born viral diseases from participants or by pieces of equipment to participants, all athletes with bleeding wounds and blood-stained equipment must be removed from the competition and cleaned as well as disinfected before returning to the event. Bandaging of the injured area must be accomplished so as to prevent contamination to others.

5.12 Fencing and Riding are more dangerous disciplines which require a faster accessibility to medical assistance. On site medical care with resuscitation capability is recommended. General medical assistance must be available to all participants and spectators.

5.13 Sanitary facilities must be provided for athletes and participants at each event site.

5.14 Designated separate areas for eating, resting, changing and warming up for athletes should be provided.

5.15 Ice in bag or quick-cold packs for competition and training must be provided.

6. **Sport Medical Risk assessment**

A Sport Medical Risk assessment should be carried out for all UIPM events to highlight specific areas of health risk and to stratify these risks according to the probability or likelihood of occurrence and the potential seriousness or risk impact of the consequences.

6.1 The risk of heat illness increases above 21°C (70°F) and 50% relative humidity. The wet bulb globe temperature (WBGT) which measures the combined thermal stress from the wet bulb (WBT), dry bulb (DBT), and black globe (BGT) thermometers has been widely used to assess environmental heat stress. The WBGT is calculated as 0.7WBT +0.2BGT + 0.1 DBT, measured outdoors.

Considering that environmental conditions impact the health and safety of all human beings and also the athlete, the scheduling of events and order of events must be made such as to take advantage of the coolness of the morning in the hot climates and the warmth of the midday in the cooler climates if the events are outdoors.

The completed risk assessment should be included in the venue medical plan. For the risk assessment it is recommended to use following matrix:

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<th>Likelihood</th>
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<th>Minor</th>
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<tr>
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<td>4</td>
<td>8</td>
<td>16</td>
<td>20</td>
<td></td>
</tr>
<tr>
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<td>5</td>
<td>5</td>
<td>10</td>
<td>20</td>
<td>25</td>
<td></td>
</tr>
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</table>
7. **Emergency action plan**

An emergency action plan shall be clearly drafted by the relevant LOC for each event taking into consideration the sport specific risk. It should include:

- Procedures for how and when to access Field of Play;
- Emergency treatment and evacuation procedures from Field of Play;
- Emergency Medical protocol for the athlete stations;
- The egress pathway from the Field of Play to either the Athlete venue medical station or Ambulance;
- Location of Ambulances;
- Location of Automatic external defibrillators;
- Completion of medical records, including the maintenance of confidentiality;
- Communication procedures (who, how and when) for communicating with each of:
  - Ambulance/emergency medical service;
  - Medical Director or, if one is appointed, venue medical manager;
  - Designated hospital;
  - Members of the LOC team;
  - UIPM Medical Chairperson and Committee; and
  - Media.

8. **Athlete nutrition**

8.1 LOCs must provide adequate fluids and food for breakfast, lunch and snacks at all competition sites. An estimate of the average calorie intake for a 1.85m, 80kg male athlete is 3000 calories.

Fluid intake must average between 3-6 litres per person on a daily basis, depending on the heat and humidity. Sports drinks must be between 6-8% carbohydrate concentrations. All selection of drinks available or at least bottled water has to be reachable to all athletes directly in all venues (warm up area, stadium...) in order to avoid de-hydration of athletes.

8.2 Some of the food selection may be limited by the ability to keep certain foods cold. Nutrition guidelines are to be respected (see Annex 1).

8.3 The local Medical Team (Physician and Veterinarian) shall supervise environmental health, sanitation of food and safety at all venues, including housing facilities, and training and competition sites. The local medical committee will be informed about any possible reports of communicable and food-borne illnesses, and will co-operate with local public health authorities, especially in cases of infectious diseases manifested by a rash and fever (measles, rubella, varicella, dengue fever, etc.), gastro-intestinal illnesses; hepatitis; influenza-like illnesses; and sexually-transmitted diseases.
9. **Injections**

9.1 The UIPM is committed to a “no needle policy”. During UIPM Events (from 24 hours before the start of the Competition), any injection to any site of an athlete’s body of any substance:

9.1.1. Must be medically justified based on latest recognized scientific knowledge and evidence based medicine. Justification includes physical examination by a certified medical doctor (M.D.), diagnosis, medication, route of administration and appropriate documentation;

9.1.2. Must respect the approved indication of the medication (= no off-label treatment) and there must be no non-injectable alternative treatment available;

9.1.3. Must be administered by a certified medical professional;

9.1.4. Must be reported immediately and in writing to the UIPM Medical Delegate or if not present to the Technical delegate (except athletes with a valid TUE for the relevant competition). The report must include the diagnosis, medication and route of administration.

9.1.5. In case of a local injection of glucocorticosteroids, the athlete must be put at rest and prevented from competing for 48 hours.

9.1.6. In case of an injection of a prohibited drug, the normal procedure foreseen in the International Standard for Therapeutic Use Exemptions has to be followed.

9.2 The disposal of used needles, syringes and other biomedical material which may affect the security and safety of others, including blood sampling (e.g. lactates…) and other diagnostic equipment shall conform to recognized safety standards.

9.3 Any violation of one of these principles may constitute a violation of the UIPM Rules and may lead to penalties for the team doctor, the athlete or the team manager, including exclusion of the person concerned or, where appropriate, disqualification of the whole team from the Competition.

9.4 The costs of any investigations related to this rule may be charged to the member federation concerned.

10. **Veterinary Care**

10.1 A veterinarian must be available for animal care during the whole duration of the competition, from the moment the horses arrive to the venue and including the Jumping Test, too.

10.2 All horses have to be inspected by a veterinarian 1 day before competition and the result has to be communicated to the UIPM Technical Delegate or other representative of UIPM in case of absence of UIPM Technical Delegate, assigned to the competition.

10.3 Horses are not eligible to compete at any time when any limb or part of a limb has been temporarily or permanently desensitised by any means. Hypersensitisation of limbs is considered an abuse of horses.
10.4 Horses are not eligible to compete at any time when there is a suspicion that horses mental health might be in danger. This finding needs to be reported immediately to the Technical Delegate or Pentathlon Director where Technical Delegate is not present.

10.5 When treatment of a horse with a Prohibited Substance or the use of alternative treatment or the use of medication not on the list of Prohibited Substances is required, the treating veterinarian must inform the UIPM Medical or Technical Delegate prior to treatment and achieve permission in writing.

10.6 The Veterinarian present on site shall decide, together with the Technical Delegate, whether the horse is still fit to compete and whether it may have a possible unfair advantage as a result of treatment. If a horse must be treated with a Prohibited Substance prior to arrival at the competition, the Veterinarian, the UIPM Medical Delegate and the Technical Delegate must be consulted as soon as possible upon arrival at the venue. On such occasions, a statement signed by a veterinarian must be submitted, stating the reason for treatment, the substance, the dose, route, and exact time of administration.

10.7 The Veterinarian present on site shall decide, together with the Technical Delegate, whether the horse is fit to compete and whether it may have a possible unfair advantage as a result of treatment. At UIPM competitions where there is no Technical Delegate the Pentathlon Director is responsible to ensure the application of this rule as well as to participate in the decision process along with the veterinarian present on site.
ANNEX 1

NUTRITION AND FLUID REQUIREMENTS FOR MODERN PENTATHLON

Adequate caloric intake and optimal hydration are essential to provide the energy necessary for peak performance and injury prevention. An average 1.85m, 80Kg. male pentathlete will consume approximately 3000 calories during a competition day. This intake may be greater during heavy training days. **No supplements are to be provided or offered by the Organising Committee to the athletes.**

**FLUID INTAKE**

Fluid intake should average between 3 and 6 litres per athlete, depending on heat, humidity, and size of athlete. There should be unlimited amounts of fluids available. Water is the best choice for hydration. It may be supplemented with sport drinks with carbohydrate concentrations between 6–8%. Higher carbohydrate concentrations cause a slowing of absorption into the body systems thus slowing hydration.

Liquids for hydration must be located close to athletes during competition. Research and experience show that if an athlete must look for or go get fluids during competition, they will not drink properly. Drinks should be available iced as well as at room temperature.

**NUTRITIONAL INTAKE**

**BREAKFAST**

Ideally the pre-competition meal should be taken approximately 3 hours prior to competition. A variety of foods should be available to accommodate athletes from all countries.

**SUGGESTED BREAKFAST FOODS**

<table>
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<th>Bagels, rolls, muffins</th>
<th>Fruits – bananas, apples, oranges, other fruits</th>
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</thead>
<tbody>
<tr>
<td>Yoghurt, low-fat and fat-free</td>
<td>Bread with, cream cheese, jam, and butter</td>
</tr>
<tr>
<td>Whole grain cereals with low-fat and skim milk</td>
<td>Eggs (boiled or scrambled)</td>
</tr>
<tr>
<td>Fruit juices, water, sport drinks</td>
<td>Coffee, tea</td>
</tr>
</tbody>
</table>

**LUNCH**

The lunch meal may provide the most problems for the event organisers. Not all athletes will want or need to eat at the same time during the competition. Some may want to eat following fencing, prior to swimming others following swimming, prior to the riding event. It is very important that all athletes have the opportunity to eat lunch when necessary. This may require the availability of lunch foods at more than one venue. Transportation and refrigeration of cold foods may present problems that must be planned for. Areas should be set up in close proximity of the competition for provide easy access for the athletes. Also access needs to be restricted to athletes and their coach. LOC staff and volunteers should have a separate area for their lunch.
LUNCH SUGGESTIONS

- Sandwiches – turkey, chicken, cheese
- Yoghurt, low-fat and fat-free
- Pasta salad using Italian type dressing, no mayonnaise
- Fruit – bananas, apples, oranges, other fruit
- Raw vegetables – carrot sticks, broccoli, tomatoes,
- Water and sport drinks

SNACKS

Snacks should be available to the athletes throughout the competition day. Like the supply of fluids, snacks should be easily assessable to the athletes but not to the general public and others in attendance. If the needs of the athlete are not taken care of, performance may be affected.

SUGGESTED SNACKS

- Cookies, oatmeal and other low-fat varieties
- Granola bars
- Fruit – bananas, apples, oranges, etc
- Water and sport drinks

*It may be a good practice to provide each athlete with a package containing various snack foods and drinks at the beginning of the competition day with supplies to replenish throughout the day.*
ANNEX 2

MINIMUM REQUIRED MEDICAL EQUIPMENT

The equipment shall include at the minimum the following:

1. **Central medical post**
   - Stretchers for transport with spinal stabilisation option, (scoop stretcher, vacuum mattress),
   - Portable oxygenator,
   - Ventilation equipment,
   - Aspiration equipment
   - Intubation equipment,
   - ECG monitor and defibrillator,
   - Pulse oximeter,
   - Neck collars (braces),
   - Blood-pressure apparatus and stethoscope,
   - Resuscitation medicines and analgesics/IV drip liquids,
   - First aid equipment and medicines.

2. **First aid teams**
   - ALS case containing intubation equipment, infusion solutions, administration materials,
   - Oxygen mechanical ventilators and pulse oximetry,
   - Blood Pressure equipment,
   - Glucose meter,
   - Intravenous medication,
   - Defibrillator,
   - ATLS suitcase containing sutures, bandages.

3. **Ambulances**
   - Stretchers for transport with spinal stabilisation option (scoop stretcher, vacuum mattress),
   - Portable oxygenators,
   - Ventilation equipment,
   - Intubation equipment,
   - Aspiration equipment,
   - ECG monitor and defibrillator,
   - Pulse oximeter,
   - Intravenous drip apparatus,
   - Blood pressure apparatus and stethoscope,
   - Splints and immobilization equipment for limbs and spine (including neck collars and braces),
   - Tracheotomy equipment,
   - First aid equipment and medicines.
### SCAT5®
**SPORT CONCUSSION ASSESSMENT TOOL — 5TH EDITION**
**DEVELOPED BY THE CONCUSSION IN SPORT GROUP**
**FOR USE BY MEDICAL PROFESSIONALS ONLY**

**Supported by**

[Logo of FIFA, Olympic Rings, and FEI]

#### Patient details

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<thead>
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#### WHAT IS THE SCAT5?

The SCAT5 is a standardized tool for evaluating concussions designed for use by physicians and licensed healthcare professionals. The SCAT5 cannot be performed correctly in less than 10 minutes.

If you are not a physician or licensed healthcare professional, please use the Concussion Recognition Tool 5 (CRT5). The SCAT5 is to be used for evaluating athletes aged 13 years and older. For children aged 12 years or younger, please use the Child SCAT5.

Preseason SCAT5 baseline testing can be useful for interpreting post-injury test scores, but is not required for that purpose. Detailed instructions for use of the SCAT5 are provided on page 7. Please read through these instructions carefully before testing the athlete. Brief verbal instructions for each test are given in italics. The only equipment required for the tester is a watch or timer.

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#### Recognise and Remove

A head impact by either a direct blow or indirect transmission of force can be associated with a serious and potentially fatal brain injury. If there are significant concerns, including any of the red flags listed in Box 1, then activation of emergency procedures and urgent transport to the nearest hospital should be arranged.

#### Key points

- Any athlete with suspected concussion should be REMOVED FROM PLAY, medically assessed and monitored for deterioration. No athlete diagnosed with concussion should be returned to play on the day of injury.
- If an athlete is suspected of having a concussion and medical personnel are not immediately available, the athlete should be referred to a medical facility for urgent assessment.
- Athletes with suspected concussion should not drink alcohol, use recreational drugs and should not drive a motor vehicle until cleared to do so by a medical professional.
- Concussion signs and symptoms evolve over time and it is important to consider repeat evaluation in the assessment of concussion.
- The diagnosis of a concussion is a clinical judgment, made by a medical professional. The SCAT5 should NOT be used by itself to make, or exclude, the diagnosis of concussion. An athlete may have a concussion even if their SCAT5 is "normal".

#### Remember:

- The basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the athlete (other than that required for airway management) unless trained to do so.
- Assessment for a spinal cord injury is a critical part of the initial on-field assessment.
- Do not remove a helmet or any other equipment unless trained to do so safely.

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IMMEDIATE OR ON-FIELD ASSESSMENT

The following elements should be assessed for all athletes who are suspected of having a concussion prior to proceeding to the neurocognitive assessment and ideally should be done on-field after the first aid/emergency care priorities are completed.

If any of the “Red Flags” or observable signs are noted after a direct or indirect blow to the head, the athlete should be immediately and safely removed from participation and evaluated by a physician or licensed healthcare professional.

Consideration of transportation to a medical facility should be at the discretion of the physician or licensed healthcare professional.

The GCS is important as a standard measure for all patients and can be done serially if necessary in the event of deterioration in conscious state. The Maddocks questions and cervical spine exam are critical steps of the immediate assessment; however, those do not need to be done serially.

STEP 1: RED FLAGS

**RED FLAGS:**
- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

STEP 2: OBSERVABLE SIGNS

Witnessed ☐ Observed on Video ☐

- Lying motionless or on the playing surface
- Balance/side of lucidity/motor incoordinate: stumbling, slow/advanced movements
- Confusion or disorientation, or an inability to respond appropriately to questions
- Blank or vacant look
- Facial injury after head trauma

STEP 3: MEMORY ASSESSMENT

MADDOCKS QUESTIONS

“I am going to ask you a few questions, please listen carefully and give your best effort. First, tell me what happened?"

Mark V for correct answer / N for incorrect:

What was the score today? ☐ ☐

Would you allow it? ☐ ☐

Who scored last in this match? ☐ ☐

What did you do last week / game? ☐ ☐

Did you train with the last game? ☐ ☐

Note: Appropriate open-ended questions may be substituted.
OFFICE OR OFF-FIELD ASSESSMENT

Please note that the neurocognitive assessment should be done in a distraction-free environment with the athlete in a resting state.

STEP 1: ATHLETE BACKGROUND

Sport / team / school: __________________________
Date / time of injury: __________________________
Years of education completed: __________________
Age: __________________
Gender: M / F / Other
Dominant hand: left / neither / right
How many diagnosed concussions has the athlete had in the past?: ________________
When was the most recent concussion?: __________________
How long was the recovery (time being cleared to play) from the most recent concussion?: __________________ (days)

Has the athlete ever been:
Hospitalized for a head injury? Yes No
Diagnosed / treated for headache disorder or migraine? Yes No
Diagnosed with a learning disability / dyslexia? Yes No
Diagnosed with ADHD? Yes No
Diagnosed with depression, anxiety or other psychiatric disorder? Yes No

Current medications? If yes, please list:

__________________________
__________________________
__________________________
__________________________

2

STEP 2: SYMPTOM EVALUATION

The athlete should be given the symptom form and asked to read the instructions at the top of the page. The athlete should rate how bad they feel for each symptom based on how bad they typically feel and for the past injury assessment. The athlete should rate their symptoms at this point in time.

Please Check: [ ] Baseline [ ] Post-Injury

Please hand the form to the athlete

<table>
<thead>
<tr>
<th>Symptom</th>
<th>None</th>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>&quot;Pressure in head&quot;</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Neck &quot;tend&quot;</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Nausea or vomiting</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Dizziness</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Blurred vision</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Balance problems</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Sensitivity to light</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Sensitivity to noise</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Feeling slowed down</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Feeling like 'in a fog'</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>'Don't know right'</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Difficulty concentrating</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Difficulty remembering</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Fatigue or low energy</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Confusion</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Drowsiness</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>More emotional</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Irritability</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Sleeplessness</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Nervous or Anxious</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Trouble falling asleep</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

Total number of symptoms: __________________
Symptom severity score: __________________

Do your symptoms get worse with physical activity? Y N
Do your symptoms get worse with mental activity? Y N

If yes 100%, why?

Please hand form back to examiner

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**STEP 3: COGNITIVE SCREENING**

Standardised Assessment of Concussion (SACC)

**ORIENTATION**

- What month is it? 0 1
- What is the date today? 0 1
- What is the day of the week? 0 1
- What year is it? 0 1
- What time is it right now (within 1 hour)? 0 1

**Orientation Score:** 0 of 5

**IMMEDIATE MEMORY**

The Immediate Memory component can be completed using the traditional 5-word per trial list or optionally using 9-words per trial to minimize any ceiling effect. All 3 trials must be administered irrespective of the number correct on the first trial. Administer at the rate of one word per second.

**List A**
- Finger
- Penny
- Blacklist
- Lemon
- Insect

**List B**
- Candle
- Paper
- Sugar
- Sandwich
- Weapon

**List C**
- Baby
- Movie
- Perfume
- Sunset
- Iron

Please choose either the 5 or 10 word list groups and circle the specific word list chosen for this test.

I am going to test your memory. I will read you a list of words and when I am done, repeat back as many words as you can remember in any order. For Trials 2 & 3, I am going to repeat the same list again. Repeat back as many words as you can remember in any order, even if you unlike the word before.

**Immediate Memory Score:** 0 of 10

**Time that last trial was completed:**

---

**CONCENTRATION DIGITS BACKWARDS**

Please circle the Digit list chosen (A, B, C, D, E, F). Administer at the rate of one digit per second reading DOWN the selected column.

I am going to read a string of numbers and when I am done, you repeat them back to me in reverse order of how I read them to you. For example, if I say 7-3-6, you would say 6-3-7.

**Concentration Number Lists (Circle one):**

- List A
- List B
- List C

**List A**
- 4-9-3
- 5-2-6
- 1-4-2

**List B**
- 6-2-0
- 4-1-5
- 8-0-6

**List C**
- 2-6-1-4
- 1-7-9-5
- 9-8-3-1

**List D**
- 3-0-7-4
- 4-8-6-8
- 3-6-8-1

**List E**
- 9-2-9-7-1
- 6-0-5-0-7
- 4-9-1-5-3

**List F**
- 1-5-6-8-6
- 8-6-3-0-1
- 6-3-2-5-1

**Concentration Score:** 0 of 10

**MONTHS IN REVERSE ORDER**

List the reverse months of the year in reverse order. Start with the last month and go backward.

**Monatsliste**

- Oktober
- September
- August
- Juli
- Juni
- Mai
- April
- März
- Februar
- Januar

**Concentration Total Score (Digits + Months):** 0 of 5

---

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STEP 4: NEUROLOGICAL SCREEN

See the instruction sheet (page 7) for details of test administration and scoring of the tests.

Can the patient read aloud (e.g., say humming check-list) and follow instructions without difficulty? Y N

Does the patient have a full range of pain-free PASSIVE spinal, arm and movement? Y N

Without moving their head or neck, can the patient look side to side and up and down without double vision? Y N

Can the patient perform the finger nose coordination test normally? Y N

Can the patient perform tandem gait normally? Y N

BALANCE EXAMINATION

Modified Balance Error Scoring System (mBESS) testing6

Which foot was tested (i.e., which is the non-dominant foot)? □ Left □ Right

Testing surface (floor, foam, field, etc.)

Postural (knee, balance, bar, etc.)

Condition Counts

Double leg stance of 10

Single leg stance (non-dominant foot) of 10

Tandem stance (non-dominant foot at the back) of 10

Total Errors of 50

STEP 5: DELAYED RECALL:

The delayed recall should be performed after 5 minutes have elapsed since the end of the Immediate Recall section. Score 1 pt. for each correct response.

Do you remember that list of words I read a few times earlier? Tell me as many words from the list as you can remember in any order.

Please record each word correctly spelled. Total score equals number of words recalled.

Time Started

Total number of words recalled correctly:□ of 5 □ of 10

STEP 6: DECISION

<table>
<thead>
<tr>
<th>Domain</th>
<th>Date &amp; time of assessment</th>
<th>Data and time of injury: ____________________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptom number (of 23)</td>
<td></td>
<td>If the athlete is known to you prior to this report, are they different from their usual self? □ Yes □ No □ Unsure □ Not Applicable (if different, describe why in the clinical notes section)</td>
</tr>
<tr>
<td>Symptom severity score (of 100)</td>
<td></td>
<td>Concussion Diagnosed? □ Yes □ No □ Unsure □ Not Applicable</td>
</tr>
<tr>
<td>Orientation (of 9)</td>
<td></td>
<td>If re-testing, has the athlete improved? □ Yes □ No □ Unsure □ Not Applicable</td>
</tr>
<tr>
<td>Immediate memory (of 15)</td>
<td></td>
<td>I am a physician or licensed healthcare professional and I have personally administered or supervised the administration of this SCAT5.</td>
</tr>
<tr>
<td>Concentration (of 15)</td>
<td></td>
<td>Signature: ____________________________</td>
</tr>
<tr>
<td>Neurocog (of 15)</td>
<td>Normal Abnormal</td>
<td>Name: ____________________________</td>
</tr>
<tr>
<td>Balance errors (of 6)</td>
<td>Normal Abnormal</td>
<td>Title: ____________________________</td>
</tr>
<tr>
<td>Delayed Recall (of 6)</td>
<td>Normal Abnormal</td>
<td>Registration number (if applicable): ____________________________</td>
</tr>
<tr>
<td></td>
<td>Normal Abnormal</td>
<td>Date: ____________________________</td>
</tr>
</tbody>
</table>

SCORING ON THE SCAT5 SHOULD NOT BE USED AS A STAND-ALONE METHOD TO DIAGNOSE CONCUSSION, MEASURE RECOVERY OR MAKE DECISIONS ABOUT AN ATHLETE’S READINESS TO RETURN TO COMPETITION AFTER CONCUSSION.
CLINICAL NOTES:

CONCUSSION INJURY ADVICE
(To be given to the person monitoring the concussed athlete)

This patient has received an injury to the head. A careful medical examination has been carried out and no sign of any serious complications has been found. Recovery time is variable across individuals and the patient will need monitoring for a further period by a responsible adult. Your treating physician will provide guidance as to this timeframe.

If you notice any change in behaviour, vomiting, worsening headache, double vision or excessive drowsiness, please telephone your doctor or the nearest hospital emergency department immediately.

Other important points:

Initial rest: Limit physical activity to routine daily activities (avoid exercise, training, sports) and limit activities such as school, work, and screen time to a level that does not worsen symptoms.

1) Avoid alcohol
2) Avoid prescription or non-prescription drugs without medical supervision. Specifically:
   a) Avoid sleeping tablets
   b) Do not use aspirin, anti-inflammatory medication or stronger pain medications such as narcotics
3) Do not drive until cleared by a healthcare professional.
4) Return to play/sport requires clearance by a healthcare professional.

Clinic phone number: ____________________________
Patient’s name: ____________________________
Date / time of injury: ____________________________
Date / time of medical review: ____________________________
Healthcare Provider: ____________________________

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Contact details or stamp

STRUCtions

dds in italics throughout the SCAT5 are the instructions given to the athlete by the clinician

Tptom Scale
time frame for symptoms should be based on the type of test being admin-
istered. At least 3 minutes is advisable to assess how an athlete “usually” feels
prior to the acute past-paste-stage. It is important to ask the athlete feels
a time of testing.
symptoms should be completed by the athlete, not by the examiner. In
instances where the symptom scale is being completed after exercise, it
should be in a resting state, generally by approximating his/her resting heart
rate.
total number of symptoms, maximum possible is 22 except immediately post
exercise, which then creates a maximum of 21.
symptom severity score, add all scores in table, maximum possible is 22 x 6
2, except immediately post injury if item is omitted, which then creates a
minimum of 216+196.

mediate Component

Immediate Memory Component can be completed using the traditional 5-word
list that either patient, or the clinician. The literature suggests that
Immediate Memory has notable ceiling effect which a 5-word list is used. In
rare cases where this ceiling is prominent, the examiner may wish to make the task
more difficult by incorporating two 5-word groups for a total of 10 words per trial.
In case, the maximum score per trial is 10 with a total trial maximum of 50.
see one of the word lists (either 5 or 10), then perform 3 trials of immediate memory
checking this list regardless of score on previous trials.

1. going to test your memory, i will read you a list of words and when i am done, you will
begin counting words in any order, in any order. "the words must be at a rate of one word per second.

2 2.3 must be completed regardless of score on trial 1 & 2.

6.2.3.10 going to repeat the same list again. repeat back as many words as you can
remember in any order, even if you said the word before.

1 pt. for each correct response. total score equals sum across all 3 trials. 101 info informs the athlete that delayed recall will be tested.

Ccentration
its backward

see one column of digits from lists A, B, C, D, E, or F and announces these digits aloud:

"i am going to read a string of numbers and when i am done, you will
repeat them to me in reverse order of how i read them to you. for example, if i say 2 7 9 9, i
would say 9 9 7 2." 

with first 3 digit string:

repeat, circle the “y” for correct and go on to string length. if incorrect, circle the “n” for
incorrect string length and read trial 2 in the same string length. one point possible
ach string length. stop after two correct on both trials (2 nys) in a string length.
digits should be read at the rate of one per second.

rth in reverse order

1 tell me the months of the year in reverse order. start with the last month and
continue. then you’ll say December, November, … Go stand up!

for entire sequence correct:

1 pt.

