

ANTI-DOPING IRISH RULES

Handbook for Athletes



THE
IRISH SPORTS
COUNCIL



AN CHOMHAIRLE SPÓIRT



Irish Sport
anti-doping
programme

ANTI-DOPING

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“THE AIM OF THIS HANDBOOK IS TO HELP ATHLETES UNDERSTAND THEIR ROLE AND RESPONSIBILITIES UNDER THE NEW IRISH ANTI DOPING RULES AND PROGRAMME.”

INTRODUCTION

Doping is contrary to the spirit and values of sport. Fair play is an essential principle of sport. Athletes should be recognised for their talent and for the work and effort they place in their training. To develop healthy, fair and enjoyable sport it must be drug free and played in accordance with the spirit and letter of the rules.

In 1999 the World Anti-Doping Agency was established as an independent, non-governmental organisation and one of its main activities was to develop a World Anti-Doping Code (Code), which was to harmonise anti-doping regulations all around the world and with all sports organisations. This Code was published in March 2003 and all National Anti-Doping Organisations must be in compliance with this Code by the Athens 2004 Olympic Games.

In 2004 the Irish Sports Council will publish the Irish Sports Anti-Doping Rules, which will come into effect on June 1st 2004. These will incorporate all requirements under the Code.

The aim of this handbook is to help athletes understand their role and responsibilities under the New Irish Anti-Doping Rules and Programme. This handbook will cover various topics including what is doping, athlete's rights and responsibilities, information resources, results management and procedures for Therapeutic Use Exemptions.

WHAT IS DOPING?

Doping is defined as the occurrence of one or more of the anti-doping violations as set forth in the World Anti-Doping Code (WADC) and the Irish Anti-Doping Rules Articles 2.1 to 2.9.

Anti-doping violations include:

- 2.1** The presence of a prohibited substance or its metabolites or markers in an athlete's bodily specimen.

(This is known as a strict liability offence and it is the duty of you the athlete to ensure that no Prohibited Substance enters your body)

- 2.2** Use or attempted use of a Prohibited Substance or a Prohibited Method. The success or failure of the use of a Prohibited Substance or Prohibited Method is not material. It is sufficient that the Substance or Method was used or attempted to be used.

- 2.3** Refusing, or failing without compelling justification, to submit to sample collection after notification, or otherwise evading sample collection.

- 2.4** Violation of the requirements regarding athlete availability for out of competition testing, including failure to provide required whereabouts information.

(Athletes identified for Out of Competition testing are responsible for providing and updating information on their whereabouts so that they can be located for No Advance Notice Out of Competition testing)

- 2.5** Tampering or attempting to tamper with any part of doping control.

(Doping Control is defined as the process of test distribution planning, sample collection and handling, laboratory analysis, results management, hearings and appeals)

- 2.6** Possession of Prohibited Substances and Methods. This includes:

2.6.1 Possession by athlete, at any time or place, of a substance that is prohibited in out of competition testing, or a Prohibited Method unless the athlete can establish therapeutic use exemption (TUE) or acceptable justification.

2.6.2 Possession of a Prohibited Substance that is prohibited in out of competition testing or a Prohibited Method by athlete support personnel in connection with an athlete, event or training, unless the athlete support personnel can establish therapeutic use exemption (TUE) or acceptable justification.

- 2.7** Trafficking in any Prohibited Substance or Prohibited Method

- 2.8** Administration or attempted administration of a Prohibited Substance or Prohibited Method to any athlete

- 2.9** Assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an doping rule violation or any attempted violation.

For more details of anti-doping violations please refer to the World Anti-Doping Code (Article 2) and Irish Anti-Doping Rules (Article 2).

“DOPING IS PROHIBITED AS
IT UNDERMINES THE
SPIRIT OF SPORT.”

WHAT ARE PROHIBITED SUBSTANCES AND PROHIBITED METHODS?

These are any Substances or Methods included in the World Anti-Doping Agency's (WADA) List of Prohibited Substances and Methods.