Sayed Recall

delay recall should be performed after 5 minutes have elapsed since the end
of the immediate recall section.

you remember that list of words i read a few times earlier? tell me as many words
as you can remember in any order.

1 pt. for each correct response

diffed Balance Error Scoring System (mBESS)* testing

balance testing is based on a modified version of the Balance Error Scoring
system (BESS)*. a leveling device is required for this test.

a 10-second trial/stance is scored by counting the number of errors. the
examiner begins counting errors only after the athlete has assumed the pro-
per position. the modified BESS is calculated by adding one error point for each
error during the three 20-second tests. the maximum number of errors for any
level position is 10. if the athlete commits multiple errors simultaneously, only
one error is recorded but the athlete should quickly return to the testing position,"counting"
and should resume once the athlete is set. athletes that are unable to maintain
the testing procedure for a minimum of five seconds at the start are assigned the
highest possible score, ten. for this testing condition:

Options: For further assessment, the same 5 stance can be performed on a surface of
medium density foam (e.g., approximately 50cm x 40cm x 6cm).

Balance testing - types of errors

1. Hands fall off fall off
2. Closed eyes fall off fall off
3. Sliding or falling off fall off
4. Losing hip into 30 degree abduction
5. Remaining out of test position - 5 sec

*I am going to test your balance. please take your shoes off (if applicable), roll up
your pants above ankle (if applicable) and remove any axle taping (if applicable).
this test will consist of three twenty second tests with different stance.

ii) double stance:

the first stance is standing with your feet together with your hands on your hips
and with your eyes closed. you should try to maintain stability in that position
for 20 seconds. i will count the number of times you move out of this position.
ii) single stance:

if you were to kick a ball, which foot would you use? (this will be the dominant
foot) now stand on your non-dominant foot. the dominant leg should be held in
approximately 30 degrees of hip flexion and 45 degrees of knee flexion. again,
you should try to maintain stability in that position for 20 seconds. i will count the number of times you move out of this position. if you stumble out of this position, open your eyes and return to the start position and
continue balancing, i will start timing when you are set and have closed your eyes.

(T) tandem stance:

now stand heel-to-toe with your non-dominant foot back. your weight should be
evenly distributed across both feet. again, you should try to maintain stability
for 20 seconds with your hands on your hips and your eyes closed. i will be counting
the number of times you move out of this position. if you stumble out of this position,
open your eyes and return to the start position and continue balancing, i will start
timing when you are set and have closed your eyes.

Tandem Gait

participants are instructed to stand with their feet together build a starting line
(on the east is least done with footwear removed). then, they walk in a forward direction
as quickly and as accurately as possible along a 30mm wide (sports tape), 3 metre
line with an antero-posterior foot heel-to-toe pattern ensuring that they approximate the
heel and toe on each step. since they cross the end of the 3m line, they turn 180 degrees
and return to the starting point using the same gait. athletes fail the test if they
step off the line, have a separation between their heel and toe, or if they touch or
grab the examiner or an object.

Finger to Nose

are you going to test your coordination now. please comfortably as the chair with
your eyes open and your arm (either right or left) extended (shoulder flexed to
90 degrees and elbow and fingers extended), pointing in front of you. when i give
you a start signal, you should use your index finger to touch the tip of the nose,
and then return to the starting position, (quickly) and as accurately as possible.

References

International Conference on Concussion in Sport Held in Berlin, October 2018.
British Journal of Sports Medicine (available at www.ijbpm.com)

2. Maddocks DJ, Dick, GD, Belling, MJA. The assessment of concussion following

3. Jellott, B; Bond, M. Assessment of outcome after severe brain damage: a
practical guide. Lancet 1975;1: 480-484

4. McCrea M. Standardized mental status testing of acute concussion. Clinical
Journal of Sport Medicine, 2001; 11:176-181

5. Concidekewicz KM. Assessment of postural stability following sport-related

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CONCUSSION INFORMATION

Any athlete suspected of having a concussion should be removed from play and seek medical evaluation.

Signs to watch for
Problems could arise over the first 24–48 hours. The athlete should not be left alone and must go to a hospital at once if they experience:

• Worsening headache
• Drowsiness or inability to be awakened
• Inability to recognize people or places
• Repeated vomiting
• Unusual behaviour or confusion or irritable
• Seizures (arms and legs jerk uncontrollably)
• Weakness or numbness in arms or legs
• Unsteadiness on their feet
• Slurred speech

Consult your physician or licensed healthcare professional after a suspected concussion. Remember, it is better to be safe.

Rest & Rehabilitation
After a concussion, the athlete should have physical rest and relative cognitive rest for a few days to allow their symptoms to improve. In most cases, after no more than a few days of rest, the athlete should gradually increase their daily activity level as long as their symptoms do not worsen.

Once the athlete is able to complete their usual daily activities without concussion-related symptoms, the second step of the return to play/sport progression can be started. The athlete should not return to play/sport until their concussion-related symptoms have resolved and the athlete has successfully returned to full school/learning activities.

When returning to play/sport, the athlete should follow a stepwise, medically managed exercise progression, with increasing amounts of exercise. For example:

Graduated Return to Sport Strategy

<table>
<thead>
<tr>
<th>Exercise step</th>
<th>Functional exercise at each step</th>
<th>Goal of each step</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Symptom-limited activity</td>
<td>Daily activities that do not provoke symptoms.</td>
<td>Gradual reintroduction of work/school activities.</td>
</tr>
<tr>
<td>2. Light aerobic exercise</td>
<td>Walking or stationary cycling at slow to medium pace. No resistance training.</td>
<td>Increase heart rate.</td>
</tr>
<tr>
<td>4. Non-contact training drills</td>
<td>Harder training drills, e.g., passing drills. May start progressive resistance training.</td>
<td>Exercise, coordination, and increased thinking.</td>
</tr>
<tr>
<td>5. Full contact practice</td>
<td>Following medical clearance, participate in normal training activities.</td>
<td>Restore confidence and assess functional skills by coaching staff.</td>
</tr>
<tr>
<td>6. Return to play/sport</td>
<td>Normal game play.</td>
<td>Return to full academic activities and catch up on missed work.</td>
</tr>
</tbody>
</table>

If the athlete continues to have symptoms with mental activity, some other accommodations that can help with return to school may include:

• Starting school later, only going for half days, or going only to certain classes
• More time to finish assignments/tests
• Quiet room to finish assignments/tests
• Not going to noisy areas like the cafeteria, assembly halls, sporting events, music classes, shop class, etc.

The athlete should not go back to sports until they are back to school/learning, without symptoms getting significantly worse and no longer needing any changes to their schedule.

Graduated Return to School Strategy

Concussion may affect the ability to learn at school. The athlete may need to miss a few days of school after a concussion. When going back to school, some athletes may need to go back gradually and may need to have some changes made to their schedule so that concussion symptoms do not get worse. If a particular activity makes symptoms worse, then the athlete should stop that activity and rest until symptoms get better. To make sure that the athlete can get back to school without problems, it is important that the healthcare provider, parents, caregivers and teachers talk to each other so that everyone knows what the plan is for the athlete to go back to school.

Note: If mental activity does not cause any symptoms, the athlete may be able to skip step 2 and return to school part-time before doing school activities at home first.

<table>
<thead>
<tr>
<th>Mental Activity</th>
<th>Activity at each step</th>
<th>Goal of each step</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Daily activities that do not give the athlete symptoms</td>
<td>Typical activities that the athlete does during the day as long as they do not increase symptoms (e.g., reading, texting, screen time). Start with 5–15 minutes at a time and gradually build up.</td>
<td>Gradual return to typical activities.</td>
</tr>
<tr>
<td>2. School activities</td>
<td>Homework, reading or other cognitive activities outside of the classroom.</td>
<td>Increase tolerance to cognitive work.</td>
</tr>
<tr>
<td>3. Return to school part-time</td>
<td>Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day.</td>
<td>Increase academic activities.</td>
</tr>
<tr>
<td>4. Return to school full-time</td>
<td>Gradually progress school activities until a full day can be tolerated.</td>
<td>Return to full academic activities and catch up on missed work.</td>
</tr>
</tbody>
</table>

Written clearance should be provided by a healthcare professional before return to play/sport as directed by local laws and regulations.
## ANNEX 3

### UIPM MD REPORT ON ATHLETE INJURIES IN COMPETITION

<table>
<thead>
<tr>
<th>Competition:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Venue:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Athlete Name:</th>
<th>Nationality:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender:</td>
<td>Date of Birth:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Injury Type</th>
<th>Discipline:</th>
<th>Fencing</th>
<th>Swimming</th>
<th>Riding</th>
<th>Combined</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muscle Strain/Contracture</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Articular Sprain</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abrasion/Blisters</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Laceration (Cut)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contusion</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Concussion</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Headache</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dizziness/Nausea</td>
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</tr>
<tr>
<td>Lipothymy</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Convulsion</td>
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</tr>
<tr>
<td>Collapse</td>
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<tr>
<td>Weather related</td>
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<td>Other:</td>
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<table>
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| Clean/Bandage/Medication   |         |          |        |          |
| Imobilisation/Stretcher    |         |          |        |          |
| Removal to Hospital        |         |          |        |          |

UIPM Medical Delegate:
Table of Contents

Introduction
1  Definition Of Doping
2  Anti-doping Rule Violations
3  Proof Of Doping
4  The Prohibited List
5  Testing And Investigations
6  Analysis Of Samples
7  Results Management
8  Right To A Fair Hearing
9  Automatic Disqualification Of Individual Results
10 Sanctions On Individuals
11 Consequences For Teams
12 Sanctions And Costs Assessed Against Sporting Bodies
13 Appeals
14 Confidentiality And Reporting
15 Application And Recognition Of Decisions
16 Incorporation Of UIPM Anti-doping Rules And Obligations Of National Federations
17 Statute Of Limitations
18 UIPM Compliance Reports To WADA
19 Education
20 Amendment And Interpretation Of Anti-doping Rules
21 Interpretation Of The Code
22 Additional Roles And Responsibilities Of Athletes And Other Persons

Appendix 1 Definitions
Appendix 2 Examples Of The Application Of Article 10 Can Be Found On The UIPM Website www.uipmworld.org
Appendix 3 Consent Form
UIPM ANTI-DOPING RULES

INTRODUCTION

Preface

These Anti-Doping Rules are adopted and implemented in accordance with UIPM’s responsibilities under the Code, and in furtherance of UIPM’s continuing efforts to eradicate doping in sport.

These Anti-Doping Rules are sport rules governing the conditions under which sport is played. Aimed at enforcing anti-doping principles in a global and harmonized manner, they are distinct in nature from criminal and civil laws, and are not intended to be subject to or limited by any national requirements and legal standards applicable to criminal or civil proceedings. When reviewing the facts and the law of a given case, all courts, arbitral tribunals and other adjudicating bodies should be aware of and respect the distinct nature of these Anti-Doping Rules implementing the Code and the fact that these rules represent the consensus of a broad spectrum of stakeholders around the world as to what is necessary to protect and ensure fair sport.

Fundamental Rationale for the Code and UIPM’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 Olympism, the pursuit of human excellence through the dedicated perfection of each person’s natural talents. It is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is reflected in values we find in and through sport, including:

- 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 of these Anti-Doping Rules

These Anti-Doping Rules shall apply to UIPM and to each of its National Federations, their members and each participant in the activity of UIPM or any of its National Federations by virtue of the participant’s membership, accreditation or participation in UIPM or its National Federations activities or Competitions.
Within the overall pool of Athletes set out above who are bound by and required to comply with these Anti-Doping Rules, the Athletes, who compete at UIPM competitions as specified in Article 1.7 UIPM Competition Rules, shall be considered to be International-Level Athletes for purposes of these Anti-Doping Rules, and therefore the specific provisions in these Anti-Doping Rules applicable to International-Level Athletes (as regards Testing but also as regards TUEs, whereabouts information, results management, and appeals) shall apply to such Athletes.
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 2.10 of these Anti-Doping Rules.

2. **ANTI-DOPING RULE VIOLATIONS**

The purpose of Article 2 is to specify the circumstances and conduct which constitute anti-doping rule violations. Hearings in doping cases will proceed based on the assertion that one or more of these specific rules have been violated.

*Athletes or 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 **Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete’s Sample**

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 *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 rule violation under Article 2.1.

2.1.2 Sufficient proof of an anti-doping rule violation under Article 2.1 is established by any 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 analysed; or, where the Athlete’s B *Sample* is analysed 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*; or, where the Athlete’s B *Sample* is split into two bottles and the analysis of the second bottle confirms the presence of the *Prohibited Substance* or its *Metabolites or Markers* found in the first bottle.

2.1.3 Excepting those substances for which a quantitative 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 by an Athlete 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 and that no Prohibited Method is Used. 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 a 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 Evading, Refusing or Failing to Submit to Sample Collection

Evading Sample collection, or without compelling justification refusing or failing to submit to Sample collection after notification as authorized in these Anti-Doping Rules or other applicable anti-doping rules.

2.4 Whereabouts Failures

Any combination of three missed tests and/or filing failures, as defined in the International Standard for Testing and Investigations, within a twelve-month period by an Athlete in a Registered Testing Pool.

2.5 Tampering or Attempted Tampering with any part of Doping Control

Conduct which subverts the Doping Control process but which would not otherwise be included in the definition of Prohibited Methods. Tampering shall include, without limitation, intentionally interfering or attempting to interfere with a Doping Control official, providing fraudulent information to an Anti-Doping organisation, or intimidating or attempting to intimidate a potential witness.

2.6 Possession of a Prohibited Substance or a Prohibited Method

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

2.6.2 Possession by an Athlete Support Person In-Competition of any Prohibited Substance or any Prohibited Method, or Possession by an Athlete Support Person Out-of-Competition of any Prohibited Substance or any Prohibited Method which is prohibited Out-of-Competition in connection with an Athlete, Competition or training, unless the Athlete Support Person establishes that the Possession is consistent with a TUE granted to an Athlete in accordance with Article 4.4 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 Substance or Prohibited Method, or Administration or Attempted Administration to any Athlete Out-of-Competition of any Prohibited Substance or any Prohibited Method that is prohibited Out-of-Competition

2.9 **Complicity**

Assisting, encouraging, aiding,abetting, conspiring, covering up or any other type of intentional complicity involving an anti-doping rule violation, Attempted anti-doping rule violation or violation of Article 10.12.1 by another Person.

2.10 **Prohibited Association**

Association by an Athlete or other Person subject to the authority of an Anti-Doping Organisation in a professional or sport-related capacity with any Athlete Support Person who:

2.10.1 If subject to the authority of an Anti-Doping Organisation, is serving a period of Ineligibility; or

2.10.2 If not subject to the authority of an Anti-Doping Organisation and where Ineligibility has not been addressed in a results management process pursuant to the Code, has been convicted or found in a criminal, disciplinary or professional proceeding to have engaged in conduct which would have constituted a violation of anti-doping rules if Code-compliant rules had been applicable to such Person. The disqualifying status of such Person shall be in force for the longer of six years from the criminal, disciplinary or professional sanction imposed; or

2.10.3 Is serving as a front or intermediary for an individual described in Articles 2.10.1 and 2.10.2.

In order for this provision to apply, it is necessary that the Athlete or other Person has previously been advised in writing by an Anti-Doping Organisation with jurisdiction over the Athlete or other Person, or by WADA, of the Athlete Support Person’s disqualifying status and the potential Consequence of prohibited association and that the Athlete or other Person can reasonably avoid the association. The Anti-Doping Organisation shall also use reasonable efforts to advise the Athlete Support Person who is the subject of the notice to the Athlete or other Person that the Athlete Support Person may, within 15 days, come forward to the Anti-Doping Organisation to explain that the criteria described in Articles 2.10.1 and 2.10.2 do not apply to him or her. (Notwithstanding Article 17, this Article applies even when the Athlete Support Person’s disqualifying conduct occurred prior to the effective date provided in Article 20.6.)

The burden shall be on the Athlete or other Person to establish that any association with Athlete Support Personnel described in Article 2.10.1 or 2.10.2 is not in a professional or sport-related capacity.

UIPM and other Anti-Doping Organisations applying these Rules that are aware of Athlete Support Personnel who meet the criteria described in Article 2.10.1, 2.10.2, or 2.10.3 shall submit that information to WADA.
PROOF OF DOPING

3.1 Burdens and Standards of Proof
UIPM or any other Anti-Doping Organisation bound to apply these Rules shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether UIPM or any other Anti-Doping Organisation bound to apply these Rules has established an anti-doping rule violation to the comfortable satisfaction of the hearing panel 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 Anti-Doping Rules place the burden of proof upon the Athlete or other Person alleged to have committed an anti-doping rule violation to rebut a presumption or establish specified facts or circumstances, the standard of proof shall be by a balance of probability.

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

3.2.1 Analytical methods or decision limits approved by WADA after consultation within the relevant scientific community and which have been the subject of peer review are presumed to be scientifically valid. Any Athlete or other Person seeking to rebut this presumption of scientific validity shall, as a condition precedent to any such challenge, first notify WADA of the challenge and the basis of the challenge. CAS on its own initiative may also inform WADA of any such challenge. At WADA’s request, the CAS panel shall appoint an appropriate scientific expert to assist the panel in its evaluation of the challenge. Within 10 days of WADA’s receipt of such notice, and WADA’s receipt of the CAS file, WADA shall also have the right to intervene as a party, appear amicus curiae, or otherwise provide evidence in such proceeding.

3.2.2 WADA-accredited laboratories, and other laboratories approved by WADA, are presumed to have conducted Sample analysis and custodial procedures in accordance with the International Standard for Laboratories. The Athlete or other Person may rebut this presumption by establishing that a departure from the International Standard for Laboratories occurred which could reasonably have caused the Adverse Analytical Finding. If the Athlete or other Person rebuts the preceding presumption by showing that a departure from the International Standard for Laboratories occurred which could reasonably have caused the Adverse Analytical Finding, then UIPM or other Anti-Doping Organisation bound to apply these Rules shall have the burden to establish that such departure did not cause the Adverse Analytical Finding.

3.2.3 Departures from any other International Standard or other anti-doping rule or policy set forth in the Code or these Anti-Dop-
ing Rules which did not cause an Adverse Analytical Finding or other anti-doping rule violation shall not invalidate such evidence or results. If the Athlete or other Person establishes a departure from another International Standard or other anti-doping rule or policy which could reasonably have caused an anti-doping rule violation based on an Adverse Analytical Finding or other anti-doping rule violation, then UIPM or other Anti-Doping Organisation bound to apply these Rules shall have the burden to establish that such departure did not cause the Adverse Analytical Finding or the factual basis for the anti-doping rule violation.

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

3.2.5 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 person or telephonically as directed by the hearing panel) and to answer questions from the hearing panel or UIPM or other Anti-Doping Organisation bound to apply these Rules.

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.

4.2 Prohibited Substances and Prohibited Methods Identified on the Prohibited List

4.2.1 Prohibited Substances and Prohibited Methods

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 by WADA, without requiring any further action by UIPM or its National Federations. All Athletes and other Persons shall be bound by the Prohibited List, and any revisions thereto, from the date they go into effect, without further formality. It is the responsibility of all Athletes and other Persons to familiarize themselves with the most up-to-date version of the Prohibited List and all revisions thereto.

4.2.2 Specified Substances

For purposes of the application of Article 10, all Prohibited Substances shall be Specified Substances except substances in the
classes of anabolic agents and hormones and those stimulants and hormone antagonists and modulators so identified on the Prohibited List. The category of Specified Substances shall not include Prohibited Methods.

4.3 WADA’s Determination of the Prohibited List

WADA’s determination of the Prohibited Substances and Prohibited Methods that will be included on the Prohibited List, the classification of substances into categories on the Prohibited List, and the classification of a substance as prohibited at all times or In-Competition only, is final and shall not be subject to challenge by an Athlete or other Person based on an 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 Exemptions

4.4.1 The presence of a Prohibited Substance or its Metabolites or Markers, and/or the Use or Attempted Use, Possession or Administration or Attempted Administration of a Prohibited Substance or Prohibited Method, shall not be considered an anti-doping rule violation if it is consistent with the provisions of a TUE granted in accordance with the International Standard for Therapeutic Use Exemptions.

4.4.2 If an International-Level Athlete is using a Prohibited Substance or a Prohibited Method for therapeutic reasons:

4.4.2.1 Where the Athlete already has a TUE granted by his or her National Anti-Doping Organisation for the substance or method in question, that TUE is not automatically valid for international-level Competition. However, the Athlete may apply to UIPM to recognize that TUE, in accordance with Article 7 of the International Standard for Therapeutic Use Exemptions. If that TUE meets the criteria set out in the International Standard for Therapeutic Use Exemptions, then UIPM will recognize it for purposes of international-level Competition as well. If UIPM considers that the TUE does not meet those criteria and so refuses to recognize it, UIPM will notify the Athlete and his or her National Anti-Doping Organisation promptly, with reasons. The Athlete and the National Anti-Doping Organisation will have 21 days from such notification to refer the matter to WADA for review in accordance with Article 4.4.6. If the matter is referred to WADA for review, the TUE granted by the National Anti-Doping Organisation remains valid for national-level Competition and Out-of-Competition Testing (but is not valid for international-level Competition) pending WADA’s decision. If the matter is not referred to WADA for review, the TUE becomes invalid for any purpose when the 21-day review deadline expires.
4.4.2.2 If the Athlete does not already have a TUE granted by his/her National Anti-Doping Organisation for the substance or method in question, the Athlete must apply directly to UIPM for a TUE in accordance with the process set out in the International Standard for Therapeutic Use Exemptions using the form posted on UIPM’s website at pentathlon.org. If UIPM denies the Athlete’s application, it will notify the Athlete promptly, with reasons. If UIPM grants the Athlete’s application, it will notify not only the Athlete but also his/her National Anti-Doping Organisation. If the National Anti-Doping Organisation considers that the TUE granted by UIPM does not meet the criteria set out in the International Standard for Therapeutic Use Exemptions, it has 21 days from such notification to refer the matter to WADA for review in accordance with Article 4.4.6. If the National Anti-Doping Organisation refers the matter to WADA for review, the TUE granted by UIPM remains valid for international-level Competition and Out-of-Competition Testing (but is not valid for national-level Competition) pending WADA’s decision. If the National Anti-Doping Organisation does not refer the matter to WADA for review, the TUE granted by UIPM becomes valid for national-level Competition as well when the 21-day review deadline expires.

4.4.3 If UIPM chooses to test an Athlete who is not an International-Level Athlete, UIPM will recognize a TUE granted to that Athlete by his or her National Anti-Doping Organisation. If UIPM chooses to test an Athlete who is not an International-Level or a National-Level Athlete, UIPM will permit that Athlete to apply for a retroactive TUE for any Prohibited Substance or Prohibited Method that he/she is using for therapeutic reasons.

4.4.4 An application to UIPM for grant or recognition of a TUE must be made as soon as the need arises and in any event (save in emergency or exceptional situations or where Article 4.3 of the International Standard for Therapeutic Use Exemptions applies) at least 30 days before the Athlete’s next Competition. UIPM has appointed a panel to consider applications for the grant or recognition of TUEs (the “UIPM TUE Committee”). The UIPM TUE Committee will promptly evaluate and decide upon the application in accordance with the relevant provisions of the International Standard for Therapeutic Use Exemptions and the specific UIPM’s protocols posted on its website. Its decision is the final decision of UIPM, and will be reported to WADA and other relevant Anti-Doping Organisations, including the Athlete’s National Anti-Doping Organisation, through ADAMS, in accordance with the International Standard for Therapeutic Use Exemptions.

4.4.5 Expiration, Cancellation, Withdrawal or Reversal of a TUE

4.4.5.1 A TUE granted pursuant to these Anti-Doping Rules:
(a) shall expire automatically at the end of any term for
which it was granted, without the need for any further notice or other formality; (b) may be cancelled if the Athlete does not promptly comply with any requirements or conditions imposed by the TUE Committee upon grant of the TUE; (c) may be withdrawn by the TUE Committee if it is subsequently determined that the criteria for grant of a TUE are not in fact met; or (d) may be reversed on review by WADA or on appeal.

4.4.5.2 In such event, the Athlete is not subject to any Consequences based on his/her Use or Possession or Administration of the Prohibited Substance or Prohibited Method in question in accordance with the TUE prior to the effective date of expiry, cancellation, withdrawal or reversal of the TUE. The review pursuant to Article 7.2 of any subsequent Adverse Analytical Finding includes consideration of whether such finding is consistent with Use of the Prohibited Substance or Prohibited Method prior to that date, in which event no anti-doping rule violation shall be asserted.

4.4.6 Reviews and Appeals of TUE Decisions

4.4.6.1 WADA may review any decision by UIPM not to recognize a TUE granted by the National Anti-Doping Organisation that is referred to WADA by the Athlete or the Athlete’s National Anti-Doping Organisation. In addition, WADA may review any decision by UIPM to grant a TUE that is referred to WADA by the Athlete’s National Anti-Doping Organisation. WADA may review any other TUE decisions at any time, whether upon request by those affected or on its own initiative. If the TUE decision being reviewed meets the criteria set out in the International Standard for Therapeutic Use Exemptions, WADA will not interfere with it. If the TUE decision does not meet those criteria, WADA will reverse it.

4.4.6.2 Any TUE decision by UIPM that is not reviewed by WADA, or that is reviewed by WADA but is not reversed upon review, may be appealed by the Athlete and/or the Athlete’s National Anti-Doping Organisation exclusively to CAS, in accordance with Article 13.

4.4.6.3 A decision by WADA to reverse a TUE decision may be appealed by the Athlete, the National Anti-Doping Organisation and/or UIPM exclusively to CAS, in accordance with Article 13.

4.4.6.4 A failure to take action within a reasonable time on a properly submitted application for grant or recognition of a TUE or for review of a TUE decision shall be considered a denial of the application.
TESTING AND INVESTIGATIONS

5.1 Purpose of Testing and Investigations

Testing and investigations are only undertaken for anti-doping purposes. They must be conducted in conformity with the provisions of the International Standard for Testing and Investigations and the specific protocols of UIPM supplementing that International Standard.

5.1.1 Testing is undertaken to obtain analytical evidence as to the Athlete’s compliance (or non-compliance) with the strict Code prohibition on the presence/Use of a Prohibited Substance or Prohibited Method. Test distribution planning, Testing, post-Testing activity and all related activities conducted by UIPM shall be in conformity with the International Standard for Testing and Investigations. All provisions of the International Standard for Testing and Investigations shall apply automatically in respect of all such Testing.

5.1.2 Investigations are undertaken:

5.1.2.1 in relation to Atypical Findings, Atypical Passport Findings and Adverse Passport Findings, in accordance with Articles 7.4 and 7.5 respectively, gathering intelligence or evidence (including, in particular, analytical evidence) in order to determine whether an anti-doping rule violation has occurred under Article 2.1 and/or Article 2.2; and

5.1.2.2 in relation to other indications of potential anti-doping rule violations, in accordance with Articles 7.6 and 7.7, gathering intelligence or evidence (including, in particular, non-analytical evidence) in order to determine whether an anti-doping rule violation has occurred under any of Articles 2.2 to 2.10 above.

5.1.3 UIPM may obtain, assess and process anti-doping intelligence from all available sources, to inform the development of an effective, intelligent and proportionate test distribution plan, to plan Target Testing, and/or to form the basis of an investigation into a possible anti-doping rule violation(s).

5.2 Authority to conduct Testing

5.2.1 Subject to the jurisdictional limitations for Event Testing set out in Article 5.3 of the Code, UIPM has In-Competition and Out-of-Competition Testing authority over all of the Athletes specified in the Introduction to these Anti-Doping Rules (under the heading “Scope”).

5.2.2 UIPM may require any Athlete over whom it has Testing authority (including any Athlete serving a period of Ineligibility) to provide a Sample at any time and at any place.
5.2.3 WADA has In-Competition and Out-of-Competition Testing authority as set out in Article 20.7.8 of the Code.

5.2.4 If UIPM delegates or contracts any part of Testing to a National Anti-Doping Organisation (directly or through a National Federation), that National Anti-Doping Organisation may collect additional Samples or direct the laboratory to perform additional types of analysis at the National Anti-Doping Organisation’s expense. If additional Samples are collected or additional types of analysis are performed, UIPM shall be notified.

5.3 Event Testing

5.3.1 Except as provided in Article 5.3 of the Code, only a single organisation is responsible for initiating and directing Testing at Event Venues during an Event Period. At International Events, the collection of Samples is initiated and directed by UIPM (or any other international organisation which is the ruling body for the Event). At the request of UIPM (or any other international organisation which is the ruling body for an Event), any Testing during the Event Period outside of the Event Venues shall be coordinated with UIPM (or the relevant ruling body of the Event).

5.3.2 If an Anti-Doping Organisation which would otherwise have Testing authority but is not responsible for initiating and directing Testing at an Event desires to conduct Testing of Athletes at the Event Venues during the Event Period, the Anti-Doping Organisation shall first confer with UIPM (or any other international organisation which is the ruling body of the Event) to obtain permission to conduct and coordinate such Testing. If the Anti-Doping Organisation is not satisfied with the response from UIPM (or any other international organisation which is the ruling body of the Event), the Anti-Doping Organisation may ask WADA for permission to conduct Testing and to determine how to coordinate such Testing, in accordance with the procedures set out in the International Standard for Testing and Investigations. WADA shall not grant approval for such Testing before consulting with and informing UIPM (or any other international organisation which is the ruling body for the Event). WADA’s decision shall be final and not subject to appeal. Unless otherwise provided in the authorization to conduct Testing, such tests shall be considered Out-of-Competition tests. Results management for any such test shall be the responsibility of the Anti-Doping Organisation initiating the test unless provided otherwise in the rules of the ruling body of the Event.

5.3.3 It is hereby understood that the allocation of the overall costs of Doping Control and Event Testing shall be part of the responsibility of the hosting National Federation and local organizing committee according to the respective competition bid issued by the UIPM for international major Events or by the continental confederations for continental Events, as the case may be.
5.4 Test Distribution Planning

Consistent with the International Standard for Testing and Investigations, and in coordination with other Anti-Doping Organisations conducting Testing on the same Athletes, UIPM will develop and implement an effective, intelligent and proportionate test distribution plan that prioritizes appropriately between disciplines, categories of Athletes, types of Testing, types of Samples collected, and types of Sample analysis, all in compliance with the requirements of the International Standard for Testing and Investigations. UIPM will provide WADA upon request with a copy of its current test distribution plan.

UIPM shall ensure that the test distribution planning and the process of selection of Athletes for Testing are not affected by conflict of interest. Any Athlete Supporting Personnel and/or any other Person who may be in conflict of interest shall be excluding participating in any manner in test distribution planning or from selecting Athletes for Testing.

5.5 Coordination of Testing

Where reasonably feasible, Testing will be coordinated through ADAMS or another system approved by WADA in order to maximize the effectiveness of the combined Testing effort and to avoid unnecessary repetitive Testing.

5.6 Athlete Whereabouts Information

5.6.1 UIPM shall identify a Registered Testing Pool of those Athletes who are required to comply with the whereabouts requirements of Annex I to the International Standard for Testing and Investigations, and will make available through ADAMS, a list which identifies those Athletes included in its Registered Testing Pool either by name or by clearly defined, specific criteria. UIPM shall coordinate with National Anti-Doping Organisations the identification of such Athletes and the collection of their whereabouts information. UIPM 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. Athletes shall be notified before they are included in a Registered Testing Pool and when they are removed from that pool. Each Athlete in the Registered Testing Pool shall do the following, in each case in accordance with Annex I to the International Standard for Testing and Investigations: (a) advise UIPM of his/her whereabouts on a quarterly basis; (b) update that information as necessary so that it remains accurate and complete at all times; and (c) make him/herself available for Testing at such whereabouts.

5.6.2 For purposes of Article 2.4, an Athlete’s failure to comply with the requirements of the International Standard for Testing and Investigations shall be deemed a filing failure or a missed test (as defined in the International Standard for Testing and Investigations) where the conditions set forth in the International Standard for Testing and Investigations for declaring a filing failure or missed test are met.

5.6.3 An Athlete in UIPM’s Registered Testing Pool will continue to be subject to the obligation to comply with the whereabouts re-
requirements of Annex I to the International Standard for Testing and Investigations unless and until (a) the Athlete gives written notice to UIPM that he/she has retired or (b) UIPM has informed him or her that he/she no longer satisfies the criteria for inclusion in UIPM’s Registered Testing Pool.

5.6.4 Whereabouts information relating to an Athlete will be shared (through ADAMS) with WADA and other Anti-Doping Organisations having authority to test that Athlete, will be maintained in strict confidence at all times, will be used exclusively for the purposes set out in Article 5.6 of the Code, and will be destroyed in accordance with the International Standard for the Protection of Privacy and Personal Information once it is no longer relevant for these purposes.

5.7 Retired Athletes Returning to Competition

5.7.1 An Athlete in UIPM’s Registered Testing Pool who has given notice of retirement to UIPM may not resume competing in International Events or National Events until he/she has given UIPM written notice of his/her intent to resume competing and has made him/herself available for Testing for a period of six months before returning to Competition, including (if requested) complying with the whereabouts requirements of Annex I to the International Standard for Testing and Investigations. WADA, in consultation with UIPM and the Athlete’s National Anti-Doping Organisation, may grant an exemption to the six-month written notice rule where the strict application of that rule would be manifestly unfair to an Athlete. This decision may be appealed under Article 13. Any competitive results obtained in violation of this Article 5.7.1 shall be Disqualified.

5.7.2 If an Athlete retires from sport while subject to a period of Ineligibility, the Athlete shall not resume competing in International Events or National Events until the Athlete has given six months prior written notice (or notice equivalent to the period of Ineligibility remaining as of the date the Athlete retired, if that period was longer than six months) to UIPM and to his/her National Anti-Doping Organisation of his/her intent to resume competing and has made him/herself available for Testing for that notice period, including (if requested) complying with the whereabouts requirements of Annex I to the International Standard for Testing and Investigations.

5.7.3 An Athlete who is not in UIPM’s Registered Testing Pool who has given notice of retirement to UIPM may not resume competing unless he/she notifies UIPM and his/her National Anti-Doping Organisation at least six months before he/she wishes to return to Competition and makes him/herself available for unannounced Out-of-Competition Testing, including (if requested) complying with the whereabouts requirements of Annex I to the International Standard for Testing and Investigations, during the period before actual return to Competition.
5.8 **Independent Observer Program**
UIPM and the organizing committees for UIPM’s Events, as well as the National Federations and the organizing committees for National Events, will authorize and facilitate the Independent Observer Program at such Events.

6 **ANALYSIS OF SAMPLES**

Samples are analysed in accordance with the following principles:

6.1 **Use of Accredited and Approved Laboratories**
For purposes of Article 2.1 above, Samples will be analysed only in laboratories accredited or otherwise approved by WADA. The choice of the WADA-accredited or WADA-approved laboratory used for the Sample analysis will be determined exclusively by UIPM.

6.2 **Purpose of Analysis of Samples**

6.2.1 Samples will be analysed to detect Prohibited Substances and Prohibited Methods 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 UIPM in profiling relevant parameters in an Athlete’s urine, blood or other matrix, including DNA or genomic profiling; or for any other legitimate anti-doping purpose. Samples may be collected and stored for future analysis.

6.2.2 UIPM will ask laboratories to analyse Samples in conformity with Article 6.4 of the Code and Article 4.7 of the International Standard for Testing and Investigations.

6.3 **Research on Samples**
No Sample may be used for research without the Athlete’s written consent. Samples used for purposes other than Article 6.2 above 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 analyse Samples and report results in conformity with the International Standard for Laboratories. To ensure effective Testing, the Technical Document referenced at Article 5.4.1 of the Code will establish risk assessment-based Sample analysis menus appropriate for particular sports and sport disciplines, and laboratories shall analyse Samples in conformity with those menus, except as follows:

6.4.1 UIPM may request that laboratories analyse its Samples using more extensive menus than those described in the Technical Document.
6.4.2 UIPM may request that laboratories analyse its Samples using less extensive menus than those described in the Technical Document only if it has satisfied WADA that, because of the particular circumstances of its sport, as set out in its test distribution plan, less extensive analysis would be appropriate.

6.4.3 As provided in the International Standard for Laboratories, laboratories at their own initiative and expense may analyse Samples for Prohibited Substances or Prohibited Methods not included on the Sample analysis menu described in the Technical Document or specified by the Testing authority. Results from any such analysis shall be reported and have the same validity and consequence as any other analytical result.

6.5 Further Analysis of Samples

Any Sample may be stored and subsequently subjected to further analysis for the purposes set out in Article 6.2 above: (a) by WADA at any time; and/or (b) by UIPM at any time before both the A and B Sample analytical results (or A Sample result where B Sample analysis has been waived or will not be performed) have been communicated by UIPM to the Athlete as the asserted basis for an Article 2.1 anti-doping rule violation. Such further analysis of Samples shall conform to the requirements of the International Standard for Laboratories and the International Standard for Testing and Investigations.

7 RESULTS MANAGEMENT

7.1 Responsibility for Conducting Results Management

7.1.1 The circumstances in which UIPM takes responsibility for conducting results management in respect of anti-doping rule violations involving Athletes and other Persons under its jurisdiction is determined by reference to and in accordance with Article 7 of the Code.

7.2 Review of Adverse Analytical Findings from Tests Initiated by UIPM

Results management in respect of the results of tests initiated by UIPM (including tests performed by WADA pursuant to agreement with UIPM) shall proceed as follows:

7.2.1 The results from all analyses must be sent to UIPM in encoded form, in a report signed by an authorized representative of the laboratory. All communication must be conducted confidentially and in conformity with ADAMS.

7.2.2 Upon receipt of an Adverse Analytical Finding, the UIPM Anti-Doping Officer conducts a review to determine whether: (a) an applicable TUE has been granted or will be granted as provided in the International Standard for Therapeutic Use Exemptions, or (b) there is any apparent departure from the International Standard
for Testing and Investigations or International Standard for Laboratories that caused the Adverse Analytical Finding.

7.2.3 If the review of an Adverse Analytical Finding under Article 7.2.2 above reveals an applicable TUE or departure from the International Standard for Testing and Investigations or the International Standard for Laboratories that caused the Adverse Analytical Finding, the entire test shall be considered negative and the Athlete, the Athlete’s National Anti-Doping Organisation and WADA shall be so informed.

7.3 Notification after Review Regarding Adverse Analytical Findings

7.3.1 If the review of an Adverse Analytical Finding under Article 7.2.2 does not reveal an applicable TUE or entitlement to a TUE as provided in the International Standard for Therapeutic Use Exemptions, or departure from the International Standard for Testing and Investigations or the International Standard for Laboratories that caused the Adverse Analytical Finding, UIPM shall promptly notify the Athlete, and simultaneously the Athlete’s National Anti-Doping Organisation and WADA, in the manner set out in Article 14.1 below, of: (a) the Adverse Analytical Finding; (b) the anti-doping rule violated; (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 if the Athlete or UIPM chooses to request an analysis of the B Sample; (e) the opportunity for the Athlete and/or the Athlete’s representative to attend the B Sample opening and analysis in accordance with the International Standard for Laboratories 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 Laboratories. If UIPM decides not to bring forward the Adverse Analytical Finding as an anti-doping rule violation, it will so notify the Athlete, the Athlete’s National Anti-Doping Organisation and WADA.

7.3.2 Where requested by the Athlete or UIPM, arrangements shall be made to analyse the B Sample in accordance with the International Standard for Laboratories. An Athlete may accept the A Sample analytical results by waiving the requirement for B Sample analysis. UIPM may nonetheless elect to proceed with the B Sample analysis.

7.3.3 The Athlete and/or his representative shall be allowed to be present at the analysis of the B Sample. Also, a representative of UIPM as well as a representative of the Athlete’s National Federation shall be allowed to be present.

7.3.4 If the B Sample analysis does not confirm the A Sample analysis, then (unless UIPM takes the case forward as an anti-doping rule violation under Article 2.2 above) the entire test shall be considered negative and the Athlete, the Athlete’s National Anti-Doping Organisation and WADA shall be so informed.
7.3.5 If the B Sample analysis confirms the A Sample analysis, the findings shall be reported to the Athlete, the Athlete’s National Anti-Doping Organisation and to WADA.

7.4 Review of Atypical Findings

7.4.1 As provided in the International Standard for Laboratories, in some circumstances laboratories are directed to report the presence of Prohibited Substances, which may also be produced endogenously, as Atypical Findings, i.e., as findings that are subject to further investigation.

7.4.2 Upon receipt of an Atypical Finding, the UIPM Anti-Doping Officer will conduct a review to determine whether: (a) an applicable TUE has been granted or will be granted as provided in the International Standard for Therapeutic Use Exemptions, or (b) there is any apparent departure from the International Standard for Testing and Investigations or International Standard for Laboratories that caused the Atypical Finding.

7.4.3 If the review of an Atypical Finding under Article 7.4.2 above reveals an applicable TUE or a departure from the International Standard for Testing and Investigations or the International Standard for Laboratories that caused the Atypical Finding, the entire test will be considered negative and the Athlete, the Athlete’s National Anti-Doping Organisation and WADA will be so informed.

7.4.4 If that review does not reveal an applicable TUE or a departure from the International Standard for Testing and Investigations or the International Standard for Laboratories that caused the Atypical Finding, UIPM will conduct the required investigation or cause it to be conducted. After the investigation is completed, either the Atypical Finding will be brought forward as an Adverse Analytical Finding, in accordance with Article 7.3.1 above, or else the Athlete, the Athlete’s National Anti-Doping Organisation and WADA will be notified that the Atypical Finding will not be brought forward as an Adverse Analytical Finding.

7.4.5 UIPM 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:

7.4.5.1 If UIPM determines the B Sample should be analysed prior to the conclusion of its 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 7.3.1(d)-(f) above.

7.4.5.2 If UIPM is asked (a) by a Major Event organisation shortly before one of its International Events, or (b) by a sport organisation responsible for meeting an imminent deadline for selecting team members for an Inter-
7.5 Review of Atypical Passport Findings and Adverse Passport Findings

Review of Atypical Passport Findings and Adverse Passport Findings will take place as provided in the International Standard for Testing and Investigations and International Standard for Laboratories. At such time as UIPM is satisfied that an anti-doping rule violation has occurred, it shall promptly give the Athlete (and simultaneously the Athlete’s National Anti-Doping Organisation and WADA) notice of the anti-doping rule violation asserted and the basis of that assertion.

7.6 Review of Whereabouts Failures

UIPM will review potential filing failures and missed tests, as defined in the International Standard for Testing and Investigations, in respect of Athletes who file their whereabouts information with UIPM, in accordance with Annex I to the International Standard for Testing and Investigations. At such time as UIPM is satisfied that an Article 2.4 anti-doping rule violation has occurred, it will promptly give the Athlete (and simultaneously the Athlete’s National Anti-Doping Organisation and WADA) notice that it is asserting a violation of Article 2.4 and the basis of that assertion.

7.7 Review of Other Anti-Doping Rule Violations Not Covered by Articles 7.2–7.6 above

UIPM will conduct any follow-up investigation required into a possible anti-doping rule violation not covered by Articles 7.2 - 7.6 above. At such time as UIPM is satisfied that an anti-doping rule violation has occurred, UIPM shall promptly give the Athlete or other Person (and simultaneously the Athlete’s or other Person’s National Anti-Doping Organisation and WADA) notice of the anti-doping rule violation asserted and the basis of that assertion.

7.8 Identification of Prior Anti-Doping Rule Violations

Before giving an Athlete or other Person notice of an asserted anti-doping rule violation as provided above, UIPM will refer to ADAMS and contact WADA and other relevant Anti-Doping Organisations to determine whether any prior anti-doping rule violation exists.

7.9 Provisional Suspensions

7.9.1 Mandatory Provisional Suspension: If analysis of an A Sample has resulted in an Adverse Analytical Finding for a Prohibited Substance that is not a Specified Substance, or for a Prohibited Method, and a review in accordance with Article 7.2.2 does not reveal an applicable TUE or departure from the International Standard for Testing and Investigations or the International Standard for Laboratories that caused the Adverse Analytical Finding, a Provisional Suspension shall be imposed by UIPM upon or promptly after the notification described in Articles 7.2, 7.3 or 7.5 above.
7.9.2 **Optional Provisional Suspension**: In case of an Adverse Analytical Finding for a Specified Substance, or in the case of any other anti-doping rule violations not covered by Article 7.9.1 above, UIPM may impose a Provisional Suspension on the Athlete or other Person against whom the anti-doping rule violation is asserted at any time after the review and notification described in Articles 7.2–7.7 above and prior to the final hearing as described in Article 8 below.

7.9.3 Where a Provisional Suspension is imposed pursuant to Article 7.9.1 or Article 7.9.2 above, the Athlete or other Person will be given either: (a) an opportunity for a Provisional Hearing either before or on a timely basis after imposition of the Provisional Suspension; or (b) an opportunity for an expedited final hearing in accordance with Article 8 on a timely basis after imposition of the Provisional Suspension. Furthermore, the Athlete or other Person has a right to appeal from the Provisional Suspension in accordance with Article 13.2 below (save as set out in Article 7.9.3.1 below).

7.9.3.1 The Provisional Suspension may be lifted if the Athlete demonstrates to the UIPM Doping Review Panel that the violation is likely to have involved a Contaminated Product. A panel’s decision not to lift a mandatory Provisional Suspension on account of the Athlete’s assertion regarding a Contaminated Product shall not be appealable.

7.9.3.2 The Provisional Suspension shall be imposed (or shall not be lifted) unless the Athlete or other Person establishes that: (a) the assertion of an anti-doping rule violation has no reasonable prospect of being upheld, e.g., because of a patent flaw in the case against the Athlete or other Person; or (b) the Athlete or other Person has a strong arguable case that he/she bears No Fault or Negligence for the anti-doping rule violation(s) asserted, so that any period of Ineligibility that might otherwise be imposed for such a violation is likely to be completely eliminated by application of Article 10.4 below; or (c) some other facts exist that make it clearly unfair, in all of the circumstances, to impose a Provisional Suspension prior to a final hearing in accordance with Article 8 below. This ground is to be construed narrowly, and applied only in truly exceptional circumstances. For example, the fact that the Provisional Suspension would prevent the Athlete or other Person participating in a particular Competition or Event shall not qualify as exceptional circumstances for these purposes.

7.9.4 If a Provisional Suspension is imposed based on an A Sample Adverse Analytical Finding and subsequent analysis of the B Sample 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 above. In circumstanc-
es where the Athlete (or the Athlete’s team) has been removed from a Competition based on a violation of Article 2.1 above and the subsequent B Sample analysis does not confirm the A Sample finding, then if it is still possible for the Athlete or team to be reinserted, without otherwise affecting the Competition, the Athlete or team may continue to take part in the Competition. In addition, the Athlete or team may thereafter take part in other Competitions in the same Event.

7.9.5 In all cases where an Athlete or other Person has been notified of an anti-doping rule violation but a Provisional Suspension has not been imposed on him or her, the Athlete or other Person shall be offered the opportunity to accept a Provisional Suspension voluntarily pending the resolution of the matter.

7.10 Resolution Without a Hearing

7.10.1 An Athlete or other Person against whom an anti-doping rule violation is asserted may admit that violation at any time, waive a hearing, and accept the Consequences that are mandated by these Anti-Doping Rules or (where some discretion as to Consequences exists under these Anti-Doping Rules) that have been offered by UIPM.

7.10.2 Alternatively, if the Athlete or other Person against whom an anti-doping rule violation is asserted fails to dispute that assertion within the deadline specified in the notice sent by UIPM asserting the violation, then he/she shall be deemed to have admitted the violation, to have waived a hearing, and to have accepted the Consequences that are mandated by these Anti-Doping Rules or (where some discretion as to Consequences exists under these Anti-Doping Rules) that have been offered by UIPM.

7.10.3 In cases where Article 7.10.1 or Article 7.10.2 above applies, a hearing before a hearing panel shall not be required. Instead UIPM will promptly issue a written decision confirming the commission of the anti-doping rule violation and the Consequences imposed as a result, and setting out the full reasons for any period of Ineligibility imposed, including (if applicable) a justification for why the maximum potential period of Ineligibility was not imposed. UIPM shall send copies of that decision to other Anti-Doping Organisations with a right to appeal under Article 13.2.3 below, and shall Publicly Disclose that decision in accordance with Article 14.3.2 below.

7.11 Notification of Results Management Decisions

In all cases where UIPM has asserted the commission of an anti-doping rule violation, withdrawn the assertion of an anti-doping rule violation, imposed a Provisional Suspension, or agreed with an Athlete or other Person on the imposition of Consequences without a hearing, UIPM will give notice thereof in accordance with Article 14.2.1 below to other Anti-Doping Organisations with a right to appeal under Article 13.2.3 below.
7.12 Retirement from Sport

If an Athlete or other Person retires whilst UIPM is conducting the results management process, UIPM retains jurisdiction to complete its results management process. If an Athlete or other Person retires before any results management process has begun, and UIPM would have had results management authority over the Athlete or other Person at the time the Athlete or other Person committed an anti-doping rule violation, UIPM has authority to conduct results management in respect of that anti-doping rule violation.

8. RIGHT TO A FAIR HEARING

8.1 Principles for a Fair Hearing

8.1.1 When UIPM sends a notice to an Athlete or other Person asserting an anti-doping rule violation, and the Athlete or other Person does not waive a hearing in accordance with Article 7.10.1 or Article 7.10.2 above, then the case shall be referred to the UIPM Doping Review Panel for hearing and adjudication.

8.1.2 Hearings shall be scheduled and completed within a reasonable time. Hearings held in connection with Events that are subject to these Anti-Doping Rules may be conducted by an expedited process where permitted by the hearing panel.

8.1.3 The UIPM Doping Review Panel will determine the procedure to be followed at the hearing.

8.1.4 WADA and the National Federation of the Athlete or other Person may attend the hearing as observers. In any event, UIPM will keep WADA fully apprised as to the status of pending cases and the result of all hearings.

8.1.5 The UIPM Doping Review Panel shall act in a fair and impartial manner towards all parties at all times.

8.2 Decisions

8.2.1 At the end of the hearing, or on a timely basis thereafter, the UIPM Doping Review Panel shall issue a written decision that includes the full reasons for the decision and for any period of Ineligibility imposed, including (if applicable) a justification for why the greatest potential Consequences were not imposed.

8.2.2 The decision may be appealed to the UIPM Court of Arbitration and thereafter to CAS as provided in Article 13 below and Article 17.3 UIPM Anti-Doping Procedures. Copies of the decision will be provided to the Athlete or other Person and to other Anti-Doping Organisations with a right to appeal under Article 13.2.3 below.
8.2.3 If no appeal is brought against the decision, then (a) if the decision is that an anti-doping rule violation was committed, the decision shall be Publicly Disclosed as provided in Article 14.3.2 below; but (b) if the decision is that no anti-doping rule violation was committed, then the decision will only be Publicly Disclosed with the consent of the Athlete or other Person who is the subject of the decision. The UIPM Secretary General will use reasonable efforts to obtain such consent, and if consent is obtained, shall Publicly Disclose the decision in its entirety or in such redacted form as the Athlete or other Person may approve.

The principles contained at Article 14.3.6 below will be applied in cases involving a Minor.

8.3 Single Hearing Before CAS

Cases asserting anti-doping rule violations may be heard directly at CAS, with no requirement for a prior hearing, with the consent of the Athlete, UIPM, WADA, and any other Anti-Doping Organisation that would have had a right to appeal a first instance hearing decision to CAS.

9 AUTOMATIC DISQUALIFICATION OF INDIVIDUAL RESULTS

An anti-doping rule violation in Individual Sports in connection with an In-Competition test automatically leads to Disqualification of the result obtained in that Competition with all resulting Consequences, including forfeiture of any medals, points and prizes.

10 SANCTIONS ON INDIVIDUALS

10.1 Disqualification of Results in the Event during which an Anti-Doping Rule Violation Occurs

An anti-doping rule violation occurring during or in connection with an Event may, upon the decision of the ruling body of the Event, 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 below.

Factors to be included in considering whether to Disqualify other results in an Event might include, for example, the seriousness of the Athlete’s anti-doping rule violation and whether the Athlete tested negative in the other Competitions.

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 Competitions shall not be Disqualified, unless the Athlete’s results in Competitions 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 a Prohibited Substance or Prohibited Method

The period of Ineligibility for a violation of Articles 2.1, 2.2 or 2.6 above shall be as follows, subject to potential reduction or suspension pursuant to Articles 10.4, 10.5 or 10.6 below:

10.2.1 The period of Ineligibility shall be four years where:

10.2.1.1 The anti-doping rule violation does not involve a Specified Substance, unless the Athlete or other Person can establish that the anti-doping rule violation was not intentional.

10.2.1.2 The anti-doping rule violation involves a Specified Substance and the UIPM Doping Review Panel can establish that the anti-doping rule violation was intentional.