This list can be found www.irishsportsCouncil.ie or www.wada-ama.org. The Irish Sports Council also provides a wallet card with information on Prohibited Substances and Methods and treatment guidelines, please contact the Anti-Doping Unit.

WHY IS DOPING PROHIBITED?

Doping is prohibited as it undermines the spirit of sport. Doping control protects athletes from other athletes taking unfair advantage and from the possibly harmful side effects of drugs.

WHAT IS COMPETITION TESTING?

Competition testing takes place on the day of a competition or game. The selection of a player/athlete is made from members of a team/squad or those entering the competition.

Selection will be carried out by the Doping Control Officer (DCO) according to criteria agreed by each NGB and depending on the selection policy of the sport, which may target a particular finishing position, discipline or category and/or may include a further random selection. Therefore, it should be noted that a person selected for testing may not have taken part in the competition (reserves, non-starters).



WHAT IS OUT OF COMPETITION TESTING?

Out of competition testing can take place at any time at a player's/athlete's home or training venue without prior notification. It is necessary to counter the use of androgenic-anabolic agents, peptide hormones and manipulation techniques.

The basis of selection is a Registered Testing Pool of players/athletes who fall within an eligible category agreed between the NGB and ISC. These players/athletes are required to keep contact details (ie. whereabouts) up to date to ensure their availability for testing at all times. These details should be made available to the ISC who authorise a DCO to undertake the test.

ATHLETES RIGHTS AND RESPONSIBILITIES

Athletes Rights

You are entitled to, as an athlete:

- Request the following identification from the Doping Control Officer (DCO):
 - Letter of authority from relevant testing authority
i.e. the Irish Sports Council or your International Federation
 - DCO's ID Card
- Nominate a representative of your choice to accompany you during the sample collection
- Request to have an interpreter (if necessary)
- With consent of the Chaperone/DCO, and at all times in their full view, attend a victory ceremony, finish a training session, compete in further events and do anything else that is reasonable before providing a sample including fulfilling media commitments and receiving medical treatment. Notwithstanding the above you must report to the Doping Control Station within sixty minutes
- Be provided with a selection of sample collection equipment including sample collection vessels and kits
- Request information regarding the sample collection procedure

- Request modifications to the sample collection procedure if required i.e. athletes with special needs
- To record comments about the sample collection procedure on the doping control form
- Receive copies of all signed documentation

Athletes Responsibilities

It is your responsibility to ensure that you:

- Are aware of the Anti-Doping Rules and Regulations of your sport
- Tell your doctor or pharmacist that you are an athlete and may be subject to doping control
- Have knowledge of what medications are permitted in your sport
- Take responsibility for any substance you ingest
- Understand that any products, such as dietary or herbal supplements, are taken at your own risk and the Council strongly advise you not to take supplements at all. You are ultimately responsible for what is in your body
- Check procedures for Therapeutic Use Exemptions (TUEs)
- Are familiar with the sample collection procedure
- Produce identification if necessary to the Doping Control Officers
- Report for doping control when notified (in competition you must report to the doping control station within sixty minutes of being notified)
- Retain control of your urine sample until it is securely sealed
- All appropriate documentation is accurate, complete and signed off
- Co-operate with Doping Control Officers (DCOs) during the sample collection procedure

THERAPEUTIC USE EXEMPTIONS (TUES)

If you are in the Registered Testing Pool and you need to be treated with a substance or method that is on the Prohibited List you must obtain a TUE from the Irish Sports Council or if you are an international level athlete, from your International Federation.

(An International Level Athlete is an athlete who is a member of an International Federation's Testing Pool. If you are to be in this register you will be notified by your International Federation. If you are, please send the relevant paperwork to the Council).

A TUE must be requested twenty-one days prior to participating in an event (except in emergency situations).