10.2.2 If Article 10.2.1 above does not apply, the period of Ineligibility shall be two years.

10.2.3 As used in Articles 10.2 and 10.3, the term “intentional” is meant to identify those Athletes who cheat. The term therefore requires that the Athlete or other Person engaged in conduct which he or she knew constituted an anti-doping rule violation or knew that there was a significant risk that the conduct might constitute or result in an anti-doping rule violation and manifestly disregarded that risk. An anti-doping rule violation resulting from an Adverse Analytical Finding for a substance which is only prohibited In-Competition shall be rebuttably presumed to be not intentional if the substance is a Specified Substance and the Athlete can establish that the Prohibited Substance was Used Out-of-Competition. An anti-doping rule violation resulting from an Adverse Analytical Finding for a substance which is only prohibited In-Competition shall not be considered intentional if the substance is not a Specified Substance and the Athlete can establish that the Prohibited Substance was Used Out-of-Competition in a context unrelated to sport performance.

10.3 Ineligibility for Other Anti-Doping Rule Violations

The period of Ineligibility for anti-doping rule violations other than as provided in Article 10.2 above shall be as follows, unless Articles 10.5 or 10.6 below are applicable:

10.3.1 For violations of Article 2.3 or Article 2.5 above, the period of Ineligibility shall be four years unless, in the case of failing to submit to Sample collection, the Athlete can establish that the commission of the anti-doping rule violation was not intentional (as defined in Article 10.2.3 above), in which case the period of Ineligibility shall be two years.
10.3.2 For violations of Article 2.4 above, the period of Ineligibility shall be two years, subject to reduction down to a minimum of one year, depending on the Athlete's degree of Fault. The flexibility between two years and one year of Ineligibility in this Article is not available to Athletes where a pattern of last-minute whereabouts changes or other conduct raises a serious suspicion that the Athlete was trying to avoid being available for Testing.

10.3.3 For violations of Article 2.7 or 2.8 above, the period of Ineligibility shall be a minimum of four years up to lifetime Ineligibility, depending on the seriousness of the violation. An Article 2.7 or Article 2.8 violation involving a Minor shall be considered a particularly serious violation and, if committed by Athlete Support Personnel for violations other than for Specified Substances, shall result in lifetime Ineligibility for Athlete Support Personnel. In addition, significant violations of Article 2.7 or 2.8 above which may also violate non-sporting laws and regulations, shall be reported by UIPM to the competent administrative, professional or judicial authorities.

10.3.4 For violations of Article 2.9 above, the period of Ineligibility imposed shall be a minimum of two years, up to four years, depending on the seriousness of the violation.

10.3.5 For violations of Article 2.10 above, the period of Ineligibility shall be two years, subject to reduction down to a minimum of one year, depending on the Athlete or other Person’s degree of Fault and other circumstances of the case.

10.4 Elimination of the Period of Ineligibility where there is No Fault or Negligence

If an Athlete or other Person establishes in an individual case that he or she bears No Fault or Negligence, then the otherwise applicable period of Ineligibility shall be eliminated.

10.5 Reduction of the Period of Ineligibility based on No Significant Fault or Negligence

10.5.1 Reduction of Sanctions for Specified Substances or Contaminated Products for Violations of Article 2.1, 2.2 or 2.6 above.

10.5.1.1 Specified Substances

Where the anti-doping rule violation involves a Specified Substance, and the Athlete or other Person can establish No Significant Fault or Negligence, then the period of Ineligibility shall be, at a minimum, a reprimand and no period of Ineligibility, and at a maximum, two years of Ineligibility, depending on the Athlete’s or other Person’s degree of Fault.

10.5.1.2 Contaminated Products

In cases where the Athlete or other Person can establish No Significant Fault or Negligence and that the
detected Prohibited Substance came from a Contaminated Product, then the period of Ineligibility shall be, at a minimum, a reprimand and no period of Ineligibility, and at a maximum, two years Ineligibility, depending on the Athlete’s or other Person’s degree of Fault.

10.5.2 Application of No Significant Fault or Negligence beyond the Application of Article 10.5.1 above

If an Athlete or other Person establishes in an individual case where Article 10.5.1 above is not applicable that he or she bears No Significant Fault or Negligence, then, subject to further reduction or elimination as provided in Article 10.6 below, the otherwise applicable period of Ineligibility may be reduced based on the Athlete or other Person’s degree of Fault, but the reduced period of Ineligibility may not be less than one-half of the period of Ineligibility otherwise applicable. If the otherwise applicable period of Ineligibility is a lifetime, the reduced period under this Article may be no less than eight years.

10.6 Elimination, Reduction, or Suspension of Period of Ineligibility or other Consequences for Reasons Other than Fault

10.6.1 Substantial Assistance in Discovering or Establishing Anti-Doping Rule Violations

10.6.1.1 The UIPM Doping Review Panel may, prior to a final appellate decision under Article 13 below or the expiration of the time to appeal, suspend a part of the period of Ineligibility imposed in an individual case in which UIPM has results management authority where the Athlete or other Person has provided Substantial Assistance to an Anti-Doping Organisation, criminal authority or professional disciplinary body which results in: (i) the Anti-Doping Organisation discovering or bringing forward an anti-doping rule violation by another Person, or (ii) which results in a criminal or disciplinary body discovering or bringing forward a criminal offense or the breach of professional rules committed by another Person and the information provided by the Person providing Substantial Assistance is made available to UIPM. After a final appellate decision under Article 13 below or the expiration of time to appeal, the UIPM Doping Review Panel 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 years. If the Athlete or other Person fails to continue to cooperate and to provide the complete and credible Substantial Assistance upon which a suspension of the period of Ineligibility was based, the UIPM Doping Review Panel shall reinstate the original period of Ineligibility. If the UIPM Doping Review Panel decides to reinstate a suspended period of Ineligibility or decides not to reinstate a suspended period of Ineligibility, that decision may be appealed by any Person entitled to appeal under Article 13 below.

10.6.1.2 To further encourage Athletes and other Persons to provide Substantial Assistance to Anti-Doping Organisations, at the request of the chairperson of the UIPM Doping Review Panel or at the request of the Athlete or other Person who has (or has been asserted to have) committed an anti-doping rule violation, WADA may agree at any stage of the results management process, including after a final appellate decision under Article 13 below, to what it considers to be an appropriate suspension of the otherwise-applicable period of Ineligibility and other Consequences. In exceptional circumstances, WADA may agree to suspensions of the period of Ineligibility and other Consequences for Substantial Assistance greater than those otherwise provided in this Article, or even no period of Ineligibility, and/or no return of prize money or payment of fines or costs. WADA’s approval shall be subject to reinstatement of sanction, as otherwise provided in this Article. Notwithstanding Article 13 below, WADA’s decisions in the context of this Article may not be appealed by any other Anti-Doping Organisation.

10.6.1.3 If the UIPM Doping Review Panel suspends any part of an otherwise applicable sanction because of Substantial Assistance, then notice providing justification for the decision shall be provided to the other Anti-Doping Organisations with a right to appeal under Article 13.2.3 below as provided in Article 14.2 below. In unique circumstances where WADA determines that it would be in the best interest of anti-doping, WADA may authorize UIPM to enter into appropriate confidentiality agreements limiting or delaying the disclosure of the Substantial Assistance agreement or the nature of Substantial Assistance being provided.

10.6.2 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 an-
ti-doping rule violation (or, in the case of an anti-doping rule violation other than Article 2.1 above, before receiving first notice of the admitted violation pursuant to Article 7 above) 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.

**10.6.3 Prompt Admission of an Anti-Doping Rule Violation after being confronted with a Violation Sanctionable under Article 10.2.1 or Article 10.3.1 above**

An Athlete or other Person potentially subject to a four-year sanction under Article 10.2.1 or 10.3.1 above (for evading or refusing Sample Collection or Tampering with Sample Collection), by promptly admitting the asserted anti-doping rule violation after being confronted by the chairperson of the UIPM Doping Review Panel and so informed by UIPM, and also upon the approval and at the discretion of both WADA and UIPM, may receive a reduction in the period of Ineligibility down to a minimum of two years, depending on the seriousness of the violation and the Athlete or other Person’s degree of Fault.

**10.6.4 Application of Multiple Grounds for Reduction of a Sanction**

Where an Athlete or other Person establishes entitlement to reduction in sanction under more than one provision of Article 10.4, 10.5 or 10.6 above, before applying any reduction or suspension under Article 10.6, the otherwise applicable period of Ineligibility shall be determined in accordance with Articles 10.2, 10.3, 10.4, and 10.5 above. If the Athlete or other Person establishes entitlement to a reduction or suspension of the period of Ineligibility under Article 10.6 above, then the period of Ineligibility may be reduced or suspended, but not below one-fourth of the otherwise applicable period of Ineligibility.

**10.7 Multiple Violations**

**10.7.1 For an Athlete or other Person’s second anti-doping rule violation, the period of Ineligibility shall be the greater of:**

a. six months;

b. one-half of the period of Ineligibility imposed for the first anti-doping rule violation without taking into account any reduction under Article 10.6 above; or

c. twice the period of Ineligibility otherwise applicable to the second anti-doping rule violation treated as if it were a first violation, without taking into account any reduction under Article 10.6 above.

The period of Ineligibility established above may then be further reduced by the application of Article 10.6 above.

**10.7.2 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 10.5 above, or involves a violation of Article 2.4 above. In these particular cases, the period of Ineligibility shall be from eight years to lifetime Ineligibility.

10.7.3 An anti-doping rule violation for which an Athlete or other Person has established No Fault or Negligence shall not be considered a prior violation for purposes of this Article.

10.7.4 Additional Rules for Certain Potential Multiple Violations

10.7.4.1 For purposes of imposing sanctions under Article 10.7, an anti-doping rule violation will only be considered a second violation if the UIPM Doping Review Panel 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 above, or after UIPM made reasonable efforts to give notice of the first anti-doping rule violation. If the UIPM Doping Review Panel 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 severe sanction.

10.7.4.2 If, after the imposition of a sanction for a first anti-doping rule violation, UIPM 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 UIPM Doping Review Panel shall impose an additional sanction based on the sanction that could have been imposed if the two violations had 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 10.8 below.

10.7.5 Multiple Anti-Doping Rule Violations during Ten-Year Period

For purposes of Article 10.7, each anti-doping rule violation must take place within the same ten-year period in order to be considered multiple violations.

10.8 Disqualification of Results in Competitions Subsequent to Sample Collection or Commission of an Anti-Doping Rule Violation

In addition to the automatic Disqualification of the results in the Competition which produced the positive Sample under Article 9 above, all other competitive results of the Athlete obtained from the date a positive Sample was collected (whether In-Competition or Out-of-Competition), or other anti-doping rule 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.

10.9 Allocation of CAS Cost Awards and Forfeited Prize Money

The priority for repayment of CAS cost awards and forfeited prize money
shall be: first, payment of costs awarded by CAS; and second, reimbursement of the expenses of UIPM.

10.10 Financial Consequences

Where an Athlete or other Person commits an anti-doping rule violation, the UIPM Doping Review Panel may, in its discretion and subject to the principle of proportionality, elect to recover from the Athlete or other Person costs associated with the anti-doping rule violation, regardless of the period of Ineligibility imposed.

UIPM’s recovery of costs shall not be considered a basis for reducing the Ineligibility or other sanction which would otherwise be applicable under these Anti-Doping Rules or the Code.

10.11 Commencement of Ineligibility Period

Except as provided below, the period of Ineligibility shall start on the date of the final hearing decision providing for Ineligibility or, if the hearing is waived or there is no hearing, on the date Ineligibility is accepted or otherwise imposed.

10.11.1 Delays Not Attributable to the Athlete or other Person

Where there have been substantial delays in the hearing process or other aspects of Doping Control not attributable to the Athlete or other Person, the UIPM Doping Review Panel may start the period of Ineligibility at an earlier date commencing as early as the date of Sample collection or the date on which another anti-doping rule violation last occurred. All competitive results achieved during the period of Ineligibility, including retroactive Ineligibility, shall be Disqualified.

10.11.2 Timely Admission

Where the Athlete or other Person promptly (which, in all events, for an Athlete means before the Athlete competes again) admits the anti-doping rule violation after being confronted with the anti-doping rule violation by the UIPM Secretary General, 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. This Article shall not apply where the period of Ineligibility has already been reduced under Article 10.6.3 above.

10.11.3 Credit for Provisional Suspension or Period of Ineligibility Served

10.11.3.1 If a Provisional Suspension is imposed and respected by the Athlete or other Person, then the Athlete or other Person shall receive a credit for such period of Provisional Suspension against any period of Ineligibility which may ultimately be imposed. If a period
of Ineligibility is served pursuant to a decision that is subsequently appealed, then the Athlete or other Person shall receive a credit for such period of Ineligibility served against any period of Ineligibility which may ultimately be imposed on appeal.

10.11.3.2 If an Athlete or other Person voluntarily accepts a Provisional Suspension in writing from UIPM and thereafter respects the Provisional Suspension, the Athlete or other Person 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 or other Person’s voluntary acceptance of a Provisional Suspension shall be provided promptly to each party entitled to receive notice of an asserted anti-doping rule violation under Article 14.1 below.

10.11.3.3 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.

10.11.3.4 In Team Events, where a period of Ineligibility is imposed upon a team, unless fairness requires otherwise, the period of Ineligibility shall start on the date of the final hearing decision providing for Ineligibility or, if the hearing is waived, on the date Ineligibility is accepted or otherwise imposed. Any period of team Provisional Suspension (whether imposed or voluntarily accepted) shall be credited against the total period of Ineligibility to be served.

10.12 Status During Ineligibility

10.12.1 Prohibition Against Participation During Ineligibility

No Athlete or other Person who has been declared Ineligible may, during the period of Ineligibility, participate in any capacity in a Competition or activity (other than authorized anti-doping education or rehabilitation programs) authorized or organized by UIPM or any National Federation or a club or other member organisation of UIPM or any National Federation, or in Competitions authorized or organized by any professional league or any international or national level Event organisation or any elite or national-level sporting activity funded by a governmental agency.

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 as an Athlete in local sport events not sanctioned or otherwise under the jurisdiction of a Code Signatory or member of a Code Signatory, 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 champi-
onship or International Event, and does not involve the Athlete or other Person working in any capacity with Minors.

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

### 10.12.2 Return to Training

As an exception to Article 10.12.1 above, an Athlete may return to train with a team or to use the facilities of a club or other member organisation of UIPM’s member federation during the shorter of: (1) the last two months of the Athlete’s period of Ineligibility, or (2) the last one-quarter of the period of Ineligibility imposed.

### 10.12.3 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 10.12.1 above, the results of such participation shall be Disqualified and a new period of Ineligibility equal in length up to the original period of Ineligibility shall be added to the end of the original period of Ineligibility by the UIPM Doping Review Panel. The new period of Ineligibility may be adjusted based on the Athlete or other Person’s degree of Fault and other circumstances of the case. The determination of whether an Athlete or other Person has violated the prohibition against participation, and whether an adjustment is appropriate, shall be made by the Anti-Doping Organisation whose results management led to the imposition of the initial period of Ineligibility. This decision may be appealed under Article 13 below.

Where an Athlete Support Person or other Person assists a Person in violating the prohibition against participation during Ineligibility, UIPM shall impose sanctions for a violation of Article 2.9 above for such assistance.

### 10.12.4 Withholding of Financial Support during Ineligibility

In addition, for any anti-doping rule violation not involving a reduced sanction as described in Article 10.4 or 10.5 above, some or all sport-related financial support or other sport-related benefits received by such Person will be withheld by UIPM and its National Federations.

### 10.13 Automatic Publication of Sanction

A mandatory part of each sanction shall include automatic publication, as provided in Article 14.3 below.

### 11 CONSEQUENCES FOR TEAMS

#### 11.1 Testing of Teams

Where one member of a team has been notified of an anti-doping rule violation under Article 7 above in connection with an Event, the ruling body for the Event shall conduct appropriate Target Testing of all members of the
11.2 Consequences for Teams

11.2.1 An anti-doping rule violation committed by a member of a team in connection with an In-Competition test automatically leads to Disqualification of the result obtained by the team in that Competition, with all resulting consequences for the team and its members, including forfeiture of any medals, points and prizes.

11.2.2 An anti-doping rule violation committed by a member of a team occurring during or in connection with an Event may lead to Disqualification of all of the results obtained by the team in that Event with all consequences for the team and its members, including forfeiture of all medals, points and prizes, except as provided in Article 11.2.3 below.

11.2.3 Where an Athlete who is a member of a team committed an anti-doping rule violation during or in connection with one Competition in an Event, if the other member(s) of the team establish(es) that he/she/they bear(s) No Fault or Negligence for that violation, the results of the team in any other Competition(s) in that Event shall not be Disqualified unless the results of the team in the Competition(s) 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.

12 SANCTIONS AND COSTS ASSESSED AGAINST SPORTING BODIES

12.1 UIPM has the authority to withhold some or all funding or other non-financial support to National Federations that are not in compliance with these Anti-Doping Rules.

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

12.3 UIPM may elect to take additional disciplinary action against National Federations with respect to recognition, the eligibility of its officials and Athletes to participate in International Events and fines based on the following:

12.3.1 Four or more violations of these Anti-Doping Rules (other than violations involving Article 2.4 above) are committed by Athletes or other Persons affiliated with a National Federation within a 12-month period in testing conducted by UIPM or Anti-Doping Organisations other than the National Federation or its National Anti-Doping Organisation. In such event the UIPM Executive Board may in its discretion elect to: (a) ban all officials from that National Federation for participation in any UIPM activities for
a period of up to two years and/or (b) fine the National Federation in an amount up to $300 U.S. Dollars. (For purposes of this Rule, any fine paid pursuant to Rule 12.3.2 below shall be credited against any fine assessed.)

12.3.1.1 If four or more violations of these Anti-Doping Rules (other than violations involving Articles 2.4 above) are committed in addition to the violations described in Article 12.3.1 above by Athletes or other Persons affiliated with a National Federation within a 12-month period in Testing conducted by UIPM or Anti-Doping Organisations other than the National Federation or its National Anti-Doping Organisation, then the UIPM Executive Board may suspend that National Federation’s membership for a period of up to 4 years.

12.3.2 More than one Athlete or other Person from a National Federation commits an Anti-Doping Rule violation during an International Event. In such event the UIPM Executive Board may fine that National Federation in an amount up to 300 U.S. Dollars.

12.3.3 A National Federation has failed to make diligent efforts to keep the UIPM informed about an Athlete’s whereabouts after receiving a request for that information from UIPM. In such event the UIPM Executive Board may fine the National Federation in an amount up to $300 U.S. Dollars per Athlete in addition to all of the UIPM costs incurred in Testing that National Federation’s Athletes.

**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 13.7 read together with Article 17.3 UIPM Anti-Doping Procedures or as otherwise provided in these Anti-Doping Rules, the Code or the International Standards. Such decisions shall remain in effect while under appeal unless the appellate body orders otherwise. Before an appeal is commenced, any post-decision review provided in these Rules must be exhausted, except for WADA (see Article 13.1.3 below).

13.1.1 Scope of Review Not Limited

The scope of review on appeal includes all issues relevant to the matter and is expressly not limited to the issues or scope of review before the initial decision maker.

13.1.2 CAS Shall Not Defer to the Findings Being Appealed

In making its decision, CAS need not give deference to the discretion exercised by the body whose decision is being appealed.

13.1.3 WADA Not Required to Exhaust Internal Remedies

Where WADA has a right to appeal under Article 13 and no oth-
er party has appealed a final decision within UIPM’s process, WADA may appeal such decision directly to CAS without having to appeal to the UIPM Court of Arbitration.

13.2 Appeals from Decisions Regarding Anti-Doping Rule Violations, Consequences, Provisional Suspensions, Recognition of Decisions and Jurisdiction

A decision that an anti-doping rule violation was committed, a decision imposing Consequences or not imposing Consequences for an anti-doping rule violation, or 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 by WADA not to grant an exception to the six months’ notice requirement for a retired Athlete to return to Competition under Article 5.7.1 above; a decision by WADA assigning results management under Article 7.1 of the Code; a decision by the chairperson of the UIPM Doping Review Panel 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 after an investigation under Article 7.7 above; a decision to impose a Provisional Suspension as a result of a Provisional Hearing; UIPM’s failure to comply with Article 7.9 above; a decision that UIPM lacks jurisdiction to rule on an alleged anti-doping rule violation or its Consequences; a decision to suspend, or not suspend, a period of Ineligibility or to reinstate, or not reinstate, a suspended period of Ineligibility under Article 10.6.1 above; a decision under Article 10.12.3 above; and a decision by UIPM not to recognize another Anti-Doping Organisation’s decision under Article 15, may be appealed exclusively as provided in Articles 13.2 – 13.7.

13.2.1 Appeals Involving International-Level Athletes or International Events

In cases arising from participation in an International Event or in cases involving International-Level Athletes, the decision may be appealed exclusively to CAS.

13.2.2 Appeals Involving Other Athletes or Other Persons

In cases where Article 13.2.1 above is not applicable, the decision may be appealed to a national-level appeal body, being an independent and impartial body established in accordance with rules adopted by the National Anti-Doping Organisation having jurisdiction over the Athlete or other Person. The rules for such appeal shall respect the following principles: a timely hearing; a fair and impartial hearing panel; the right to be represented by counsel at the Person’s own expense; and a timely, written, reasoned decision. If the National Anti-Doping Organisation has not established such a body, the decision may be appealed to CAS in accordance with the provisions applicable before such court.

13.2.3 Persons Entitled to Appeal

In cases under Article 13.2.1 above, 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) UIPM; (d) the National Anti-Doping Organisation of the Person’s country of residence or countries where the Person is a national
or license holder; (e) 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 (f) WADA.

In cases under Article 13.2.2 above, the parties having the right to appeal to the national-level appeal body shall be as provided in the National Anti-Doping Organisation’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) UIPM; (d) the National Anti-Doping Organisation of the Person’s country of residence; (e) 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 (f) WADA. For cases under Article 13.2.2 above, WADA, the International Olympic Committee, the International Paralympic Committee, and UIPM shall also have the right to appeal to CAS with respect to the decision of the national-level appeal body.

Any party filing an appeal shall be entitled to assistance from CAS to obtain all relevant information from the Anti-Doping Organisation 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.

### 13.2.4 Cross Appeals and other Subsequent Appeals Allowed

Cross appeals and other subsequent appeals by any respondent named in cases brought to CAS under the Code are specifically permitted. Any party with a right to appeal under this Article 13 must file a cross appeal or subsequent appeal at the latest with the party’s answer.

### 13.3 Failure to Render a Timely Decision

Where, in a particular case, the UIPM Doping Review Panel 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 UIPM 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 appeal directly to CAS, then WADA’s costs and attorney fees in prosecuting the appeal shall be reimbursed to WADA by UIPM.

### 13.4 Appeals Relating to TUEs

TUE decisions may be appealed exclusively as provided in Article 4.4.

### 13.5 Notification of Appeal Decisions

Any Anti-Doping Organisation that is a party to an appeal shall promptly provide the appeal decision to the Athlete or other Person and to the other Anti-Doping Organisations that would have been entitled to appeal under Article 13.2.3 above as provided under Article 14.2 below.
13.6 Appeal from Decisions Pursuant to Article 12

Decisions by the UIPM Executive Board pursuant to Article 12 above may be appealed exclusively to the UIPM Court of Arbitration and thereafter to CAS by the National Federation.

13.7 Time for Filing Appeals

13.7.1 Appeals to CAS

The time to file an appeal to CAS shall be twenty-one days from the date of receipt of the final decision according to the UIPM Anti-Doping Procedures 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 that led to the decision being appealed:

a. Within fifteen days from notice of the decision, such party/ies shall have the right to request a copy of the case file from the body that issued the decision;

b. If such a request is made within the fifteen-day period, then the party making such request shall have twenty-one days from receipt of the file to file an appeal to CAS.

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

a. Twenty-one days after the last day on which any other party in the case could have appealed; or

b. Twenty-one days after WADA’s receipt of the complete file relating to the decision.

13.7.2 Appeals under Article 13.2.2

The time to file an appeal to an independent and impartial body established at national level in accordance with rules established by the National Anti-Doping Organisation shall be indicated by the same rules of the National Anti-Doping Organisation.

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

a. Twenty-one days after the last day on which any other party in the case could have appealed, or

b. Twenty-one days after WADA’s receipt of the complete file relating to the decision.
CONFIDENTIALITY AND REPORTING

14.1 Information Concerning Adverse Analytical Findings, Atypical Findings, and Other Asserted Anti-Doping Rule Violations

14.1.1 Notice of Anti-Doping Rule Violations to Athletes and other Persons

Notice to Athletes or other Persons of anti-doping rule violations asserted against them shall occur as provided under Articles 7 above and 14 of these Anti-Doping Rules. 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 of Anti-Doping Rule Violations to National Anti-Doping Organisations and WADA

Notice of the assertion of an anti-doping rule violation to National Anti-Doping Organisations and WADA shall occur as provided under Articles 7 above and 14 of these Anti-Doping Rules, simultaneously with the notice to the Athlete or other Person.

14.1.3 Content of an Anti-Doping Rule Violation Notice

Notification of an anti-doping rule violation under Article 2.1 above shall include: the Athlete’s name, country, sport and discipline within the sport, the Athlete’s competitive level, whether the test was In-Competition or Out-of-Competition, the date of Sample collection, the analytical result reported by the laboratory, and other information as required by the International Standard for Testing and Investigations.

Notice of anti-doping rule violations other than under Article 2.1 above shall include the rule violated and the basis of the asserted violation.

14.1.4 Status Reports

Except with respect to investigations which have not resulted in notice of an anti-doping rule violation pursuant to Article 14.1.1 above, National Anti-Doping Organisations and WADA shall be regularly updated on the status and findings of any review or proceedings conducted pursuant to Article 7, 8 or 13 above and shall be provided with a prompt written reasoned explanation or decision explaining the resolution of the matter.

14.1.5 Confidentiality

The recipient organisations shall not disclose this information beyond those Persons with a need to know (which would include the appropriate personnel at the applicable National Olympic Committee, National Federation, and team in a Team Sport) until UIPM has made Public Disclosure or has failed to make Public Disclosure as required in Article 14.3 below.

14.1.6 UIPM ensures that information concerning Adverse Analytical Findings, Atypical Findings, and other asserted anti-doping rule
violations remains confidential until such information is *Publicly Disclosed* in accordance with Article 14.3 below, and includes provisions in any contract entered into between UIPM and any of its employees (whether permanent or otherwise), contractors, agents and consultants, for the protection of such confidential information as well as for the investigation and disciplining of improper and/or unauthorised disclosure of such confidential information.

### 14.2 Notice of Anti-Doping Rule Violation Decisions and Request for Files

**14.2.1** Anti-doping rule violation decisions rendered pursuant to Article 7.11, 8.2, 10.4, 10.5, 10.6, 10.12.3 or 13.5 above shall include the full reasons for the decision, including, if applicable, a justification for why the greatest possible *Consequences* were not imposed. Where the decision is not in English or French, UIPM shall provide a short English or French summary of the decision and the supporting reasons.

**14.2.2** An *Anti-Doping Organisation* having a right to appeal a decision received pursuant to Article 14.2.1 above may, within fifteen days of receipt, request a copy of the full case file pertaining to the decision.

### 14.3 Public Disclosure

**14.3.1** The identity of any *Athlete* or other *Person* who is asserted by UIPM to have committed an anti-doping rule violation may be *Publicly Disclosed* by UIPM only after notice has been provided to the *Athlete* or other *Person* in accordance with Article 7.3, 7.4, 7.5, 7.6 or 7.7 above and simultaneously to *WADA* and the *National Anti-Doping Organisation* of the *Athlete* or other *Person* in accordance with Article 14.1.2 above.

**14.3.2** No later than twenty days after it has been determined in a final appellate decision under Article 13.2.1 or 13.2.2 above, or such appeal has been waived, or a hearing in accordance with Article 8 above has been waived, or the assertion of an anti-doping rule violation has not been timely challenged, UIPM will *Publicly Report* the disposition of the matter, including the sport, the anti-doping rule violated, the name of the *Athlete* or other *Person* committing the violation, the *Prohibited Substance* or *Prohibited Method* involved (if any), and the *Consequences* imposed. UIPM will also *Publicly Report* within twenty days the results of final appeal decisions concerning anti-doping rule violations, including the information described above.

**14.3.3** In any case where it is determined, after a hearing or appeal, that the *Athlete* or other *Person* did not commit an anti-doping rule violation, the decision may be *Publicly Disclosed* only with the consent of the *Athlete* or other *Person* who is the subject of the decision. The UIPM Secretary General will use reasonable efforts to obtain such consent. If consent is obtained, UIPM will
**Publicly Disclose** the decision in its entirety or in such redacted form as the Athlete or other Person may approve.

14.3.4 Publication shall be accomplished at a minimum by placing the required information on the UIPM’s website or publishing it through other means and leaving the information up for the longer of one month or the duration of any period of Ineligibility.

14.3.5 Neither UIPM, nor its National Federations, nor any official of either body, will publicly comment on the specific facts of any pending case (as opposed to general description of process and science) except in response to public comments attributed to the Athlete or other Person against whom an anti-doping rule violation is asserted, or their representatives.

14.3.6 The mandatory Public Reporting required in Article 14.3.2 above shall not be required where the Athlete or other Person who has been found to have committed an anti-doping rule violation is a Minor. Any optional Public Reporting in a case involving a Minor shall be proportionate to the facts and circumstances of the case.

14.4 Statistical Reporting

UIPM will publish at least annually a general statistical report of its Doping Control activities, with a copy provided to WADA. UIPM may also publish reports showing the name of each Athlete tested and the date of each Testing.

14.5 Doping Control Information Clearinghouse

To facilitate coordinated test distribution planning and to avoid unnecessary duplication in Testing by the various Anti-Doping Organisations, UIPM will report all In-Competition and Out-of-Competition tests on such Athletes to the WADA clearinghouse, using ADAMS, as soon as possible after such tests have been conducted. This information will be made accessible, where appropriate and in accordance with the applicable rules, to the Athlete, the Athlete’s National Anti-Doping Organisation and any other Anti-Doping Organisations with Testing authority over the Athlete.

14.6 Data Privacy

14.6.1 UIPM may collect, store, process or disclose personal information relating to Athletes and other Persons where necessary and appropriate to conduct their anti-doping activities under the Code, the International Standards (including specifically the International Standard for the Protection of Privacy and Personal Information) and these Anti-Doping Rules.

14.6.2 Any Participant who submits information including personal data to any Person in accordance with these Anti-Doping Rules shall be deemed to have agreed, pursuant to applicable data protection laws and otherwise, that such information may be collected, processed, disclosed and used by such Person for the purposes of the implementation of these Anti-Doping Rules, in accordance with the International Standard for the Protection of Privacy and Personal Information and otherwise as required to implement these Anti-Doping Rules.
15 APPLICATION AND RECOGNITION OF DECISIONS

15.1 Subject to the right to appeal provided in Article 13 above, Testing, hearing results or other final adjudications of any Signatory which are consistent with the Code and are within that Signatory’s authority shall be applicable worldwide and will be recognized and respected by UIPM and all its National Federations.

15.2 UIPM and its National Federations will recognize the measures taken by other bodies which have not accepted the Code if the rules of those bodies are otherwise consistent with the Code.

15.3 Subject to the right to appeal provided in Article 13 above, any decision of UIPM regarding a violation of these Anti-Doping Rules shall be recognized by all National Federations, which shall take all necessary action to render such decision effective.

16 INCORPORATION OF UIPM ANTI-DOPING RULES AND OBLIGATIONS OF NATIONAL FEDERATIONS

16.1 All National Federations and their members shall comply with these Anti-Doping Rules and the UIPM Anti-Doping Procedures as far as the latter are applicable. All National Federations and other members shall include in their regulations the provisions necessary to ensure that UIPM may enforce these Anti-Doping Rules and the UIPM Anti-Doping Procedures directly as against Athletes under their anti-doping jurisdiction (including National-Level Athletes). These Anti-Doping Rules and the UIPM Anti-Doping Procedures shall also be incorporated either directly or by reference into each National Federation’s rules so that the National Federation may enforce them itself directly as against Athletes under its anti-doping jurisdiction (including National-Level Athletes).

16.2 All National Federations shall establish rules requiring all Athletes and each Athlete Support Personnel who participates as coach, trainer, manager, team staff, official, medical or paramedical personnel in a Competition or activity authorized or organized by a National Federation or one of its member organisations to agree to be bound by these Anti-Doping Rules and to submit to the results management authority of the Anti-Doping Organisation responsible under the Code as a condition of such participation.

16.3 All National Federations shall report any information suggesting or relating to an anti-doping rule violation to UIPM and to their National Anti-Doping Organisations, and shall cooperate with investigations conducted by any Anti-Doping Organisation with authority to conduct the investigation.

16.4 All National Federations shall have disciplinary rules in place to prevent Athlete Support Personnel who are Using Prohibited Substances or Prohibited Methods without valid justification from providing support to Athletes under the jurisdiction of UIPM or the National Federation.

16.5 All National Federations shall be required to conduct anti-doping education in coordination with their National Anti-Doping Organisations.
17 STATUTE OF LIMITATIONS

No anti-doping rule violation proceeding may be commenced against an Athlete or other Person unless he or she has been notified of the anti-doping rule violation as provided in Article 7 above, or notification has been reasonably attempted, within ten years from the date the violation is asserted to have occurred.

18 UIPM COMPLIANCE REPORTS TO WADA

UIPM will report to WADA on UIPM’s compliance with the Code in accordance with Article 23.5.2 of the Code.

19 EDUCATION

UIPM will plan, implement, evaluate and monitor information, education and prevention programs for doping-free sport on at least the issues listed at Article 18.2 of the Code, and shall support active participation by Athletes and Athlete Support Personnel in such programs.

20 AMENDMENT AND INTERPRETATION OF ANTI-DOPING RULES

20.1 These Anti-Doping Rules and the UIPM Anti-Doping Procedures may be amended from time to time by UIPM.

20.2 These Anti-Doping Rules shall be interpreted as an independent and autonomous text and not by reference to existing law or statutes.

20.3 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.

20.4 The Code and the International Standards shall be considered integral parts of these Anti-Doping Rules and shall prevail in case of conflict.

20.5 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 Introduction shall be considered an integral part of these Anti-Doping Rules.

20.6 These Anti-Doping Rules and the UIPM Anti-Doping Procedures, which latter are to be considered an integral part of the UIPM Anti-Doping Rules, have come into full force and effect on 1 January 2016 (the “Effective Date”). They shall not apply retroactively to matters pending before the Effective Date; provided, however, that:
20.6.1 Anti-doping rule violations taking place prior to the Effective Date count as “first violations” or “second violations” for purposes of determining sanctions under Article 10 above for violations taking place after the Effective Date.

20.6.2 The retrospective periods in which prior violations can be considered for purposes of multiple violations under Article 10.7.5 and the statute of limitations set forth in Article 17 above are procedural rules and shall be applied retroactively; provided, however, that Article 17 shall only be applied retroactively if the statute of limitations period has not already expired by the Effective Date. Otherwise, with respect to any anti-doping rule violation case which is pending as of the Effective Date and any anti-doping rule violation case brought after the Effective Date based on an anti-doping rule violation which occurred prior to the Effective Date, the case shall be governed by the substantive anti-doping rules in effect at the time the alleged anti-doping rule violation occurred unless the panel hearing the case determines the principle of “lex mitior” appropriately applies under the circumstances of the case.

20.6.3 Any Article 2.4 whereabouts failure (whether a Filing Failure or a Missed Test, as those terms are defined in the International Standard for Testing and Investigations) prior to the Effective Date shall be carried forward and may be relied upon, prior to expiry, in accordance with the International Standard for Testing and Investigation, but it shall be deemed to have expired 12 months after it occurred.

20.6.4 With respect to cases where a final decision finding an anti-doping rule violation has been rendered prior to the Effective Date, but the Athlete or other Person is still serving the period of Ineligibility as of the Effective Date, the Athlete or other Person may apply to the Anti-Doping Organisation which had results management responsibility for the anti-doping rule violation to consider a reduction in the period of Ineligibility in light of these Anti-Doping Rules. Such application must be made before the period of Ineligibility has expired. The decision rendered may be appealed pursuant to Article 13.2 above. These Anti-Doping Rules shall have no application to any case where a final decision finding an anti-doping rule violation has been rendered and the period of Ineligibility has expired.

20.6.5 For purposes of assessing the period of Ineligibility for a second violation under Article 10.7.1 above, where the sanction for the first violation was determined based on rules in force prior to the Effective Date, the period of Ineligibility which would have been assessed for that first violation had these Anti-Doping Rules been applicable, shall be applied.

21 INTERPRETATION OF THE CODE

21.1 The official text of the Code shall be maintained by WADA and shall be published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.
21.2 The comments annotating various provisions of the Code are incorporated by reference into these Anti-Doping Rules, shall be treated as if set out in full herein, and shall be used to interpret these Anti-Doping Rules.

21.3 The Code shall be interpreted as an independent and autonomous text and not by reference to the existing law or statutes of the Signatories or governments.

21.4 The headings used for the various Parts and Articles of the Code are for convenience only and shall not be deemed part of the substance of the Code or to affect in any way the language of the provisions to which they refer.

21.5 The Code shall not apply retroactively to matters pending before the date the Code is accepted by a Signatory and implemented in its rules. However, pre-Code anti-doping rule violations would continue to count as “first violations” or “second violations” for purposes of determining sanctions under Article 10 for subsequent post-Code violations.

21.6 The Purpose, Scope and organisation of the World Anti-Doping Program and the Code and Appendix 1, Definitions, and Appendix 2, Examples of the Application of Article 10, shall be considered integral parts of the Code.

22 ADDITIONAL ROLES AND RESPONSIBILITIES OF ATHLETES AND OTHER PERSONS

22.1 Roles and Responsibilities of Athletes

22.1.1 To be knowledgeable of and comply with these Anti-Doping Rules.

22.1.2 To be available for Sample collection at all times.

22.1.3 To take responsibility, in the context of anti-doping, for what they ingest and Use.

22.1.4 To inform medical personnel of their obligation not to Use Prohibited Substances and Prohibited Methods and to take responsibility to make sure that any medical treatment received does not violate these Anti-Doping Rules.

22.1.5 To disclose to their National Anti-Doping Organisation and to UIPM any decision by a non-Signatory finding that the Athlete committed an anti-doping rule violation within the previous ten years.

22.1.6 To cooperate with Anti-Doping Organisations investigating anti-doping rule violations.

22.1.7 Failure by any Athlete to cooperate in full with Anti-Doping Organisations investigating anti-doping rule violations may result in a charge of misconduct under UIPM’s Code of Ethics.
22.2 Roles and Responsibilities of Athlete Support Personnel

22.2.1 To be knowledgeable of and comply with these Anti-Doping Rules.

22.2.2 To cooperate with the Athlete Testing program.

22.2.3 To use his or her influence on Athlete values and behaviour to foster anti-doping attitudes.

22.2.4 To disclose to his or her National Anti-Doping Organisation and to UIPM any decision by a non-Signatory finding that he or she committed an anti-doping rule violation within the previous ten years.

22.2.5 To cooperate with Anti-Doping Organisations investigating anti-doping rule violations.

22.2.6 Failure by any Athlete Support Personnel to cooperate in full with Anti-Doping Organisations investigating anti-doping rule violations may result in a charge of misconduct under UIPM’s Code of Ethics.

22.2.7 Athlete Support Personnel shall not Use or Possess any Prohibited Substance or Prohibited Method without valid justification.

22.2.8 Use or Possession of a Prohibited Substance or Prohibited Method by an Athlete Support Personnel without valid justification may result in a charge of misconduct under UIPM’s Code of Ethics.
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.

Administration: Providing, supplying, supervising, facilitating, or otherwise participating in the Use or Attempted Use by another Person of a Prohibited Substance or Prohibited Method. However, this definition shall not include the actions of bona fide medical personnel involving a Prohibited Substance or Prohibited Method 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 that such Prohibited Substances are not intended for genuine and legal therapeutic purposes or are intended to enhance sport performance.

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

Adverse Passport Finding: A report identified as an Adverse Passport Finding as described in the applicable International Standards.

Anti-Doping Organisation: 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 Organisations that conduct Testing at their Events, WADA, International Federations, and National Anti-Doping Organisations.
Athlete: Any Person who competes in sport at the international level (as defined by each International Federation), or the national level (as defined by each National Anti-Doping Organisation). An Anti-Doping Organisation has discretion to apply anti-doping rules to an Athlete who is neither an International-Level Athlete nor a National-Level Athlete, and thus to bring them within the definition of "Athlete." In relation to Athletes who are neither International-Level nor National-Level Athletes, an Anti-Doping Organisation may elect to: conduct limited Testing or no Testing at all; analyse Samples for less than the full menu of Prohibited Substances; require limited or no whereabouts information; or not require advance TUEs. However, if an Article 2.1, 2.3 or 2.5 anti-doping rule violation is committed by any Athlete over whom an Anti-Doping Organisation has authority who competes below the international or national level, then the Consequences set forth in the Code (except Article 14.3.2) must be applied. For purposes of Article 2.8 and Article 2.9 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 organisation accepting the Code is an Athlete.


Athlete Support Personnel: Any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel, parent or any other Person working with, treating or assisting an Athlete 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 WADA-accredited laboratory or other WADA-approved laboratory 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.

Atypical Passport Finding: A report described as an Atypical Passport Finding as described in the applicable International Standards.

CAS: The Court of Arbitration for Sport.


Competition: A single race, match, game or singular sport contest. For anti-doping purposes and as far as the application and interpretation of these anti-doping rules is concerned, Competition shall be considered as a stage of as many events (following the definition of event contained in the UIPM Competition Rules) for UIPM sports as provided in the UIPM Competition Rules (five for Modern Pentathlon, two for Modern Biathlon, three for Modern Triathlon).

Consequences of Anti-Doping Rule Violations ("Consequences"): 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 on account of
an anti-doping rule violation for a specified period of time from participating in any Competition or other activity or funding as provided in Article 10.12.1; (c) Provisional Suspension means the Athlete or other Person is barred temporarily from participating in any Competition or activity prior to the final decision at a hearing conducted under Article 8; (d) Financial Consequences means a financial sanction imposed for an anti-doping rule violation or to recover costs associated with an anti-doping rule violation; and (e) Public Disclosure or Public Reporting means the dissemination or distribution of information to the general public or Persons beyond those Persons entitled to earlier notification in accordance with Article 14. Teams in Team Sports may also be subject to Consequences as provided in Article 11 of the Code.

Contaminated Product: A product that contains a Prohibited Substance that is not disclosed on the product label or in information available in a reasonable Internet search.

Disqualification: See Consequences of Anti-Doping Rule 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, TUEs, results management and hearings.

Event: For anti-doping purposes and as far as the application and interpretation of these anti-doping rules is concerned, Event is a series of individual Competitions conducted together under one ruling body.

Event Venues: Those venues so designated by the ruling body for the Event.

Event Period: The time between the beginning and end of an Event, as established by the ruling body of the Event.

Fault: Fault is any breach of duty or any lack of care appropriate to a particular situation. Factors to be taken into consideration in assessing an Athlete or other Person’s degree of Fault include, for example, the Athlete’s or other Person’s experience, whether the Athlete or other Person is a Minor, special considerations such as impairment, the degree of risk that should have been perceived by the Athlete and the level of care and investigation exercised by the Athlete in relation to what should have been the perceived level of risk. In assessing the Athlete’s or other Person’s degree of Fault, the circumstances considered must be specific and relevant to explain the Athlete’s or other Person’s departure from the expected standard of behaviour. Thus, for example, the fact that an Athlete would lose the opportunity to earn large sums of money during a period of Ineligibility, or the fact that the Athlete only has a short time left in his or her career, or the timing of the sporting calendar, would not be relevant factors to be considered in reducing the period of Ineligibility under Article 10.5.1 or 10.5.2.

Financial Consequences: see Consequences of Anti-Doping Rule Violations, above.

In-Competition: “In-Competition” means the period commencing twelve hours before the start of a Competition in which the Athlete is scheduled to participate through the end of such Competition (victory or closing ceremony) and the Sample collection process related to such Competition.

Independent Observer Program: A team of observers, under the supervision of WADA, who observe and provide guidance on the Doping Control process at certain Competitions and report on their observations.
**Individual Sport:** Any sport that is not a Team Sport.

**Ineligibility:** See Consequences of Anti-Doping Rule Violations above.

**International Event/Competition:** An Event or Competition where the International Olympic Committee, the International Paralympic Committee, an International Federation, a Major Event Organisation, or another international sport organisation is the ruling body for the Event or appoints the technical officials for the Event.

**International-Level Athlete:** Athletes who compete in sport at the international level, as defined by each International Federation, consistent with the International Standard for Testing and Investigations. For the sports of Modern Pentathlon, Modern Biathlon and Modern Triathlon International-Level Athletes are defined as set out in the Scope section of the Introduction to these Anti-Doping Rules.

**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 Organisations:** The continental associations of National Olympic Committees and other international multi-sport organisations that function as the ruling body for any continental, regional or other International Event.

**Marker:** A compound, group of compounds or biological variable(s) 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 eighteen years.

**National Anti-Doping Organisation:** 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 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/Competition:** A sport Event or Competition involving International- or National-Level Athletes that is not an International Event.

**National Federation:** A national or regional entity which is a member of or is recognized by UIPM as the entity governing UIPM’s sport in that nation or region.

**National-Level Athlete:** Athletes who compete in sport at the national level, as defined by each National Anti-Doping Organisation, consistent with the International Standard for Testing and Investigations.

**National Olympic Committee:** The organisation 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 Fault or Negligence:** The Athlete or other Person’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* or otherwise violated an anti-doping rule. Except in the case of a Minor, for any violation of Article 2.1, the Athlete must also establish how the *Prohibited Substance* entered his or her system.

**No Significant Fault or Negligence:** The Athlete or other Person’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. Except in the case of a Minor, for any violation of Article 2.1, the Athlete must also establish how the *Prohibited Substance* entered his or her system.

**Out-of-Competition:** Any period which is not *In-Competition*.

**Participant:** Any Athlete or Athlete Support Person.

**Person:** A natural Person or an organisation or other entity.

**Possession:** The actual, physical Possession, or the constructive Possession (which shall be found only if the Person has exclusive control or intends to exercise control over the *Prohibited Substance* or *Prohibited Method* or the premises in which a *Prohibited Substance* or *Prohibited Method* exists); provided, however, that if the Person does not have exclusive control over the *Prohibited Substance* or *Prohibited Method* or the premises in which a *Prohibited Substance* or *Prohibited Method* exists, constructive Possession shall only be found if the Person knew about the presence of the *Prohibited Substance* or *Prohibited 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 Organisation. 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.

**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, or class of substances, so described on the *Prohibited List*.

**Provisional Hearing:** For purposes of Article 7.9, an expedited abbreviated hearing occurring prior to a hearing under Article 8 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 Rule Violations above.

**Publicly Disclose or Publicly Report:** See Consequences of Anti-Doping Rule Violations above.
Regional Anti-Doping Organisation: A regional entity designated by member countries to coordinate and manage delegated areas of their national anti-doping programs, which may include the adoption and implementation of anti-doping rules, the planning and collection of Samples, the management of results, the review of TUEs, the conduct of hearings, and the conduct of educational programs at a regional level.

Registered Testing Pool: The pool of highest-priority Athletes established separately at the international level by International Federations and at the national level by National Anti-Doping Organisations, who are subject to focused In-Competition and Out-of-Competition Testing as part of that International Federation’s or National Anti-Doping Organisation’s test distribution plan and therefore are required to provide whereabouts information as provided in Article 5.6 of the Code and the International Standard for Testing and Investigations.

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

Signatories: Those entities signing the Code and agreeing to comply with the Code, as provided in Article 23 of the Code.

Specified Substance: See Article 4.2.2.

Strict Liability: The rule which provides that under Article 2.1 and Article 2.2, it is not necessary that intent, Fault, negligence, or knowing Use on the Athlete’s part be demonstrated by the Anti-Doping Organisation in order to establish an anti-doping rule violation.

Substantial Assistance: For purposes of Article 10.6.1, 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 Organisation 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.


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 (or Possessing for any such purpose) a Prohibited Substance or Prohibited Method (either physically or by any electronic or other means) by an Athlete, Athlete Support Person or any other Person subject to the jurisdiction of an Anti-Doping Organisation 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 or are intended to enhance sport performance.

**TUE**: Therapeutic Use Exemption, as described in Article 4.4.

**UNESCO Convention**: The International Convention against Doping in Sport adopted by the 33rd session of the UNESCO General Conference on 19 October, 2005 including any and all amendments adopted by the States Parties to the Convention and the Conference of Parties to the International Convention against Doping in Sport.

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

**WADA**: The World Anti-Doping Agency.
APPENDIX 2

EXAMPLES OF THE APPLICATION OF ARTICLE 10 can be found on the UIPM website www.uipmworld.org
APPENDIX 3
CONSENT FORM

As a member of [National Federation] and/or a participant in an event authorized or recognized by [National Federation or UIPM], I hereby declare as follows:

I acknowledge that I am bound by, and confirm that I shall comply with, all of the provisions of UIPM Constitution, UIPM Rules on Internal Organisation, UIPM Competition Rules, UIPM Anti-Doping Rules and UIPM Anti-Doping Procedures, UIPM Medical Rules, UIPM Advertising and Media Rules and UIPM Code of Ethics (all as amended from time to time) and the International Standards issued by the World Anti-Doping Agency and published on its website.

I acknowledge the authority of UIPM and its member National Federations and/or National Anti-Doping Organisations under the UIPM Anti-Doping Rules and UIPM Anti-Doping Procedures to enforce, to manage results under, and to impose sanctions in accordance with, the UIPM Anti-Doping Rules, UIPM Anti-Doping Procedures and the UIPM Code of Ethics.

I also acknowledge and agree that any dispute arising out of a decision made pursuant to the UIPM Anti-Doping Rules and UIPM Anti-Doping Procedures, after exhaustion of the process expressly provided for in the UIPM Anti-Doping Rules and UIPM Anti-Doping Procedures, may be appealed exclusively as provided in Article 13 of the UIPM Anti-Doping Rules and Article 17.3 UIPM Anti-Doping Procedures to an appellate body for final and binding arbitration, which in the case of International-Level Athletes is the UIPM Court of Arbitration and thereafter the Court of Arbitration for Sport (CAS).

Further to that I acknowledge and agree that any other dispute under the UIPM Constitution, UIPM Rules on Internal Organisation, UIPM Competition Rules, UIPM Medical Rules, UIPM Marketing and Media Rules, as well as UIPM Code of Ethics, as far as not specified differently by these rules will be finally decided by the UIPM Executive Board with appeal exclusively to the UIPM Court of Arbitration with eventual further appeal exclusively to CAS.

I acknowledge and agree that the decisions of the arbitral appellate bodies 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.

As a competitor, further to the above, I agree that UIPM shares with my National Anti-Doping Organisation all my personal data with relevance for the Athlete Biological Passport according to the WADA Operating Guidelines; that personal data are collected by the UIPM and such data are stored and used by the UIPM, and when necessary, third parties, for the purposes of, and to the extent necessary in relation to facilitate their participation in, and/or organizing competitions; to the transfer of my personal data to UIPM and by them to such third parties, and to the processing of such data and potentially any relevant sensitive personal data (including about unspent criminal convictions), as are necessary for security and other background checks by UIPM in order for them to gain the necessary accreditation for competitions; that UIPM and other necessary third parties, including National Anti-Doping Organisations, law enforcement and border services agencies, may share amongst themselves and with third parties my personal data for the purposes of investigating and/or prosecuting breaches of any of the relevant provisions of UIPM Statutes and UIPM Rules on In-
ternal Organisation. This includes in particular my personal data with relevance for the Athlete Biological Passport according to the WADA Operating Guidelines and/or betting rules; to the collection and use of personal data, photos, films and statistics in UIPM approved research or other projects (e.g. athlete biographies, questionnaires, filming, measures, medical encounters etc.) conducted during the competitions; to my personal data being used in any other way to which I provide my express consent to the UIPM.

I have read and understand the present declaration.

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# Table of Contents

**PART ONE: TESTING SPECIFIC DEFINITIONS AND SCOPE**
- 1. Testing Specific Definitions
- 2. Scope

**PART TWO: STANDARDS FOR TESTING**
- 3. UIPM Test Distribution Plan
- 4. UIPM Registered Testing Pool and Whereabouts Filing
- 5. Layout of UIPM Doping Controls
- 6. Notification of Athletes
- 7. Preparing for the Sample Collection Session
- 8. Conducting the Sample Collection Session
- 9. Doping Control Laboratories
- 10. Analysis of Samples – Determination of Results
- 11. General Medical Care to Athletes and Therapeutic Use Exemptions
- 12. Doping Controls for Horses

**PART THREE: STANDARDS FOR INTELLIGENCE**
- 13. Gathering, Assessment and Use of Intelligence
- 14. Investigations

**PART FOUR: RESULTS MANAGEMENT**
- 15. Composition and Responsibilities of the UIPM Doping Review Panel
- 16. Procedures
- 17. Appeal
PART ONE: TESTING SPECIFIC DEFINITIONS AND SCOPE

Testing Specific Definitions

Blood Collection Officer (or BCO): An official who is qualified and has been authorized by the Sample Collection Authority to collect a blood Sample from an Athlete.