If you need to apply for a TUE you must submit a standard TUE application form to the Therapeutic Use Exemptions Committee (TUEC) via the Irish Sports Council. These forms are available in paper format from the Irish Sports Council or on-line at www.irishsportsCouncil.ie. All TUEs will be evaluated in accordance with the International Standard for Therapeutic Use Exemptions (available on www.wada-ama.org). Make sure all details are accurate and complete, otherwise the form will be returned to you and the whole process will be delayed accordingly.

“INCOMPLETE APPLICATIONS WILL BE RETURNED AND WILL NEED TO BE RE-SUBMITTED.”

Exemptions will only be granted in strict accordance with the following criteria (Irish Anti-Doping Rules Article 4.8)

- 4.8.1.1 if the athlete would experience a significant impairment to health if the Prohibited Substance or Method were withheld when treating an acute or chronic medical condition
- 4.8.1.2 the therapeutic use of the Prohibited Substance or Method would produce no additional enhancement of performance other than which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition
- 4.8.1.3 there is no reasonable therapeutic alternative to its use

The decision of the TUEC will be conveyed in writing to the athlete. The decision of the TUEC may be appealed to WADA.

Abbreviated TUE

An abbreviated TUE Form (a less detailed form than the standard TUE Form) is to be completed for the following substances:

- Beta-2-Agonists – asthma medications (formoterol, salbutamol, salmeterol and terbutaline)
- Glucocorticosteroids by non-systemic routes

This form must be completed twenty one days prior to competing.

Approval for the above substances is effective upon receipt of a completed and correct abbreviated TUE Form by the ISC, which is available from www.irishsportsCouncil.ie.

WADA, at the request of the athlete, or its own directive, may review the granting or denial of any TUE by the ISC. The outcome of this review may be appealed to CAS.

INTERNATIONAL STANDARD PROOF EXERCISE RULES

WHEREABOUTS INFORMATION AND MISSED TESTS

Whereabouts Information

If you are part of the Registered Testing Pool you may be required to fill out a quarterly “whereabouts” form. These forms will be sent to you in paper version but you can also download them from www.irishsportsCouncil.ie. You can also log in to our “whereabouts” database and update your “whereabouts”, using a username and password supplied by the Council, (details on www.irishsportsCouncil.ie/whereabouts/). You will receive an e-mail confirmation that you have updated on-line. If you do not receive this e-mail please re-enter your details.

These forms must be returned to the Anti-Doping Unit by a specified date. If you fail to return the form on time the Council may withhold a quarterly payment from you. An athlete may appeal this decision. The appeal form and guidelines are available on www.irishsportsCouncil.ie. If you fail to return three of these quarterly “whereabouts” forms on time within an eighteen-month period you will be deemed to have committed an anti-doping rule violation.

Please keep copies of the forms and e-mails sent in case there is a discrepancy.

MISSED TESTS

The Irish Sports Council follow a No Advance Notice Out of Competition Testing policy. A Doping Control Officer will try to locate an athlete for a test as per their submitted “whereabouts” details and will give no advance notice of this search. If current “whereabouts” details are not available the DCO will attempt a search using any available information.

If you cannot be located for no advance notice out of competition testing, a “missed test” will be declared. Three “missed tests” within a rolling eighteen-month period could lead to be a sanction under Article 2.4 in the Irish Anti-Doping Rules.

A “missed test” is where after a reasonable search a Doping Control Officer is unable to locate you. Notification will be sent to you from the Council between each attempt which has been designated a missed test.

Please note it is your responsibility to update your whereabouts and not anyone else (i.e. not your coach, your team mate etc).

“OUT OF COMPETITION TESTING CAN TAKE PLACE AT ANY TIME AT A PLAYER’S/ATHLETE’S HOME OR TRAINING VENUE WITHOUT PRIOR NOTIFICATION.”

RETIREMENT AND REINSTATEMENT AFTER INELIGIBILITY

Retirement

If you take a decision to retire and you are included in the ISC’s registered testing pool you must give written notice to the Council or your National Governing Body that you have retired. This is to ensure you are removed from the Councils registered testing pool. If you decide to return to competition you must notify the ISC in writing at least six months before you expect to return to competition and be available for out of competition testing.