Chain of Custody: The sequence of individuals or organizations who have responsibility for the custody of a Sample from the provision of the Sample until the Sample has been delivered to the laboratory for analysis.

Chaperone: An official who is trained and authorized by the Sample Collection Authority to carry out specific duties including one or more of the following (at the election of the Sample Collection Authority): notification of the Athlete selected for Sample collection; accompanying and observing the Athlete until arrival at the Doping Control Station; accompanying and/or observing Athletes who are present in the Doping Control Station; and/or witnessing and verifying the provision of the Sample where the training qualifies him/her to do so.

Code Article 2.4 Whereabouts Requirements: The whereabouts requirements set out in Annex I of the International Standard for Testing and Investigations (ISTI), which apply to Athletes who are included in the Registered Testing Pool of an International Federation or a National Anti-Doping Organization.

Doping Control Officer (or DCO): An official who has been trained and authorized by the Sample Collection Authority to carry out the responsibilities given to DCOs in the ISTI.

Doping Control Station: The location where the Sample Collection Session will be conducted.

Failure to Comply: A term used to describe anti-doping rule violations under UIPM Anti-Doping Rules Articles 2.3 and/or 2.5.

Filing Failure: A failure by the Athlete (or by a third party to whom the Athlete has delegated the task) to make an accurate and complete Whereabouts Filing that enables the Athlete to be located for Testing at the times and locations set out in the Whereabouts Filing or to update that Whereabouts Filing where necessary to ensure that it remains accurate and complete.

In-Competition Date: As defined in Article 7.3.3 hereto.

Missed Test: A failure by the Athlete to be available for Testing at the location and time specified in the 60-minute time slot identified in his/her Whereabouts Filing for the day in question.

No Advance Notice Testing: Sample collection that takes place with no advance warning to the Athlete and where the Athlete is continuously chaperoned from the moment of notification through Sample provision.

Random Selection: Selection of Athletes for Testing which is not Target Testing.

Results Management Authority: The organization that is responsible, in accordance with Code Article 7.1, for the management of the results of Testing (or other evidence of a potential anti-doping rule violation) and hearings, whether (1) an Anti-Doping Organization (for example, the International Olympic Committee or other Major Event Organization, WADA, an International Federation, or a National Anti-Doping Organization); or (2) another organization acting pursuant to the authority of and in accordance with the rules of the Anti-Doping Organization (for example, a National Federation that is a member of an International Federation). In respect of Whereabouts Failures, the Results Management Authority shall be as set out in Article I.5.1 of the ISTI.
Sample Collection Authority: The organisation that is responsible for the collection of Samples in compliance with the requirements of the ISTI, whether (1) the Testing Authority itself; or (2) another organization (for example, a third party contractor) to whom the Testing Authority has delegated or subcontracted such responsibility (provided that the Testing Authority always remains ultimately responsible under the Code for compliance with the requirements of the ISTI relating to collection of Samples).

Sample Collection Equipment: Containers or apparatus used to collect or hold the Sample at any time during the Sample Collection Session. Sample Collection Equipment shall, as a minimum, consist of:

For urine Sample collection:

- Collection vessels for collecting the Sample as it leaves the Athlete's body;
- Suitable kit for storing partial Samples securely until the Athlete is able to provide more urine; and
- Sealable and tamper-evident bottles and lids for storing and transporting the complete Sample securely.

For blood Sample collection:

- Needles for collecting the Sample;
- Blood tubes with sealable and tamper-evident devices for storing and transporting the Sample securely.

Sample Collection Personnel: A collective term for qualified officials authorized by the Sample Collection Authority to carry out or assist with duties during the Sample Collection Session.

Sample Collection Session: All of the sequential activities that directly involve the Athlete from the point that initial contact is made until the Athlete leaves the Doping Control Station after having provided his/her Sample(s).

Suitable Specific Gravity for Analysis: Specific gravity measured at 1.005 or higher with a refractometer, or 1.010 or higher with lab sticks.

Suitable Volume of Urine for Analysis: A minimum of 90 mL, whether the laboratory will be analysing the Sample for all or only some Prohibited Substances or Prohibited Methods.

Team Activity/Activities: Sporting activities carried out by Athletes on a collective basis as part of a team (e.g., training, travelling, tactical sessions) or under the supervision of the team (e.g., treatment by a team doctor).

Test Distribution Plan: A document written by an Anti-Doping Organization that plans Testing on Athletes over whom it has Testing Authority, in accordance with the requirements of Article 4 of the ISTI.

Testing Authority: The organization that has authorized a particular Sample collection, whether (1) an Anti-Doping Organization (for example, the International Olympic Committee or other Major Event Organization, WADA, an International Federation, or a National Anti-Doping Organization); or (2) another organisation conducting Testing pursuant to the authority of and in accordance with the rules of the Anti-Doping Organisation (for example, a National Federation that is a member of an International Federation).
Unsuccessful Attempt Report: A detailed report of an unsuccessful attempt to collect a Sample from an Athlete in a Registered Testing Pool, setting out the date of the attempt, the location visited, the exact arrival and departure times at the location, the steps taken at the location to try to find the Athlete (including details of any contact made with third parties), and any other relevant details about the attempt.

Whereabouts Failure: A Filing Failure or a Missed Test.

Whereabouts Filing: Information provided by or on behalf of an Athlete in a Registered Testing Pool that sets out the Athlete’s whereabouts during the following quarter, in accordance with Article 1.3 of the ISTI.

2 Scope

2.1 All Athletes and Horses participating in or preparing for UIPM competitions listed in Article 1.7 UIPM Competition Rules are subject to Doping Controls (urine Samples, blood tests and other authorised techniques for detecting Prohibited Substances or Methods) In-Competition and Out-of-Competition.

PART TWO: STANDARDS FOR TESTING

3 UIPM Test Distribution Plan

3.1 A UIPM Test Distribution Plan is set up by the UIPM Medical Committee for each calendar year.

3.2 The UIPM is obliged under the Code to plan, conduct and document 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. The UIPM Test Distribution Plan is based on the evaluation of the potential risk of doping and possible doping pattern in Modern Pentathlon, Modern Biathlon and Modern Triathlon considering the physical and other demands of the UIPM sports, in particular the physiological requirements of the sport; possible performance-enhancing effect that doping may elicit; the rewards available at the different levels of the UIPM sports; discipline(s) and/or other potential incentives for doping; available doping analysis statistics, intelligence gathering, monitoring and follow-up; available research on doping trends; information received/intelligence developed on possible doping practices in the sports; the outcomes of previous test distribution planning cycles; the history of doping in the UIPM sports and respective assessment; potential doping patterns in the UIPM sports; career analysis, training periods and the competition calendar; and information received on possible doping practices.

3.3 The UIPM Test Distribution Plan is regularly reviewed and adapted to reflect new information gathered and intelligence developed by the UIPM, and to take into account Testing conducted by other Anti-Doping Organisations. This review will take place in agreement with WADA.

3.4 The UIPM Test Distribution Plan ensures that a significant amount of Testing of its Athletes, irrespective of whether they belong to the UIPM Registered Testing Pool or not, is undertaken as Target Testing. The factors that will be relevant to determining who shall be made subject to target testing by the UIPM shall be:
• Abnormal biological parameters;
• Injury;
• Withdrawal or absence from expected Competition;
• Going into or coming out of retirement;
• Behaviour indicating doping;
• Sudden major improvements in performance;
• Repeated failure to provide Whereabouts Filings;
• Whereabouts Filings that may indicate a potential increase in the risk of doping, including moving to a remote location;
• Athlete sport performance history;
• Athlete age;
• Athlete test history;
• Athlete serving a period of Ineligibility or a Provisional Suspension;
• Athlete who was high priority for Testing before he/she retired from the sport and who now wishes to return from retirement to active participation in the sport;
• Athlete reinstatement after a period of Ineligibility;
• Financial incentives for improved performance;
• Athlete association with a third party such as coach or doctor with a history of involvement in doping; and reliable information from a third party or intelligence developed by or shared with other Anti-Doping Organization in accordance with Section 11.0 ISTI;
• Intelligence that may be received by the UIPM or any other reason at the discretion of the UIPM.

3.5 The UIPM Test Distribution Plan will identify laboratories for analysis of the Samples which have been collected in a manner that is tailored to the particular circumstances of the UIPM sports. The UIPM will incorporate into its Test Distribution Plan a strategy for retention of Samples and the documentation relating to the collection of such Samples so as to enable the further analysis of such Samples at a later date in accordance with the Code, the International Standard for Laboratories and the International Standard for the Protection of Privacy and Personal Information, and shall take into account the purposes of analysis of Samples, as well as (without limitation) the following elements:
• Laboratory recommendations;
• The possible need for retroactive analysis in connection with the Athlete Biological Passport program;
• New detection methods to be introduced in the near future relevant to the Athlete and sports, and
• Samples collected from Athletes meeting some or all of the ‘high risk’ criteria.

3.6 Without any notice at any time and at any place, the UIPM has the right to carry out Doping Controls, with and without the assistance of WADA,
of Athletes, including banned or suspended Athletes, and horses of UIPM members or who participate at UIPM Competitions. The members are required to support the work of the UIPM, especially in presenting the selected Athletes and horses and providing all necessary information, including on their training schedules giving date and place, as requested by the UIPM Headquarters by using ADAMS as far as reasonable and feasible. This right of the UIPM relates to all sports practiced within UIPM.

3.7 As a general rule Out of Competition Testing should take place between 5 a.m. and 11 p.m. unless valid grounds exist for Testing overnight, the fundamental principle remains that an Athlete may be required to provide a Sample at any time and at any place by the UIPM, whether or not the selection of the Athlete for Testing is in accordance with such criteria. Accordingly, an Athlete may not refuse to submit to Sample collection on the basis that such Testing is not provided for in the UIPM’s Test Distribution Plan and/or is not being conducted between 5 a.m. and 11 p.m., and/or that the Athlete does not meet the relevant selection criteria for Testing or otherwise should not have been selected for Testing.

3.8 Save in exceptional and justifiable circumstances, all Testing shall be No Advance Notice Testing. The UIPM will ensure that Athlete selection decisions are only disclosed in advance of Testing to those who need to know in order for such Testing to be conducted.

4 UIPM Registered Testing Pool, UIPM Testing pool and Whereabouts Filing

4.1 The 15 top ranked Athletes - men and women- on the World Ranking List in Modern Pentathlon as of 1 January each year, the gold medal winners at the previous World Championships and Olympic Games, if not included among the 15 under (i) above, and the World Champions male and female in Biathle and Triathle shall be considered for the UIPM Registered Testing Pool or UIPM Testing pool. Also Athletes who are serving periods of Ineligibility as a result of committing (an) Anti-Doping Rule violation(s) and those UIPM Athletes who retired at a time when they were in the UIPM Registered Testing Pool and who wish to return from that period of retirement to active participation in the sport are part of the UIPM Registered Testing Pool. The UIPM may also include in the UIPM Registered Testing Pool or UIPM Testing pool those Athletes whom it wishes target test. The UIPM will notify each Athlete designated for inclusion in the UIPM Registered Testing Pool or UIPM Testing pool - either directly or through the respective National Federation - of the fact that the Athlete has been designated for inclusion, of the whereabouts requirements ensuing from this inclusion and of the potential consequences if the Athlete fails to comply with these requirements.

4.2 An Athlete included in the UIPM Registered Testing Pool or its agent (coach, manager, National Federation) is subject to confirmation of the Athlete’s consent to the sharing of his/her Whereabouts Filing with other Anti-Doping Organizations that have Testing authority over him/her, to notification of the details of any impairment of the Athlete that may affect the procedure to be followed in conducting a Sample Collection Session, and the whereabouts requirements set out in the ISTI. They must file by 31 December, 31 March, 30 June, 30 September each year accurate and complete information about the Athlete’s Whereabouts during the forthcoming quarter, including identifying by using ADAMS, for each day during the follow-
ing quarter: the full address of the place where the Athlete will be staying overnight (e.g., home, temporary lodgings, hotel, etc.); for each day during the following quarter, the name and address of each location where the Athlete will train, work or conduct any other regular activity (e.g. school), as well as the usual timeframes for such regular activities; and the Athlete’s Competition schedule for the following quarter, including the name and address of each location where the Athlete is scheduled to compete during the quarter and the date(s) on which he/she is scheduled to compete at such location(s). A failure to do so amounts to a Filing Failure and shall constitute Whereabouts Failure.

4.3 An Athlete included in the UIPM Registered Testing Pool or its agent is also required to specify in their Whereabouts Filing, for each day in the forthcoming quarter, one specific 60-minute time slot between 5 am and 11 pm where the Athlete will be available at a specified location for Testing. This does not limit in any way the Athlete’s obligation to be available for Testing at any time and place. Nor does it limit the Athlete’s obligation to provide the Whereabouts Filings as to the Athlete’s whereabouts outside of that 60-minute time slot. However, if the Athlete is not available for Testing at such location during the 60-minute time slot specified for that day in the Athlete’s Whereabouts Filings, and has not updated this Whereabouts Filings prior to that 60-minute time slot to provide an alternative time slot/location for that day, that failure shall amount to a Missed Test and may, following the appropriate results management process, constitute a Whereabouts Failure.

To ensure fairness to the Athlete, where an unsuccessful attempt has been made to test an Athlete during one of the 60-minute time slots specified in his/her Whereabouts Filing, any subsequent unsuccessful attempt to test that Athlete (by the same or any other Anti-Doping Organization) during one of the 60-minute time slots specified in his/her Whereabouts Filing may only be counted as a Missed Test (or, if the unsuccessful attempt was because the information filed was insufficient to find the Athlete during the time slot, as a Filing Failure) against that Athlete if that subsequent attempt takes place after the Athlete has received notice, in accordance with Article I.5.2(d) of the ISTI, of the original unsuccessful attempt.

4.4 It is the Athlete’s responsibility to ensure that he/she provides all of the information required in a Whereabouts Filing accurately and in sufficient detail to enable any Anti-Doping Organization wishing to do so to locate the Athlete for Testing on any given day in the quarter at the times and locations specified by the Athlete in his/her Whereabouts Filing, but not limited to during the 60-minute time slot specified for that day in the Whereabouts Filing. More specifically, the Athlete must provide sufficient information to enable the DCO to find the location, to gain access to the location, and to find the Athlete at the location. A failure to do so may be pursued as a Filing Failure and/or (if the circumstances so warrant) as evasion of Sample collection under UIPM Anti-Doping Rules Article 2.3, and/or Tampering or Attempted Tampering under UIPM Anti-Doping Rules Article 2.5. In any event, the UIPM will consider Target Testing the Athlete. If the Athlete is tested during such a time slot, the Athlete must remain with the DCO until the Sample collection has been completed, even if this takes longer than the 60-minute time slot. A failure to do so may be pursued as an apparent violation of UIPM Anti-Doping Rules Article 2.3 (refusal or failure to submit to Sample collection).

4.5 Where a change in circumstances means that the information in a Whereabouts Filing is no longer accurate or complete, the Athlete must file an update so that the information on file is again accurate and complete. In
particular, the Athlete must always update his/her Whereabouts Filing to reflect any change in any day in the quarter in question in the time or location of the 60-minute time slot and/or in the place where he/she is staying overnight. The Athlete must file the update as soon as possible after the circumstances change, and in any event prior to the 60-minute time slot specified in his/her filing for the day in question. A failure to do so may be pursued as a Filing Failure and/or (if the circumstances so warrant) as evasion of Sample collection under UIPM Anti-Doping Rules Article 2.3, and/or Tampering or Attempted Tampering under UIPM Anti-Doping Rules Article 2.5. In any event, the UIPM will consider Target Testing the Athlete.

4.6 Any Athlete who provides fraudulent information in their Whereabouts Filing, whether in relation to their location during the specified daily 60-minute time slot, or in relation to their whereabouts outside that time slot, or otherwise, may be pursued for committing an Anti-Doping Rule violation (Tampering or Attempted Tampering).

4.7 In case of delegation of the Athlete’s Whereabouts Filings, each Athlete in the UIPM Registered Testing Pool remains ultimately responsible at all times for the accuracy and completeness of the Whereabouts Filings. It shall not be a defence to an allegation of a Filing Failure that the Athlete delegated such responsibility to a third party and that third party failed to comply with the applicable requirements.

4.8 Each Athlete in the UIPM Registered Testing Pool remains personally responsible at all times for ensuring that he/she is available for testing at the whereabouts declared on the Athlete’s Whereabouts Filings, whether the Athlete made that filing personally or delegated it to a third party or a combination of the two. It shall not be a defence to an allegation of a Missed Test that the Athlete had delegated responsibility for filing their whereabouts information for the relevant period to a third party and that third party had failed to file the correct information or failed to update previously-filed information so as to ensure that the whereabouts information in the Whereabouts Filing for the day in question was current and accurate.

4.9 An Athlete/National Team included in UIPM Testing pool is required to comply with the UIPM whereabouts requirements. Athletes shall be notified through their National Federations before they are included in the Testing Pool and when they are removed from that pool.

4.10 Each Athlete in the Testing Pool shall provide to UIPM at least the following information:

a. An up-to-date mailing and e-mail address,

b. Training whereabouts (including usual training venue/s addresses and usual timing of the training) and

c. All national team activities (including training, camps and matches with accurate schedules and addresses)

4.11 The Athletes included in the Testing Pool shall provide the information described in Article 4.10 above on a regular basis, and by the relevant deadline – 31st December, 31st March, 30th June and 30th September. The collection of whereabouts information shall be coordinated with the National Federation and the National Anti-Doping Organisation. UIPM may allocate the responsibility to collect Testing Pool Athlete Whereabouts Information to its National Federations. Any Athlete included in the UIPM Testing Pool who
fails to comply with the requirements set for in article 4.10 above, will be automatically included into UIPM Registered testing pool with all requirements and consequences.

4.12 An Athlete in the UIPM Registered Testing Pool may only be declared to have committed a Filing Failure where the UIPM Doping Review Panel establishes each of the following:

- that the Athlete was duly notified (i) that he/she had been designated for inclusion in a Registered Testing Pool; (ii) of the consequent requirement to make Whereabouts Filings; and (iii) of the consequences of any Failure to Comply with such requirement;
- that the Athlete failed to comply with that requirement by the applicable deadline;
- (in the case of a second or third Filing Failure in the same quarter) that he/she was given due notice of the previous Filing Failure, and (if that Filing Failure revealed deficiencies in the Whereabouts Filing that would lead to further Filing Failures if not rectified) was advised in the notice that in order to avoid a further Filing Failure he/she must file the required Whereabouts Filing (or update) by the deadline specified in the notice (which must be no less than 24 hours after receipt of the notice and no later than the end of the month in which the notice is received) and yet failed to rectify that Filing Failure by the deadline specified in the notice; and
- that the Athlete’s Failure to Comply was at least negligent. For these purposes, the Athlete will be presumed to have committed the failure negligently upon proof that he/she was notified of the requirements, yet failed to comply with them. That presumption may only be rebutted by the Athlete establishing that no negligent behaviour on his/her part caused or contributed to the failure.

4.13 To ensure fairness to the Athlete, where an unsuccessful attempt has been made to test an Athlete during one of the 60-minute time slots specified in his/her Whereabouts Filing, any subsequent unsuccessful attempt to test that Athlete (by the UIPM or any other Anti-Doping Organization) during one of the 60-minute time slots specified in his/her Whereabouts Filing may only be counted as a Missed Test (or, if the unsuccessful attempt was because the information filed was insufficient to find the Athlete during the time slot, as a Filing Failure) against that Athlete if that subsequent attempt takes place after the Athlete has received due notice of the original unsuccessful attempt.

4.14 An Athlete may only be declared to have committed a Missed Test where the UIPM Doping Review Panel can establish each of the following:

a. that when the Athlete was given notice that he/she had been designated for inclusion in a Registered Testing Pool, he/she was advised that he/she would be liable for a Missed Test if he/she was unavailable for Testing during the 60-minute time slot specified in his/her Whereabouts Filing at the location specified for that time slot;

b. that a DCO attempted to test the Athlete on a given day in the quarter, during the 60- minute time slot specified in the Athlete’s Whereabouts Filing for that day, by visiting the location specified for that time slot;
c. that during that specified 60-minute time slot, the DCO did what was reasonable in the circumstances (i.e. given the nature of the specified location) to try to locate the Athlete, short of giving the Athlete any advanced notice of the test;

d. that Article 4.13 above does not apply or (if it applies) was complied with; and

e. that the Athlete’s failure to be available for Testing at the specified location during the specified 60-minute time slot was at least negligent. For these purposes, the Athlete will be presumed to have been negligent upon proof of the matters set out in i to iv) above. That presumption may only be rebutted by the Athlete establishing that no negligent behaviour on his/her part caused or contributed to his/her failure (i) to be available for Testing at such location during such time slot, and (ii) to update his/her most recent Whereabouts Filing to give notice of a different location where he/she would instead be available for Testing during a specified 60-minute time slot on the relevant day.

4.15 Besides the UIPM another Anti-Doping Organization may have jurisdiction to test an Athlete in the UIPM Registered Testing Pool and to record a Missed Test.

4.16 An Athlete in the UIPM Registered Testing Pool shall be deemed to have committed an Anti-Doping Rule violation if the Athlete commits a total of three Whereabouts Failures, which may be any combination of Filing Failures and/or Missed Tests, within any 12-month period, irrespective of which Anti-Doping Organization has declared the Whereabouts Failures in question.

4.17 The 12-month period starts to run on the date of commission of the first Whereabouts Failure. Any successful Sample collection during the 12-month period will not prevent the commission of an Anti-Doping Rule Violation if the same Athlete commits three Whereabouts Failures. However, if an Athlete who has committed one Whereabouts Failure does not go on to commit a further two Whereabouts Failures within 12 months of the first, at the end of that 12-month period the first Whereabouts Failure expires for purposes of establishing an Anti-Doping Rule Violation.

4.18 The whereabouts information, safely and securely stored by using ADAMS, is shared by UIPM with WADA and other Anti-Doping Organizations having Testing authority over an Athlete on the strict condition that it be used only for Doping Control purposes. The UIPM may agree with a National Anti-Doping Organization which of them shall take responsibility for receiving the Whereabouts Filings of Athletes who are in two Registered Testing Pools. The UIPM is responsible to ensure that the whereabouts information can be accessed by authorized individuals acting on behalf of the UIPM on a need-to-know basis only, by WADA and by other Anti-Doping Organizations with Testing authority over the Athlete. The UIPM further ensures that the whereabouts information is maintained in strict confidence at all times, is used by the UIPM exclusively for the purpose of planning, coordinating or conducting Testing, and is destroyed in accordance with relevant confidentiality requirements after it is no longer relevant.

4.19 An Athlete who has been identified by the UIPM for inclusion in the UIPM’s Registered Testing Pool will continue to be subject to the whereabouts requirements specified above, unless and until the Athlete gives written notice to the UIPM that he/she has retired or until he/she no longer satisfies the criteria for inclusion into the UIPM’s Registered Testing
Pool and has been so informed by the UIPM. An Athlete included in the UIPM’s Registered Testing Pool who has given notice of retirement to the UIPM may not resume competing unless he/she notifies UIPM at least six months before he/she expects to return to Competition and is available for unannounced Out-of-Competition Testing, at any time during the period before actual return to Competition. WADA, in consultation with UIPM and the Athlete’s National Anti-Doping Organization, may grant an exemption to the strict application of this six-month written notice rule where the strict application of the rule would be manifestly unfair to the Athlete. This decision may be appealed in accordance with Article 13 of the Code.

4.20 Where an Athlete retires from but then returns to sport, his/her period of non-availability for Out-of-Competition Testing will be disregarded for purposes of calculating the 12-month period.

5 Layout of UIPM Doping Controls

5.1 Doping Controls must be conducted in substantial conformity with the current ISTI (including revisions, updates and amendments published by WADA from time to time). Completed tests are promptly reported into ADAMS clearinghouse to avoid unnecessary duplication in Testing.

5.2 Doping Controls at World Championships, World Cup Finals and Olympic Qualification Competitions in all UIPM sports are conducted under the supervision or in the presence of a UIPM Medical Delegate, who is a member of the UIPM Medical Committee.

5.3 Doping Controls at World Cups, Continental and Regional Championships and Category “B” UIPM Competitions in all UIPM sports are conducted by persons accredited by the official National medical association or governmental body. The UIPM Medical Committee is entitled to delegate its members to supervise these Doping Controls.

5.4 Doping Controls at Category “C” UIPM Competitions are conducted by the hosting National Federation in application of these Rules.

5.5 Out-of-Competition Testing is conducted by Sample Collection Authorities authorized by UIPM. Out-of-Competition Testing is subject to the UIPM Anti-Doping Rules and to these Rules.

6 Notification of Athletes

6.1 Notification of Athletes starts when the Sample Collection Authority initiates the notification of the selected Athlete and ends when the Athlete arrives at the Doping Control Station or when the Athlete’s possible Failure to Comply is brought to the Testing Authority’s attention. The main activities are:

- Appointment of DCOs, Chaperones and other Sample Collection Personnel;
- Locating the Athlete and confirming his/her identity by either his/her license or any other identity document. The means of identification of the Athlete shall be documented on the Doping Control form;
• Informing the Athlete that he/she has been selected to provide a Sample and of his/her rights and responsibilities;

• for No Advance Notice Testing, continuously chaperoning the Athlete from the time of notification to the arrival at the designated Doping Control Station; and

• documenting the notification, or notification attempt.

6.2 Requirements Prior to Notification of Athletes

6.2.1 It is the responsibility of the Medical Delegates and other authorised agents and persons (DCOs), to ensure that the Doping Controls are conducted correctly. The UIPM uses DCOs of the respective NADOs/Private service providers, trained by them for their responsibilities, they must not have a conflict of interests in the outcome of the Sample collection and must not be Minors. DCOs shall have official authorisation documentation by their NADOs/Private Service provider which includes their name, photograph and the expiry date of the identification. Sample Collection Personnel and Chaperones shall be adequately trained by their NADOs in a programme, which shall include studies of all relevant requirements of the Sample collection process. Thereafter they shall be accredited by their NADOs for a maximum of two years with the possibility of re-accreditation after having completed a training programme within the year prior to re-accreditation. Only such Sample Collection Personnel/Chaperones accredited by their NADOs/Private service provider company shall be authorised to conduct Sample collection activities on behalf of the UIPM.

6.2.2 The training programme for DCOs as a minimum shall include comprehensive theoretical training in different types of testing activities relevant to DCO position, observation of all doping controls activities, preferably on site, and a supervised satisfactory performance of one complete Sample Collection Session.