Reinstatement After Ineligibility

A period of ineligibility is the time that an athlete will be subject to a sanction for violating an anti-doping rule.

Before returning to participate in your sport after a period of ineligibility you must make yourself available for Out of Competition testing by the Irish Sports Council. If you are requested to do so you must provide current and up to date whereabouts information.

If you are to retire during this period, therefore removing yourself from the athlete’s testing pool, and then later seek to return to your sport you are not eligible to participate until you have first notified the Irish Sports Council and been subject to out of competition testing for a period of six months.

SAMPLE COLLECTION PROCEDURE

1 Notification of Selection for Testing

After an event or out of competition (e.g. at training/home), you will be notified in writing that you have been selected for drug testing by means of an official Sample Collection Form. Once you have been notified in person of testing you must be accompanied by a chaperone/Doping Control Officer (DCO) at all times until the sample collection procedure is completed.

2 Reporting for Testing

You must report to the Doping Control Station as soon as possible, but no later than sixty minutes (60mins) after receiving the notification. You may be accompanied by a representative/interpreter at a testing session. Sealed drinks will be available at the Doping Control Station.

3 Selecting Collection Vessel

When you are ready to provide a sample you will be asked to select a sealed sample collection vessel and go to the toilet area with the DCO.

4 Providing a Sample

You must ensure that the collection vessel remains in the sight of the DCO while you provide your sample. In order for the DCO to have an unobstructed view, you will be required to be undressed from mid-waist to mid-thigh. When the required amount of urine has been provided (min. 75ml) you must return to the Doping Control Station administration room with the DCO. Only the competitor should handle the sample.

5 Selecting a Sampling Kit

You will be asked to select a urine sampling kit and ensure that the seal is intact.

6 Dividing the Sample

Using the sampling kit, you will divide your sample between the A & B sample bottles, putting a minimum of 30ml into the B bottle and the remainder in the A bottle. A few drops of urine should be left in the collection vessel to allow the DCO to assess the suitability of the sample for testing.

7 Sealing the Sample

You will be invited to seal the two bottles and ensure there is no leakage. Invert the bottles to ensure this.

8 Testing the suitability of the Sample

The pH and the Specific Gravity of the sample will be tested by the DCO. The reading is recorded on the Sample Collection Form. If the readings are outside the recommended range you will be asked to provide another sample.

9 Recording the Information

The DCO records the A & B sample numbers on the Sample Collection Form. You should check that this is correct and declare any medication you have taken during the past 7 days. You may wish to record any comments you may have on the testing session.

10 Certifying the Information

The DCO will then ask you and your representative (if any) to check the information on the form and sign it if you are satisfied that it is accurate. The DCO will also check and sign the form. You will be given a copy of the form and you will then be free to leave the Doping Control Station.

FREQUENTLY ASKED QUESTIONS

1 What if I cannot provide an adequate sample?

If you do not provide sufficient urine on the first occasion you will be requested to provide an additional sample. Your first sample will be kept in a sealed partial sample container while you provide a second sample. Both samples will then be transferred to a single sample collection vessel and the procedures continued, as a standard sample (from step 5 of the sample collection procedure).

2 What happens to the sample after the test?

The sealed samples are placed in security-sealed containers and sent to an IOC/WADA accredited lab by a secure chain of custody for analysis. A secure chain of custody means that every step of the transfer process is documented and ensures that only accredited personnel handle the sample. The lab receives the copy of the Sample Collection Form that reveals no personal details apart from the bottle numbers and the declared medication. On receipt of the secured containers, lab staff carry out certain checks on the integrity of the sample (signs of tampering, correlation between sample numbers on forms and those on the containers) before proceeding with the analysis of the sample.

3 What if I refuse to provide a sample?

Although you are entitled to refuse to provide a sample you should be advised that a refusal will be treated as a positive result by your NGB.

4 Will a juvenile be tested?

Yes, however, informed parental consent must be received before it can take place. When collecting a sample from a person who is under the legal age of consent, the player/athlete and his/her representative shall have the right to request the representative to be present in the toilet area during the passing of the sample. The player/athlete's representative will not witness the passing of the sample. The player/athlete's consent is required before the athlete's representative may enter the toilet area.

5 What is the Registered Testing Pool?

The pool of top level Athletes established separately by each International Federation and National Anti-Doping Organisation (e.g. Irish Sports Council) who are subject to both In-Competition and Out-of-Competition Testing as part of that International Federation's or Organisation's test distribution plan. The Irish Sports Council will notify all athletes that are part of this register and in the case of team sports or squads their National Governing Body will notify them.

6 What is the World Anti-Doping Agency (WADA)?

WADA was established as an independent, non-governmental organisation in 1999 and it seeks to foster a doping free culture in sport. Located in Montreal, Canada, its main activities are the following:

- Conducting unannounced out-of-competition doping control among elite athletes
- Developing the World Anti-Doping Code (WADC)
- Funding scientific research to develop new detection methods
- Observing the doping control and results management programs of major events
- Managing the Athlete's Passport Program
- Providing anti-doping education to athletes, coaches and administrators
- Fostering the development of National Anti-Doping Organizations (NADOs)

7 What is the World Anti-Doping Code?

The World Anti-Doping Code is the basic document in the World Anti-Doping Program. The Program is structured in three levels and includes the World Code (level 1), International Standards (level 2) and Models of Best Practice (level 3).

The World Anti-Doping Code is the first document to harmonise regulations regarding anti-doping across all sports and all countries of the world. The World Code is a core document that will provide a framework for anti-doping policies, rules and regulations within sport organisations and among public authorities.

INSURANCE ATHLETES EXERCISE RULES

SUPPLEMENTS

What are supplements?

Dietary supplements are products taken to supplement a normal diet. Supplements can be vitamins, minerals, herbs, homeopathic remedies or other substances.

Athletes and others take supplements to compensate for an inadequate diet, for medical purposes, or because they believe they may improve performance.

Are supplements permitted in sport?

Irish athletes are advised that the use of unlicensed supplement products is at your own risk and the Irish Sports Council strongly recommends that they be avoided altogether.

Neither the Irish Sports Council nor your National Governing Body can guarantee the status of unlicensed supplement products in sport. This is because supplements are not subject to the same stringent manufacturing, testing and labelling standards as licensed medicinal products. You have no way of guaranteeing what is in the supplement, or if the declaration of ingredients on the label is complete and accurate.

“LICENSED MEDICINES CAN BE IDENTIFIED BY A PRODUCT AUTHORISATION (PA) NUMBER ON THE LABEL MEANING THAT THEY HAVE BEEN ASSESSED FOR QUALITY SAFETY AND EFFICACY.”

Could I test positive from taking supplements?

These products may contain ingredients not listed on the label. In some cases supplements may contain undeclared prohibited substances. Some supplements have been found to contain undeclared ephedrine and even steroids.

An International Olympic Committee study has reported that nearly 15% of supplement products tested contained substances not listed on the label that would lead to a positive drug test.

In many cases, athletes who have tested positive have blamed a supplement they were taking. However, athletes are responsible for any substance found in their bodies. It doesn't matter how it got there.

How do I know the difference between a medicine and a supplement?

Licensed medicines can be identified by a product authorisation (PA) number on the label, meaning that they have been assessed for quality safety and efficacy. Only a very small number of vitamin and mineral supplements are authorised with a PA number.

The status of a product with a PA number can be checked with your Doctor, via the Eirpharm website (www.eirpharm.com) or by contacting the Irish Sports Council Anti-Doping Unit.

Most supplements do not carry PA numbers meaning that their ingredients, and therefore their status in sport, cannot be guaranteed.

Do I need supplements?

For healthy athletes consuming a normal, varied and balanced diet that meets their energy requirements, there is no evidence that vitamin and mineral supplementation is necessary to enhance health or performance. There is no proof that dietary supplements enable you to compete more effectively or would in any way replace a balanced diet.