6.2.3 The main tasks of these DCOs are:

• Inspection of the Doping Control Station where the Samples are to be taken;

• Ensuring that the necessary material for collecting the Samples is available;

• Technical guidance of the Doping Control Station personnel appointed by the Pentathlon Director on behalf of the Organising Committee;

• Cooperation with the UIPM Medical/Technical Delegate at the selection of the UIPM Athletes for examination;

• Verification of the identity of the UIPM Athletes to be subject to Doping Control;

• Collection of Samples, their coding and sealing, recording and packing as well as dispatching or surveillance of the whole process;
• Writing a report to be addressed to the UIPM Secretary General.

6.2.4 The Pentathlon Director or other Competition Director is obliged to appoint a suitable number of Chaperones, based on number and gender of athletes to be tested, to support the DCOs with conducting Doping Control. Chaperon must be same sex as Athlete he or she accompanies.

6.2.5 The Organising Committee will establish a secure Doping Control Station which must consist of:
• Doping Control Room (table, chairs, wash stand);
• An integrated toilet; and
• A waiting room for Athletes and their associated representatives.

The DCO shall use a Doping Control Station which, at a minimum, ensures the Athlete’s privacy and where possible is used solely as a Doping Control Station for the duration of the Sample Collection Session. The DCO shall record any significant deviations from these criteria.

6.2.6 The Doping Control Station must be situated near the arena and clearly marked outside, as laid down by Annex 1, which is an integral part of these Rules. Adequate transport for the Medical Delegates, agents and persons authorised must be provided by the Organising Committee prior, during and after the Competition and, whenever needed otherwise.

6.2.7 Only the following persons are permitted to enter the Doping Control Station:

i. The Medical Delegates, authorised agents and persons, UIPM Technical Delegates/National Technical Observers and appointed assistants as well as international observers as specified by the chairperson of the Medical Committee;

ii. the Athlete who will be subject to Doping Control and his associated representative and/or interpreter, a Minor Athlete’s representative as well as an impaired Athlete’s representative;

iii. a WADA observer, where applicable under the Independent Observer Program.

6.3 Requirements for Notification of Athletes

6.3.1 The Athlete shall be the first person notified that he/she has been selected for Sample collection, except where prior contact with a third party is required as specified below.

6.3.2 The DCO or Chaperone, as applicable, shall consider whether a third party is required to be notified prior to notification of the Athlete, when the Athlete is a Minor, or where required by
an Athlete’s impairment, or in situations where an interpreter is required and available for the notification.

6.3.3 When initial contact is made, the DCO or Chaperone, as applicable, shall ensure that the Athlete and/or a third party (if so required) is informed:

- That the Athlete is required to undergo Sample collection;
- of the authority under which the Sample collection is to be conducted;
- of the type of Sample collection and any conditions that need to be adhered to prior to the Sample collection;
- of the Athlete’s rights, including the right to:
  i. Have a representative and, if available, an interpreter accompanying him/her;
  ii. Ask for additional information about the Sample collection process;
  iii. Request a delay in reporting to the Doping Control Station for valid reasons; and
  iv. Request modifications for Athletes with Impairments.
- of the Athlete’s responsibilities, including the requirement to:
  i. Remain within direct observation of the DCO/Chaperone at all times from the point initial contact is made by the DCO/Chaperone until the completion of the Sample collection procedure;
  ii. Produce identification;
  iii. Comply with Sample collection procedures (and the Athlete should be advised of the possible consequences of Failure to Comply); and
  iv. Report immediately for Sample collection, unless there are valid reasons for a delay, as determined in these Rules.
- of the location of the Doping Control Station;
- that, should the Athlete choose to consume food or fluids prior to providing a Sample, he/she does so at his/her own risk;
- not to hydrate excessively, since this may delay the production of a suitable Sample; and
- that any urine Sample provided by the Athlete to the Sample Collection Personnel should be the first urine passed by the Athlete subsequent to notification, i.e., he/she should not pass urine in the shower or otherwise prior to providing a Sample to the Sample Collection Personnel.
Preparing for the Sample Collection Session

7.1 Urine Controls

7.1.1 UIPM only uses Sample Collection Equipment systems which, at a minimum, have a unique numbering system incorporated into all bottles, containers, tubes or other item used to seal the Sample; have a sealing system that is tamper evident; ensure that the identity of the Athlete is not evident from the equipment itself, and ensure that all equipment is clean and sealed prior to use by the Athlete. UIPM has set up a system for recording the Chain of Custody.

7.2 Selection and Number of Athletes for Urine Control

7.2.1 As a matter of principle, the best-placed Athletes plus a number of female and/or male Athletes whose names may be drawn by lot or Target Tested to undergo the urine control. The draw is being done directly after the start of the last Athlete by UIPM Medical or Technical delegate. UIPM reserves deviation from this principle and procedure in case of justified reason for targeting other Athletes.

7.2.2 WADA is also authorised to select UIPM Athletes for Testing.

7.2.3 The name of the Athlete to be tested is communicated to the DCO or Chaperone in person prior to the first Athlete finishing. When initial contact is made, the DCO must ensure that the Athlete is informed on his/her rights and responsibilities and on the location of the Doping Control Station. It is a right of the Athlete to have a representative (accompanying official) and interpreter, ask for additional information about the Sample collection process, request a delay in reporting to the Doping Control Station for valid reasons and request modifications in case of an Athlete with disabilities. It is the Athlete’s responsibility to remain within the sight of the DCO and Chaperone at all times from the first moment of in-person notification by the DCO until the completion of the Sample collection procedure, produce identification if requested so, comply with Sample collection procedures and report immediately for a test, unless there are valid reasons for a delay. The DCO must inform the Athletes should they choose to consume food or fluids prior to providing a Sample that they do so at their own risk, and should in any event avoid excessive re-hydration. The Sample provided should be the first urine passed by the Athlete subsequent to notification.

7.3 Preparation at the Doping Control Station

7.3.1 Athletes selected for providing a urine Sample during Doping Control are obliged to report to the Doping Control Station presenting an identification document, immediately after the
end of Competition. A DCO or Chaperone will be with the Athlete at all times. The Athletes are entitled to be accompanied by an official of their team and by an interpreter.

7.3.2 The DCO or one of the Chaperones will prepare a Record of Doping Control, in duplicate, which must include the name of the Athlete, the country she/he represents, the time of request and the time of arrival at the Doping Control Station. The Athlete must declare any medication he/she may have taken in the preceding seven days. One part of the form certifies proper notification confirmed by signature of the Athlete. If the Athlete refuses to sign that the doping control form acknowledging their selection for Doping Control, or Evades notification or does not proceed with Doping Control after being notified, the Chaperone shall, if possible, inform the Athlete of the consequences of refusing or Failing to Comply, and the Chaperone shall immediately report all relevant facts to the DCO. When possible the DCO shall attempt to notify the Athlete and may alert the Athlete’s team officials of the Athlete’s behaviour and, where possible, continue to collect a Sample and shall document the facts and circumstances in a detailed report to the UIPM.

7.3.3 The DCO/Chaperones may at their discretion consider any reasonable third-party requirement or any request by the Athlete for permission to delay reporting to the Doping Control Station following acknowledgement and acceptance of notification, and/or leave the Doping Control Station temporarily after arrival, and may grant such permission if the Athlete can be continuously chaperoned and kept under direct observation during the delay and if the request relates to the following activities:

For In-Competition Testing

i. Participation in a victory or award ceremony;
ii. Fulfilment of media commitments;
iii. Competing in further Competitions;
iv. Performing of a warm down;
v. Obtaining necessary medical treatment;
vi. Locating a representative and/or interpreter;
vii. Obtaining photo identification;
viii. Any other exceptional circumstances which may be justified, and which shall be documented.

For Out-of-Competition Testing

- Locating a representative;
- Completing a training session;
- Receiving necessary medical treatment;
• Obtaining photo identification;
• Any other exceptional circumstances which can be justified, and which shall be documented.

7.3.4 The DCO or other authorised person shall document any reasons for delay in reporting to the Doping Control Station and/or reasons for leaving the Doping Control Station that may require further investigation by the UIPM. Any failure of the Athlete to remain under constant observation should also be recorded.

7.3.5 If the Athlete delays reporting to the Doping Control Station other than in accordance with number i) above but arrives prior to the DCO’s departure, the DCO shall decide whether to process a possible failure to comply. If at all possible the DCO shall proceed with collecting a Sample, and shall document the details of the delay in the Athlete reporting to the Doping Control Station.

7.3.6 Minor Athletes may be accompanied by a representative throughout the entire Sample Collection Session. This includes confirming wherever necessary that the organiser of the Event obtains the necessary parental consent for Testing any participating Athlete who is a Minor. All aspects of notification and Sample collection for Athletes who are Minors shall be carried out in accordance with the standard notification and Sample collection procedures unless modifications are necessary due to the Athlete being a Minor. In planning or arranging Sample collection, the Sample Collection Authority and DCO shall consider whether there will be any Sample collection for Athletes who are Minors that may require modifications to the standard procedures for notification or Sample collection. The DCO and the Sample Collection Authority shall have the authority to make modifications as the situation requires when possible and as long as such modifications will not compromise the identity, security or integrity of the Sample. Athletes who are Minors should be notified in the presence of an adult, and may choose to be accompanied by a representative throughout the entire Sample Collection Session. The representative shall not witness the passing of a urine Sample unless requested to do so by the Minor. The objective is to ensure that the DCO is observing the Sample provision correctly. Even if the Minor declines a representative, the Sample Collection Authority, DCO or Chaperone, as applicable, shall consider whether another third-party ought to be present during notification of and/or collection of the Sample from the Athlete. The DCO shall determine who (in addition to the Sample Collection Personnel) may be present during the collection of a Sample from an Athlete who is a Minor, namely a representative of the Minor to observe the Sample Collection Session (including observing the DCO when the Minor is passing the urine Sample, but not directly observing the passing of the urine Sample unless requested to do so by the Minor) and the DCO’s/Chaperone’s representative, to observe the DCO/Chaperone when a Minor is passing a urine Sample, but without the representative directly
observing the passing of the Sample unless requested by the Minor to do so. Should an Athlete who is a Minor decline to have a representative present during the Sample Collection Session, this should be clearly documented by the DCO. This does not invalidate the test, but must be recorded. If a Minor declines the presence of a representative, the representative of the DCO/Chaperone must be present. The preferred venue for all Out-of-Competition Testing of a Minor is a location where the presence of an adult is most likely, e.g., a training venue. The Sample Collection Authority shall consider the appropriate course of action when no adult is present at the Testing of an Athlete who is a Minor and shall accommodate the Athlete in locating a representative in order to proceed with Testing.

7.3.7 An Athlete with an intellectual, physical or sensorial disability may be assisted by the Athlete’s representative or Doping Control Station staff during the Sample Collection Session where authorised by the Athlete and agreed by the DCO. The DCO can decide and must report that alternative Sample Collection Equipment or facilities will be used, if necessary and as long as the Sample’s identity, security and integrity will not be affected. Athletes who are using urine collection or drainage systems are required to eliminate existing urine from such systems before providing a urine Sample for analysis. Where possible, the existing urine collection or drainage system should be replaced with a new, unused catheter or drainage system. The catheter or drainage system is not a required part of Sample Collection Equipment to be provided by the Sample Collection Authority; instead it is the responsibility of the Athlete to have the necessary equipment available for this purpose. The Sample Collection Authority has responsibility for ensuring, when possible, that the DCO has any information and Sample Collection Equipment necessary to conduct a Sample Collection Session with an Athlete with an impairment. All aspects of notification and Sample collection for Athletes with impairments shall be carried out in accordance with the standard notification and Sample collection procedures, including Sample Collection Equipment and facilities unless modifications are necessary due to the Athlete’s impairment. The DCO will record any applicable modifications made to the standard Sample collection procedures for Athletes with impairments.

7.3.8 The Athlete and the accompanying person must remain in the Doping Control Station’s waiting room under supervision until the Athlete is called into the consulting area. The Athlete and any personal belongings he or the accompanying person bring with them (clothing, bags, etc.) may be searched for evidence of manipulation, upon entering and leaving the Doping Control Station. If, while keeping the Athlete under observation, Doping Control Station personnel or Chaperones observe any matter with potential to compromise the test, the circumstances shall be reported to and documented by the DCO. If deemed appropriate by the DCO, the DCO shall investigate a possible Failure to Comply, and/or consider if it is appropriate to collect an additional Sample from the Athlete.
7.3.9 In case of possible Failure to Comply the UIPM Secretary General will notify WADA and instigate an investigation by the UIPM Doping Review Panel based on all relevant information and documentation, will inform the Athlete or other party in writing and offer them the opportunity to respond. The evaluation process is documented. The final determination is made available to WADA and the respective Anti-Doping Organizations.

7.3.10 The Athlete shall only leave the Doping Control Station under continuous observation by a Chaperone and with the approval of the DCO. The DCO shall consider any reasonable request by the Athlete, until the Athlete is able to provide a Sample. If the DCO gives approval, the DCO shall agree with the Athlete on the following conditions of leave and document them:

- The purpose of the Athlete leaving the Doping Control Station;
- The time of return;
- Observation at all times;
- No passing of urine until the athlete returns to the Doping Control Station.

7.3.11 No photographs, video or tape recordings may be taken inside the Doping Control Station during the doping control procedure.

7.3.12 The DCO shall provide the Athlete with the opportunity to hydrate. The Athlete should avoid excessive rehydration, having in mind the requirement to provide a Sample with a Suitable Specific Gravity for Analysis.

7.4 Blood and Gene Controls

7.4.1 Blood controls of UIPM Athletes are organised to determine the values of the Athlete Biological Passport parameters in blood Samples. Controls are also organized to detect growth hormone, ESA’s or whether gene or cell doping, i.e. the non-therapeutic use of genes, genetic elements and/or cells that have the capacity to enhance athletic performance. At all such Doping Controls, it must be ensured that the health and safety of the Athlete and Sample Collection Personnel are not compromised, that the Sample is of a quality and quantity that meets the relevant analytical guidelines, that the Sample has not been manipulated, substituted, contaminated or otherwise tampered with in any way, that the Sample is clearly and accurately identified and that the Sample is securely sealed.

7.4.2 It is the responsibility of the DCO to ensure that each Sample is properly collected, identified and sealed and that all Samples have been properly stored and dispatched in accordance with the relevant analytical guidelines. The Blood Collection Officer has the duty to collect the blood Sample, answer related questions during the provision of the Sample and dispose properly of used blood sampling equipment not required for
completing the Sample Collection Session in accordance with the local standards for handling blood.

7.4.3 Blood Sample Collection Equipment shall consist of a single Sample tube for blood profiling purposes or both an A and B Sample tube for blood analysis or as otherwise specified by the relevant laboratory.

7.5 Selection of Athletes for Blood Controls

7.5.1 As a rule, a certain number of Athletes, may be selected to undergo a blood control. Blood controls will be conducted in selected competitions or whenever decided by the UIPM Medical Committee and/or UIPM Anti-Doping manager.

7.5.2 All blood Samples shall only be taken by qualified personnel (Blood Collection Officer) appointed by the UIPM Medical Committee or other DCO. Sample Collection Personnel shall not be Minors and Blood Collection Officers shall have adequate qualifications and practical skills required to perform blood collection from a vein. Sample Collection Personnel that have an interest in the outcome of the collection or Testing of a Sample from an Athlete who might provide a Sample at a session must not be appointed to that Sample Collection Session. This goes, in particular, if they are involved in the planning of the sport for which Testing is being conducted, or are related to, or involved in the personal affairs of, any Athlete who might provide a Sample at that session. Blood Collection Officers shall be adequately trained in a program, which as a minimum shall include studies of all relevant requirements of the testing process and familiarization with relevant standard precautions in healthcare settings. Thereafter they shall be accredited by the UIPM for a maximum of two years with the possibility of re-accreditation after having completed a training program within the year prior to re-accreditation. Only such Blood Collection Officers accredited by the UIPM, NADO or Private Service Provider shall be authorised to conduct Sample collection activities on behalf of the UIPM.

7.5.3 Any Athlete may be selected for blood control at any time. WADA is authorised to selection as agreed upon with the UIPM.

7.5.4 The selected Athletes will be informed by the officials mentioned above and must sign a document of acknowledgement, which includes the time of Sample collection.

7.6 Out-of-Competition Controls

7.6.1 Out-of-Competition Doping Controls may include those conducted at and during UIPM Events. Out-of-Competition Testing at UIPM Events ends 12 hours before the start of a Competition and starts at the earliest 12 hours after a Competition has ended.

7.6.2 The UIPM Medical Committee or UIPM Anti-Doping Manager decides the site and time of the Doping Controls, after having
selected the Athletes to be controlled. WADA is authorised to select as agreed upon by the UIPM. Updated APMU report shall be taken into consideration while planning the testing.

7.6.3 The DCO must present his identity card and his appointment letter.

7.6.4 Should a Minor be included in the UIPM Registered Testing Pool, the preferred venue for all Out-of-Competition Testing is allocation where the presence of an adult is most likely, e.g. training venue. The Testing shall be conducted in accordance with Annex C of ISTI.

### Conducting the Sample Collection Session

#### 8 Urine Collection

8.1 Only one Athlete at a time shall be called into the Control room.

8.1.1 The Athlete shall select a collection vessel; visually check that it is empty and clean, that all seals on the selected vessel are intact and that the equipment has not been tampered with. There must be a sufficient number of clean containers available for selection, at least one more than the number of Athletes to be controlled. If the Athlete is not satisfied with the selected vessel, he/she may select another. If the Athlete is not satisfied with any of the equipment available for the selection, this shall be recorded by the DCO. If the DCO does not agree with the Athlete’s opinion that all the collection vessels available for the selection are unsatisfactory, the DCO shall instruct the Athlete to proceed with the Sample Collection Session. If the DCO agrees with the reasons put forward by the Athlete that all the collection vessels available for the selection are unsatisfactory, the DCO shall terminate the collection of the Athlete’s urine Sample and this shall be recorded by the DCO.

8.1.2 The Athlete who will be naked from the waist downward to the knees must urinate in an area of privacy in a container selected by him/herself thereby being closely supervised by a Chaperone being of the same gender as the Athlete. The DCO/Chaperone should where practicable ensure that the Athlete has thoroughly washed their hands prior to the provision of the Sample. Once the Sample has been provided, the DCO shall also ensure that no additional volume is passed by the Athlete at the time of provision, which could have been secured in the collection vessel.

8.1.3 The collected urine Sample must comprise at least 90 ml. The Athlete shall return to the Control room with the collection vessel containing the urine and shall retain control of the collection vessel and any Sample provided until the Sample is sealed. The DCO or Chaperone shall witness the Sample leaving the Athlete’s body and record the witnessing in writing.

8.1.4 The DCO shall use the relevant laboratory’s specifications to verify, in full view of the Athlete, that the volume of the urine
Sample satisfies the laboratory’s requirements for analysis. If insufficient urine has been provided by the Athlete, the partial Sample must be placed in a container and sealed. The DCO shall check, in full view of the Athlete, that the container has been properly sealed. The DCO and the Athlete shall check that the equipment code number and the volume and identity of the insufficient Sample are recorded accurately by the DCO. Either the Athlete or the DCO shall retain control of the sealed partial Sample. The Athlete will remain under continuous observation until further urine has been provided and Sample taking procedures are complete, and be given the opportunity to hydrate. If the requested urine volume of 90 ml has been provided, the DCO shall direct the Athlete to break the seal/s and combine the Samples, ensuring that additional Samples are added sequentially to the first entire Sample collected until, as a minimum, the urine volume of 90 ml is met.

8.1.6 The DCO shall instruct the Athlete to select a Sample collection kit containing two bottles (for A and B samples). Once a Sample collection kit has been selected, the DCO and the Athlete shall check that all code numbers match and that this code number is recorded accurately by the DCO. If the Athlete or DCO finds that the numbers are not the same, the DCO shall instruct the Athlete to choose another kit in accordance with the above procedure and record the matter. The Athlete him/herself will pour the urine into the bottles, that is to say first the minimum volume of 30 ml urine into the B bottle, and then fill the A bottle as much as possible (to a minimum of 60 ml and to capacity as per the recommendation of the equipment manufacturer). The Athlete shall then fill the B bottle per recommendation of the equipment manufacturer with the remaining urine. A few drops of urine shall remain in the collection vessel in order to enable the DCO to test that residual urine has a Suitable Specific Gravity for Analysis. Urine should only be discarded when both the A and B bottles have been filled as described before. Next, the Athlete shall seal the bottles as directed by the DCO. The DCO shall check, in full view of the Athlete, that the bottles have been properly sealed. Each A and B containers are to be placed in a container which are to be closed immediately after the Samples have been sealed.

8.1.7 Using the residual volume of urine in the collection container, Suitable Specific Gravity for Analysis must be measured by the DCO, as per ISTI. This Suitable Specific Gravity for Analysis will be recorded on the Doping Control Form. If the DCO’s field reading indicates that the Sample does not have a Suitable Specific Gravity for Analysis, then the DCO shall require that the Athlete provides a further Sample until the required Suitable Specific Gravity for Analysis is met or until the DCO determines that there are exceptional circumstances which mean that for logistical reasons it is impossible to continue with the Sample Collection Session. Such exceptional circumstances shall be documented accordingly by the DCO. The Athlete shall be advised not to hydrate excessively, since this may delay the production of a suitable Sample. In appropriate circumstances, excessive hydration may be pursued as a violation of Code
Article 2.5 (Tampering or Attempted Tampering with any part of Doping Control). While waiting to provide an additional sample, the Athlete shall remain under continuous observation. The DCO shall record that the samples collected belong to a single Athlete and the order in which the samples were provided. If it is determined that none of the Athlete’s samples meets the requirement for Suitable Specific Gravity for Analysis and the DCO determines that for logistical reasons it is impossible to continue with the sample collection session, the DCO may end the sample collection session. In such circumstances, if appropriate the chairperson of the UIPM Doping Review Panel may investigate a possible Anti-Doping Rule Violation. The DCO shall send to the laboratory for analysis all samples that were collected, irrespective of whether or not they meet the requirement for Suitable Specific Gravity for Analysis. The laboratory shall, in conjunction with the UIPM, determine which samples shall be analysed.

8.1.8

Any behaviour by the Athlete and/or Persons associated with the Athlete or anomalies with potential to compromise the sample collection shall be recorded in detail by the DCO. If there are doubts as to the origin or authenticity of the sample, the Athlete shall be asked to provide an additional sample. In case of an anomaly or if the Athlete refuses to provide an additional sample, the DCO is responsible for ensuring that any matters in this case are assessed to determine if a possible Failure to Comply has occurred. The DCO is responsible for ensuring that all relevant information, including information from the immediate surroundings when applicable, is obtained as soon as possible or when practicable to ensure that all knowledge of the matter can be reported and be presented as possible evidence as well as that appropriate documentation is completed to report any possible Failure to Comply. Sample Collection Personnel are responsible for reporting to the DCO any matter with the potential to compromise a test, and the DCO is responsible for reporting such matters to the Chairperson of the UIPM Medical Committee. The Athlete shall be notified of the possible consequence and that a possible Failure to Comply will be investigated by the chairperson of the UIPM Doping Review Panel and appropriate follow-up action will be taken. If possible, the Athlete’s sample collection session shall be completed. The chairperson of the UIPM Doping Review Panel will ensure that the outcomes of his/her investigation are considered for results management action and, if applicable, for further planning and Testing.

8.1.9

In conducting the sample collection session the following information shall be recorded as a minimum: Date, time and type of notification (No advance notice, advance notice, In-Competition or Out-of-Competition); arrival time at Doping Control Station; date and time of sample provision; the name, date of birth, gender of the Athlete; the Athlete’s home address and telephone number; the Athlete’s sport and discipline; the name of the Athlete’s coach and doctor; the sample code number; the type of the sample (urine, blood, etc.) and the type of test (In-Competition or Out-of-Competition); the name and
signature of the Chaperone who witnessed the urine Sample provision; the name and signature of the Blood Collection Official who collected the blood Sample, where applicable and as specified below; required laboratory information on the Sample; Partial Sample information; medications and supplements taken within the previous seven days and (where the Sample collected is a blood Sample) blood transfusions within the previous three months, as declared by the Athlete; Athlete consent for the processing of Sample collection data; Athlete consent or otherwise for the use of the Sample(s) for research purposes; Athlete comments or concerns regarding the conduct of the session, if provided; the name and signature of the Athlete; the name and signature of the Athlete’s representative, if required; the name and signature of the DCO; the name of the Testing Authority; the name of the Sample Collection Authority; and the name of the Results Management Authority.

8.1.10 The Athlete, his/her representative, the DCO, the representative of a Minor, if applicable, and other persons with a formal role present as witnesses, if they wish to do so, will sign the record thus confirming that the Sample Collection Session has been conducted correctly and all details, including any concerns by the Athlete are reflected. The DCO shall provide the Athlete with the opportunity to document any concerns he/she may have about how the Sample Collection Session was conducted. Other persons present who had a formal role during the Athlete’s Sample Collection Session may sign the documentation as a witness of the proceedings. The copies of the record will be placed in separate envelopes that must be closed and sealed and one copy must be given to the Athlete.

8.1.11 The envelope(s) containing the original of the record will be handed over to the UIPM Anti-Doping Manager as soon as practicable after the completion of the Sample Collection Session. For Out-of-Competition testing, the Sample Collection Authority should enter the details into ADAMS where possible otherwise they scan and email the DC form and relevant documents immediately to the UIPM AD Manager. The envelope with the copy will be delivered to the WADA-accredited Laboratory or as otherwise approved by WADA.

8.1.12 A courier forwards the containers to the WADA-accredited Laboratory for analysis as soon as possible after completion of the Sample Collection Session. Samples shall be transported in a manner which minimizes the potential for Sample degradation due to factors such as time delays and extreme temperature variations. Documentation identifying the Athlete shall not be included with the Samples or documentation sent to the laboratory. The receipt of Samples shall be confirmed in writing by the Laboratory Director or by a person delegated to do so.

8.1.13 Chain of Custody shall be checked by the chairperson of the UIPM Doping Review Panel if receipt of either the Samples with accompanying documentation or Sample Collection Session documentation is not confirmed at their intended destination or a Sample’s integrity or identity may have been compromised during transport. In this instance, the chairperson of the UIPM
Doping Review Panel shall consider whether the Sample should be voided. In case Sample has been voided, it will be documented and reported to WADA. Follow up target testing will be conducted.

8.1.14 Documentation related to a Sample Collection Session and/or an Anti-Doping Rule Violation shall be stored by UIPM for at least 10 years.