Athletes concerned about their diet should consult a qualified medical practitioner or sports dietician, and if a vitamin or mineral supplement is recommended, use one of the authorised products whose status in sport can be guaranteed.

RESULTS MANAGEMENT

Negative Analytical Finding

The lab will take ten working days from the time of receipt to analyse your sample and will then forward the analytical report to the Irish Sports Council who will in turn forward the result to your National Governing Body. Your NGB should contact you with the result. This whole process can take from three to six weeks. If you have not heard from your NGB within that time please contact them and request your result.

Adverse Analytical Finding

When the ISC receive an adverse analytical finding from the lab a review is conducted to determine the following:

- a. If an applicable therapeutic use exemption has been granted
- b. If there was any departure from the International Standard for Testing or Laboratories that undermines the validity of the Adverse Analytical Finding

Notification of an Adverse Analytical Finding

Once this review is complete and does not show a departure from the Standards or a granted TUE the Council will notify you and your National Governing Body of:

- a. Adverse analytical finding (name of Prohibited Substance or Method found)
- b. Whether it was an out of competition or competition control and date of collection
- c. The anti-doping rule allegedly violated in accordance with your sport's rules or whether or not a further investigation is necessary and a description of the additional investigation that will be conducted as to whether there is an anti-doping violation
- d. Your right within fourteen (14) days of the date of notification, to request the analysis of the B sample or, failing such request, that the B sample analysis may be deemed waived
- e. Your right and/or your representatives to attend the B sample opening and analysis if such analysis is requested

- f. Your right to request copies of the A and B sample laboratory documentation package as defined by the International Standard for Laboratories

Unless otherwise provided in the Anti-Doping Rules of your applicable International Federation, your NGB shall provisionally suspend you from the date of notification based on the A sample finding but prior to a hearing. If provisional suspension is imposed, the hearing shall take place as soon as practicable, in order to avoid substantial prejudice to you.

If the adverse analytical finding detects a substance, which is listed under the Specified Substances on the WADA list you may not be provisionally suspended.

All parties concerned are advised to act with utmost discretion regarding release of information.

Be aware that discussing this subject even amongst club mates/colleagues may be inadvisable, in order to avoid any possibility of a leak into the public domain.

B Sample Analysis

The Council shall make arrangements for testing the B sample within twenty-one days of the date of receipt of your request. If you are to attend you must confirm in writing to the Council and if you wish to bring along representatives you must forward their names and their role on the day i.e. legal advisor.

All attendees to the B sample analysis must provide identification before admittance to the laboratory. Only four people can attend the B sample analysis including representatives from your National Governing Body/International Federation, the ISC and yourself and/or your representative. If you wish to bring along more people they can only enter the administration area of the laboratory.

If the B sample proves negative the entire test shall be considered negative. If a Prohibited Substance or Method is confirmed the finding shall be reported to you and your NGB.

Queries Regarding your Anti-Doping Violation

If you have any technical queries regarding an adverse analytical finding you can contact the Anti-Doping Unit and it will forward these to the relevant organisation (e.g. lab etc). A response will be sent to you and to all parties involved in the disciplinary procedure (e.g. your NGB and Disciplinary Panel).

DISCIPLINARY PROCEDURE

Irish Sport Anti-Doping Disciplinary Panel

The Council has appointed an Irish Sport Anti-Doping Disciplinary Panel, which comprises of the following members. Each disciplinary Panel will be composed of the following:

- a. Chair with legal background
- b. Medical practitioner
- c. A sports administrator or athlete

A National Governing Body may determine, in agreement with the Irish Sports Council, that hearings may be brought before its own Disciplinary Panel.

Hearing Before the Irish Sport Anti-Doping Disciplinary Panel

When the Irish Sport Anti-Doping Rules may have been violated the Council shall refer the matter to the Irish Sport Anti-Doping Disciplinary Panel for adjudication as to whether an anti-doping violation has occurred and as to what sanction will take place.