8.1.15 Samples collected in tests initiated by the UIPM are owned by the UIPM.

8.2 Blood Collection

8.2.1 The provisions of article 8.1 above apply to blood controls as far as not specified otherwise below. If the Sample is to be used in connection with the Athlete Biological Passport program the APB technical documents apply and the DCO/BCO shall use the Doping Control form that is specific to the Athlete Biological Passport program. If such form is not available, the DCO/BCO shall use a regular Doping Control form, but he/she shall collect and record the following additional information on a supplementary report form that shall be signed by the Athlete and the DCO/BCO:

i. confirmation that the Athlete did not participate in training or Competition in the last two hours before the Sample was collected;

ii. information, whether the Athlete trained, competed or resided at an altitude greater than 1500 meters in the previous two weeks. If so, or if in doubt, the name and location of the place(s) where the Athlete has been, as well as the duration of his/her stay there, shall be recorded, along with the estimated altitude there (if known);

iii. information, whether the Athlete used any form of altitude simulation (such as a hypoxia tent, mask, etc.) in the previous two weeks. If so, as much information as possible on the type of device and the manner in which it was used (frequency, duration, intensity, etc.) shall be recorded; and

iv. information, whether the Athlete received any blood transfusion(s) during the previous three months. Whether there was any blood loss due to accident, pathology or donation in the previous three months. In either case, if so, the estimated volume needs to be indicated.

8.2.2 At the time indicated, the selected Athletes shall proceed to the area where the Sample will be provided. If some problems occur and the Athlete cannot undergo the blood control at the scheduled time, the time of Sample collection can be exceptionally delayed until five minutes before his start time.

8.2.3 If the Athlete wants to refuse to blood Sample collection, the possible consequences of his/her refusal must be explained to
him/her by the respective official mentioned under article 6.2.1 above. If the Athlete continues refusing, this fact will be noted in the record and will be signed by the official. The Athlete and the person accompanying him/her are requested to sign as well. The official is responsible to communicate the refusal to the UIPM Anti-Doping Manager and the Chairperson of the UIPM Medical Committee.

8.2.4 The DCO shall ensure the Athlete is offered comfortable conditions including being in a relaxed position for at least 10 minutes prior to providing a Sample. The DCO shall instruct the Athlete to select the Sample collection kit(s) required for collecting the Sample and to check that the selected equipment has not been tampered with and the seals are intact. Article 8.1.6 above applies to Blood Controls accordingly.

8.2.5 The Blood Collection Officer shall clean the skin with a sterile disinfectant wipe or swab in a location unlikely to adversely affect the athlete or the athlete’s performance and, if required, apply a tourniquet. The Blood Collection Officer shall take the blood sample of vein blood of an amount which shall be adequate to satisfy the relevant analytical requirements for the Sample analysis to be performed, from a surface forearm vein of the non-dominant arm of the selected Athlete into the final collection container. The tourniquet, if applied, shall be immediately removed after the venipuncture has been made.

8.2.6 In case of impossibility to take the blood Sample within three attempts, the Blood Collection Officer shall inform the DCO. The DCO shall terminate the collection of the blood Sample and record this and the reasons for terminating the collection.

8.2.7 The Blood Collection Officer shall apply a dressing to the puncture site(s) and shall dispose of used blood sampling equipment not required for completing the Sample Collection Session in accordance with the required local standards for handling blood. If the Sample is to be used in connection with the Athlete Biological Passport program, it shall not be collected within two hours of the Athlete training or competing. If the Athlete has trained or competed within two hours of the time that the Athlete is notified of his/her selection for Sample collection, the DCO/BCO/Chaperone shall monitor the Athlete continuously until the two-hour period has elapsed, after which the Sample shall be collected. The nature of the exertion (Competition, training, etc.), as well as its duration and general intensity, shall be recorded by the DCO/BCO in the mission documentation.

8.2.8 The Athlete, after having gently mixed the tube three times, shall seal his/her Sample into the Sample collection kit as directed by the DCO. In full view of the Athlete, the DCO shall check that the sealing is satisfactory. If the Sample requires further on-site processing, such as centrifugation or separation of serum (for example, in the case of a Sample intended for use in connection with the Athlete Biological Passport program), after the blood flow into the tube ceases, the BCO shall remove the tube from the holder and homogenize the blood in the tube manually by inverting the tube gently at least three times, the Athlete
shall remain to observe the Sample until final sealing in secure, tamper-evident kit.

8.2.9 In case of more Athletes waiting to undergo Sample collection, the sequence will be conducted in accordance with the expected sampling order. In case of delayed arrival at the Doping Control Station, the Athlete will be shifted to the end of the list.

8.2.10 The sealed Sample shall be stored in a manner that protects its integrity, identity and security prior to analysis at the Doping Control Station or dispatch for analysis at the WADA-accredited Laboratory or as otherwise approved by WADA. If the Sample is intended for use in connection with an Athlete Biological Passport program, the DCO/BCO shall place it in a storage device that is capable of maintaining blood Samples at a cool temperature for the duration of the period of storage and transport but without allowing whole blood Samples to freeze (such as a refrigerator, an insulated cool box, an isotherm bag, or any other device with such capability). A temperature data logger shall be used to record the temperature of the Sample during storage and transport. In choosing the storage device, the Sample Collection Authority shall take into account the duration of the period of storage and transport, the number of Samples to be stored together, and the prevailing environmental conditions (hot or cold temperatures).

8.2.11 If the Sample is intended for use in connection with an Athlete Biological Passport program, it shall be transported rapidly to the laboratory.

9 Doping Control Laboratories

9.1 Only Laboratories accredited by WADA or otherwise approved by WADA and chosen by UIPM are entitled to analyse Samples taken at UIPM Doping Controls. These laboratories are announced and updated by WADA on a continuous basis. These Laboratories will analyse Samples and report results in conformity with the current International Standard for Laboratories (which may be revised by WADA from time to time).

9.2 Samples will be collected and analysed to detect Prohibited Substances and Prohibited Methods identified on the current WADA 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 UIPM or other Anti-Doping Organization in profiling relevant parameters in an Athlete’s urine, blood, or other matrix, including DNA profiling or genomic profiling, for anti-doping purposes. No Sample may be used for any purpose other than mentioned before without the Athlete’s written consent. Samples used for other purposes than mentioned in this article shall have the identity code removed such that they cannot be traced back to a particular Athlete.

9.3 A Sample collected under UIPM authority may be subject to further analysis for the above purpose within 10 years of the date of Sample collection exclusively at the direction of the UIPM or WADA. The circumstances and conditions for further analysis of Samples shall conform to the requirements of the International Standard for Laboratories.
Analysis of Samples – Determination of Results

10.1 Urine Samples

10.1.1 During the analysis, only the Laboratory Director and his personnel shall have access to the Laboratory.

10.1.2 Urine Samples are analysed at the minimum level of analysis according to the WADA Technical Document for Sport Specific Analysis. ESA tests will be conducted on the largest possible number of urine Samples and 5% of them also for GH and GHRF.

10.1.3 The result of the Laboratory analysis must be treated confidentially. It shall be reported in ADAMS or communicated in a way regarded as suitable for this purpose only to the UIPM Anti-Doping Manager.

10.2 Blood Samples

10.2.1 Analysis

The blood Samples collected and sealed in a security system should be carefully shipped to avoid haemolysis and be transported to a WADA accredited Laboratory selected by the UIPM Medical Committee. They shall be analysed according to the WADA Technical Document for Sport Specific Analysis and the International Standard for Laboratories.

10.2.2 The results of the WADA-accredited or WADA Approved Laboratory for the ABP analysis shall be reported promptly in ADAMS.

General Medical Care to Athletes and Therapeutic Use Exemptions (TUEs)

11.1 All UIPM Athletes must have physical evaluations by their medical staff or their National Federation medical doctors. Records should be kept on file on each of the UIPM Member Federations of the Athlete’s health and any subsequent injury or illness. A significant lapse in training requires update medical evaluation that would also become part of a medical record on file with the Member Organisation.

11.2 Illnesses are recorded for retrospective evaluation of illness/injury trends. It is recommended that all UIPM Member Federations keep such a record of the injury. When medically indicated, a formal request may be made through the UIPM Headquarters for such records from the National Federations. Care must be taken to preserve the privacy of the Athletes and their identity, unless permission by the Athlete is obtained in writing. The information must be used to advance the health and safety of the sport and its participants, and will not be used to advantage or disadvantage any athlete or organisation.
11.3 In accordance with Article 4.1 of the International Standard for Therapeutic Use Exemptions, an Athlete may be granted a TUE if (and only if) he/she can show, by a balance of probability, that each of the following conditions is met:

a. The Prohibited Substance or Prohibited Method in question is needed to treat an acute or chronic medical condition, such that the Athlete would experience a significant impairment to health if the Prohibited Substance or Prohibited Method were to be withheld.

b. The Therapeutic Use of the Prohibited Substance or Prohibited Method is highly unlikely to produce any additional enhancement of performance beyond what might be anticipated by a return to the Athlete’s normal state of health following the treatment of the acute or chronic medical condition.

c. There is no reasonable Therapeutic alternative to the Use of the Prohibited Substance or Prohibited Method.

d. The necessity for the Use of the Prohibited Substance or Prohibited Method is not a consequence, wholly or in part, of the prior Use (without a TUE) of a substance or method which was prohibited at the time of such Use.

11.4 All UIPM 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) granted by the UIPM Therapeutic Use Committee, which consists of three members of the UIPM Medical Committee, all of them appointed by the Chairperson of the UIPM Medical Committee. Such TUE is needed for participation at any UIPM competition of categories A, B and C.

11.5 An Athlete may only be granted retroactive approval for his/her Therapeutic Use of a Prohibited Substance if:

a. Emergency treatment or treatment of an acute medical condition was necessary; or

b. due to other exceptional circumstance, there was insufficient time or opportunity for the Athlete to submit, or for the UIPM Therapeutic Use Committee to consider, an application for the TUE prior to Sample collection; or

c. The applicable rules required the Athlete or permitted the Athlete to apply for a retroactive TUE; or

d. It is agreed by WADA and by the Anti-Doping Organisation to whom the application for a retroactive TUE is or would be made, that fairness requires the grant of a retroactive TUE. If WADA and/or the Anti-Doping Organization do not agree to the application of Article 4.3(d), that may not be challenged either as a defense to proceedings for an anti-doping rule violation, or by way of appeal, or otherwise The UIPM Therapeutic Use Committee have to consider a request for TUE by applying the current International Standard for Therapeutic Use Exemptions (including revisions that are continuously published by WADA). The International Standard for Therapeutic Use Exemptions
11.4 The presence of a Prohibited Substance or its Metabolites or Markers, Use or Attempted Use of a Prohibited Substance or a Prohibited Method, Possession of Prohibited Substances and Methods or Administration of a Prohibited Substance or Prohibited Method consistent with the provisions of an applicable Therapeutic Use Exemption and issued pursuant to the International Standard for Therapeutic Use Exemptions shall not be considered an Anti-Doping Rule Violation.

11.5 Requests of Athletes for a TUE must be submitted as soon as possible and no later than 30 days before the Athlete’s participation at a UIPM event, unless it is an emergency or exceptional situation. The decision on granting or denial of a TUE must be taken not later than seven days before the Athlete’s participation at a UIPM event.

11.6 The Athlete should submit the TUE application via ADAMS or as otherwise specified by UIPM. The form must be accompanied by:

a. a statement by an appropriately qualified physician, attesting to the need for the Athlete to Use the Prohibited Substance or Prohibited Method in question for Therapeutic reasons; and

b. a comprehensive medical history, including documentation from the original diagnosing physician(s) (where possible) and the results of all examinations, laboratory investigations and imaging studies relevant to the application.

11.7 The Athlete should keep a complete copy of the TUE application form and of all materials and information submitted in support of that application.

11.8 A TUE application will only be considered by the UIPM Therapeutic Use Committee following the receipt of a properly completed application form, accompanied by all relevant documents. Incomplete applications will be returned to the Athlete for completion and re-submission.

11.9 The UIPM Therapeutic Use Committee may request from the Athlete or his/her physician any additional information, examinations or imaging studies, or other information that it deems necessary in order to consider the Athlete’s application; and/or it may seek the assistance of such other medical or scientific experts as it deems appropriate.

11.10 Any costs incurred by the Athlete in making the TUE application and in supplementing it as required by the UIPM Therapeutic Use Committee are the responsibility of the Athlete.
12 Doping Controls for Horses

12.1 Selection of Horses

12.1.1 The UIPM Technical and Medical Delegates decide whether Horses shall undergo a Testing and, if yes, which Horses. In addition, they may decide to sample Horses for Out-of-Competition Testing.

12.1.2 This selection may take place at the draw of the Horses and at any time during the Riding event. Horses can be tested several times during one event.

12.2 Sampling

12.2.1 Once a Horse has been selected for Sampling, the person responsible for the supervision of the Horse must be informed. From the moment of notification, an authorised assistant must accompany the horse at all times until the Sample is collected. A refusal or wilful obstruction by any person to submit a horse for Sampling or to sign the Sampling form is immediately reported to the Competition Jury. If the Competition Jury decides that there are no grounds for such a refusal or obstruction it must not admit the respective horse for competition and must inform the UIPM Doping Review Panel.

12.2.2 It is the responsibility of the Medical Delegates and other authorised agents and persons, as mentioned above under Article 6.2.1 above, to ensure that the Sampling is conducted correctly.

12.2.3 The presence of a Prohibited Substance in a horse may be demonstrated in Samples taken from its tissues, body fluids (mainly blood) or excreta (mainly urine). Instructions for collecting Samples are contained in the Sampling kits. The Medical Delegates and other authorised agents or persons may authorise the collection of other materials, such as hair samples. Such Samples must be collected in accordance with instructions given by the UIPM Medical Committee.

12.2.4 All Samples awaiting transport to the laboratory must be kept in a locked refrigerator and dispatched to the laboratory as soon as possible.

12.3 Medical Treatment of Horses and Therapeutic Use Exemptions

When treatment of a horse with a Prohibited Substance or the use of alternative treatment or the use of medication not on the list of Prohibited Substances is required, the treating veterinarian must inform the UIPM Medical or Technical Delegate prior to treatment and achieve permission in writing. The Delegate will decide whether the horse is still fit to compete and whether it may have a possible unfair advantage as a result of treatment. If a horse must be treated with a Prohibited Substance prior to arrival at the competition, the UIPM Medical Delegate or Technical Delegate must be
consulted as soon as possible upon arrival at the venue. On such occasions, a statement signed by a veterinarian must be submitted, stating the reason for treatment, the substance, the dose, route, and exact time of administration. The Delegate will decide whether the horse is fit to compete and whether it may have a possible unfair advantage as a result of treatment. At UIPM competitions where no such Delegate or other person authorised is present the Pentathlon Director is responsible to ensure the application of this rule.

12.4 Analysis

12.4.1 Analysis of the Sample is performed in a FEI-accredited laboratory and as follows:

- On urine if urine has been collected. Urine from one of the two bottles, referred to as Sample A, is analysed. The remaining bottle of urine, referred to as Sample B, is stored unopened to be used in the case that a confirmatory analysis is required.

- On blood, collected in the absence of urine, or in combination with a urine sample. Blood from the syringes contained in the Sampling kit, referred to as Sample A, is analysed. The remaining syringe(s), referred to as Sample B, are stored unopened to be used in the case that a confirmatory analysis is required.

12.4.2 Doping Control Samples will be analysed to detect Prohibited Substances and Prohibited Methods identified in the UIPM Anti-Doping Rules and other substances as may be directed by WADA pursuant to the WADA Monitoring Program. No Sample may be used for any purpose other than the detection of substances (or classes of substances) or methods mentioned above, or as otherwise identified by WADA pursuant to its Monitoring Program, without the person’s responsible for the horse or owner’s written consent.

12.4.3 If the analysis of the A sample confirms a positive result, the UIPM Secretary General will immediately inform in writing the person responsible for the horse and the owner of the horse. This control analysis is conducted at the same laboratory under the supervision of a Member of the UIPM Medical Committee or authorised person. The owner of the horse is entitled to send a representative to the laboratory to attend the analysis of the B sample.

12.4.4 The member of the UIPM Medical Committee or authorised person will forward the result of second examination to the UIPM Secretary General. In case of a second positive result the chairperson of the UIPM Doping Review Panel will initiate the necessary procedures, all expenses that have been incurred due to the examination of the B sample, will be paid by the National Federation concerned.
13.1 The UIPM is committed to obtain, assess and process anti-doping intelligence from all available sources, to be used to help deter and detect doping, by informing the development of an effective, intelligent and proportionate Test Distribution Plan and/or the planning of Target Testing, and/or by forming the basis of an investigation into a possible Anti-Doping Rule Violation(s).

13.2 The UIPM through its Anti-Doping Manager and the Medical Committee is responsible to capture or receive anti-doping intelligence from all available sources, including Athletes and Athlete Support Personnel and members of the public, Sample Collection Personnel, laboratories, pharmaceutical companies, National Federations, law enforcement, other regulatory and disciplinary bodies, and the media.

13.3 The UIPM through its Anti-Doping Manager and the Medical Committee coordinates policies and procedures to ensure that anti-doping intelligence captured or received is handled securely and confidentially, that sources of intelligence are protected, that the risk of leaks or inadvertent disclosure is properly addressed, and that intelligence shared with them by law enforcement, other relevant authorities and/or other third parties, is processed, used and disclosed only for legitimate anti-doping purposes. They are responsible to assess all anti-doping intelligence upon receipt for relevance, reliability and accuracy, taking into account the nature of the source and the circumstances in which the intelligence has been captured or received.

13.4 The UIPM through its Anti-Doping Manager and the Medical Committee will collate and analyse all anti-doping intelligence captured or received by the UIPM in order to establish patterns, trends and relationships that may assist the UIPM in developing an effective anti-doping strategy and/or in determining (where the intelligence relates to a particular case) whether there is reasonable cause to suspect that an Anti-Doping Rule Violation may have been committed, such that further investigation is warranted in accordance with Section 12.0 of the ISTI.

13.5 Anti-doping intelligence shall be used to assist in developing, reviewing and revising the UIPM Test Distribution Plan and/or in determining when to conduct Target Testing and/or to create targeted intelligence files. The intelligence, where appropriate and subject to applicable law is shared with other Anti-Doping Organizations and/or law enforcement and/or other relevant regulatory or disciplinary authorities.

14.1 Investigating Atypical Findings and Adverse Passport Findings

14.1.1 The UIPM Anti-Doping manager in cooperation with the UIPM Medical Committee will investigate confidentially and effectively Atypical Findings and Adverse Passport Findings.
arising out of Testing conducted on UIPM’s behalf and/or for which UIPM is the Results Management Authority. UIPM will provide WADA upon request with further information regarding the circumstances of Adverse Analytical Findings, Atypical Findings, and other potential Anti-Doping Rule Violations, such as (without limitation):

- the level of the Athlete in question;
- what whereabouts information (if any) the Athlete in question provides, and whether that information was used to locate him/her for the Sample collection that led to the Adverse Analytical Finding or the Atypical Finding;
- the timing of the Sample collection in question relative to the Athlete’s training and competition schedules; and
- other such profile information as determined by WADA.

14.1.2 The UIPM Anti-Doping Manager in cooperation with the UIPM Medical Committee will investigate confidentially and effectively any other analytical or non-analytical information or intelligence that indicates there is reasonable cause to suspect that an Anti-Doping Rule Violation may have been committed. When there is reasonable cause to suspect that an Anti-Doping Rule Violation may have been committed, the UIPM Secretary General will notify WADA that it is starting an investigation and will thereafter keep WADA updated on the status and findings of the investigation upon request.

14.1.3 The UIPM will gather and record all relevant information and documentation as soon as possible, in order to develop that information and documentation into admissible and reliable evidence in relation to the possible Anti-Doping Rule Violation, and/or to identify further lines of enquiry that may lead to the discovery of such evidence. The UIPM Anti-Doping Manager in cooperation with the UIPM Medical Committee will conduct investigations fairly, objectively and impartially at all times. The conduct of investigations, the evaluation of information and evidence identified in the course of that investigation, and the outcome of the investigation, will be fully documented. They will make use of all investigative resources reasonably available to it to conduct the investigation. This may include obtaining information and assistance from law enforcement and other relevant authorities, including other regulators, but will embrace the use of all investigative resources at UIPM’s own disposal, including the Athlete Biological Passport program, investigative powers conferred (e.g., the power to demand the production of relevant documents and information, and the power to interview both potential witnesses and the Athlete or other Person who is the subject of the investigation), and the power to suspend a period of Ineligibility imposed on an Athlete or other Person in return for the provision of Substantial Assistance in accordance with UIPM Anti-Doping Rules Article 10.6.1. Athletes and Athlete Support Personnel are obliged to cooperate with investigations.
14.1.4 The UIPM Anti-Doping manager, in cooperation with the UIPM Medical Committee shall come to a decision efficiently and without undue delay as to whether proceedings should be brought against the Athlete or other Person asserting commission of an Anti-Doping Rule Violation. Where they conclude based on the results of their investigation that proceedings should be brought against the Athlete or other Person asserting commission of an Anti-Doping Rule Violation, all respective procedural steps shall be initiated. Where they conclude that proceedings shall not be brought against the Athlete or other Person asserting commission of an Anti-Doping Rule Violation, the UIPM Secretary General will notify WADA and the Athlete’s or other Person’s National Federation and National Anti-Doping Organization in writing of that decision, with reasons, and will provide such other information about the investigation as is reasonably required by WADA and/or National Anti-Doping Organization in order to determine whether to appeal against that decision. In any event, they shall consider whether any of the intelligence obtained and/or lessons learned during the investigation should be used for the development of the UIPM Test Distribution Plan and/or to plan Target Testing, and/or should be shared with any other body concerned.

PART FOUR: RESULTS MANAGEMENT

15 Composition and Responsibilities of the UIPM Doping Review Panel

15.1 The UIPM Doping Review Panel is appointed by the UIPM Executive Board for its election period at its first meeting after an Electoral Congress.

15.2 The UIPM Doping Review Panel is responsible for imposing sanctions and provisional suspensions according to the UIPM Anti-Doping Rules and these Procedures.

16 Procedures

16.1 The procedure in all matters except Anti-Doping Rule Violations take place in camera and can be organized by phone or video conference. Procedures must be conducted in a fair, timely and impartial manner, and the parties must be offered the possibility to present their respective cases and any documents in support. All reliable means of evidence can be considered. This procedure also applies in cases of Anti-Doping Rule Violations falling under Article 7.10 UIPM Anti-Doping Rules.

16.2 The procedure in all other cases of Anti-Doping Rule Violations shall be as follows:

16.3 The Person concerned and the Person’s National Federation have to be granted a timely, fair and impartial hearing. The Athlete or other Person concerned has the right to be represented by counsel at their own expense. They have the right to be informed in a fair and timely manner of the asserted Anti-Doping Rule Violation and to respond to the asserted Anti-Doping
Rule Violation and potential Consequences. They have the right to present evidence, including the right to call witnesses and experts. It is up to the UIPM Doping Review Panel to accept testimony by telephone or written submission. The Athlete or other Person concerned have the right to an interpreter at the hearing, with the UIPM Doping Review Panel to determine the identity and responsibility for the cost of the interpreter. The Panel shall not be restricted in the admission or evaluation of evidence.

16.4 The decision with its reasons, specifically including an explanation of the reason(s) for any ban period, must promptly be delivered in writing to the Person concerned.

16.5 The costs that accrue from the procedure are borne in case of a conviction by the Person concerned or alternatively by his/her National Federation as decided by the UIPM Doping Review Panel.

16.6 Hearings held in connection with Events may be conducted by an expedited process depending on the circumstances of the case. In the cases of Articles 7.9.1 - 7.9.3 UIPM Anti-Doping Rules a hearing may be provisional and/or expedited. In all these cases Article 16.2.1 above shall be applied as far as reasonable and feasible.

16.7 The right to a hearing may be waived by the Athlete or other Person.

17 Appeal

17.1 Decisions of the UIPM Doping Review Panel are subject to appeal to the UIPM Court of Arbitration. The appellant must lodge his/her appeal with the UIPM Court of Arbitration in writing by registered letter to the UIPM Secretary General within twenty-one days after the receipt of the respective decision. Members of the UIPM Doping Review Panel may not sit on any appeal panel of the UIPM Court of Arbitration if they have had prior involvement in the case in question.

Within 15 days from notice of the decision, such party shall have the right to request from the UIPM Doping Review Panel having issued the decision a copy of the documentation on which the Panel relied. If such a request is made within 15 days, then the party making such request shall have 21 days from receipt of the documentation to file an appeal to the UIPM Court of Arbitration. All appeals must set out briefly their nature and the facts relating thereto and must include the nomination of an arbitrator. The UIPM Secretary General must inform the UIPM Doping Review Panel and the UIPM Executive Board of the occurrence of the appeal as soon as possible.

17.2 The UIPM Executive Board must advise of its appointment of an arbitrator within 10 days after the receipt of the information on an appeal by the UIPM Secretary General.

17.3 In their decisions, the UIPM Court of Arbitration is bound by the UIPM Anti-Doping Rules and UIPM Anti-Doping Procedures and all other UIPM Rules as well as all provisions of substantive law of the Principality of Monaco. To the extent not provided otherwise by the UIPM Statutes and UIPM Rules on Internal Organisation, the general Monegasque rules of civil procedure apply to the arbitration proceedings.

17.4 In case of necessity the President of the UIPM Court of Arbitration is authorised to decide upon provisional or conservatory measures.
17.5 The UIPM Court of Arbitration makes its decision after an oral hearing within three months of its constitution. If the parties agree, the UIPM Court of Arbitration can waive the hearing.

17.6 In the hearing, the circumstances of the dispute shall be determined following representations by the appellant or his/her representative, a representative of the UIPM Doping Review Panel, any witnesses and any experts nominated by the UIPM Court of Arbitration.

17.7 The admission of other evidence does not require motions by parties.

17.8 The appellant or his/her representative and the representative of the UIPM Doping Review Panel may be present during the examination of witnesses and comment on their testimony.

17.9 The non-appearance of a party does not hinder the carrying out of the procedure.

17.10 The appellant may avail him/herself of the assistance of a legal advisor and an interpreter at any stage of the proceedings.

17.11 Appeals have no suspensive effect.

17.12 The UIPM Court of Arbitration’s decisions with reasons in writing are to be transmitted to the parties by registered mail within 14 days of their date.

17.13 The UIPM Court of Arbitration also rules on the costs of the proceedings. These can be split among the appellant and the UIPM or imposed on one party only. Upon filing of the appeal, the appellant shall pay a fee of USD 300, failing which the UIPM Court of Arbitration shall not proceed. The appellant shall advance the costs for one arbitrator, half of the costs of the president and the costs for its own witnesses, experts and interpreters.

17.14 A decision of the UIPM Court of Arbitration may be appealed to the Court of Arbitration for Sports (CAS), Lausanne in accordance with Article 13 of the UIPM Anti-Doping Rules.