The Chair of the Irish Sport Anti-Doping Disciplinary Panel will appoint three members of the Panel all of whom shall have no prior involvement with the case. Hearings will take place within three (3) months of the completion of the results management process.

Proceedings of the Irish Sport Anti-Doping Disciplinary Panel

Hearings shall be confidential and held in private, unless the Hearing Panel decide otherwise. Your NGB will present the case against you and all parties have the right to be represented and have an interpreter present at the hearing.

Each party has the right to present evidence, make submissions, call witnesses and cross-examine the witnesses of the other parties. All hearings will be recorded and the Council shall retain the record.

A failure by you or any other party or representatives to attend a hearing after notification will not prevent the hearing from taking place in your absence.

Decision of the Irish Sport Anti-Doping Disciplinary Panel

The Hearing Panel will consider their decision in private and a majority decision will determine the outcome. The decision will be in writing and signed and will state brief reasons for the decision. The decision of the Irish Sport Anti-Doping Disciplinary Panel shall be advised to all parties to the proceedings.

All decisions may be appealed to the Irish Sports Anti-Doping Appeal Panel (see page 29).

INSURANCE ATHLETES EXERCISE RULES

SANCTIONS

This is a summary of consequences/sanctions or periods of ineligibility that will be imposed. For a more in depth outline please consult the Irish Anti-Doping Rules (Article 10) or the World Anti-Doping Code (Article 10).

Automatic Disqualification of Individual and Event Results

An Anti-Doping Rule Violation in connection with an In Competition test automatically leads to disqualification of the individual result in that competition with all resulting sanctions, including forfeiture of any medals, points and prizes.

An Anti-Doping Rule Violation in an Event (a series of individual competitions under one ruling) may lead to disqualification of all of your individual results obtained in that Event including forfeiture of any medals, points and prizes.

Period of Ineligibility for Anti-Doping Violations

If the following Rules are violated, Article 2.1, 2.2, 2.3 2.5 and 2.6, the following period of ineligibility will be imposed:

First Violation:	Two (2) years' Ineligibility
Second Violation:	Lifetime Ineligibility

If Article 2.7 and 2.8 are violated the following period of ineligibility will be imposed:

The minimum of four (4) years up to lifetime Ineligibility

If Article 2.4 is violated the following period of ineligibility will be imposed:

First Violation:	Three (3) months to One (1) year Ineligibility
Second and Subsequent Violations:	Two (2) years' Ineligibility

Specified Substances

The WADA Prohibited List may identify specified substances which are particularly susceptible to unintentional Anti-Doping Rule violations because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents. Where it can be established that the Use of such a specified substance was not intended to enhance sport performance, the period of Ineligibility shall be the following:

- First violation: At a minimum, a warning and reprimand and no period of Ineligibility, and at a maximum, one (1) year's Ineligibility.
- Second violation: Two (2) years' Ineligibility.
- Third violation: Lifetime Ineligibility.

Status During Ineligibility

During a period of ineligibility, you cannot participate in a competition or activity organised or authorised by your National Governing Body or by any NGB or signatory to the Code. During this time the Council, NGBs and other sporting organisations will withhold financial support or other sport-related benefits.

Recognition of Decisions

Any decision of the Irish Sport Anti-Doping Disciplinary/Appeal Panels, NGB Disciplinary Panel or CAS regarding an anti-doping rule violation shall be recognised by all other Anti-Doping Organisations (i.e. Olympic Games, other National Governing Bodies/ International Federations).

APPEALS

Decisions made under these Anti-Doping Rules may be appealed but sanctions will remain in effect while under appeal unless otherwise ordered. If you wish to appeal a decision you must lodge the appeal within fourteen (14) days of the date of the decision of the Hearing Panel.

The following decisions may be appealed to the Irish Sport Anti-Doping Appeal Panel and then to the Court of Arbitration for Sport (CAS):

- decision imposing Consequences (e.g. disqualification, period of ineligibility etc)
- decision that no anti-doping rule violation was committed
- decision that an Anti-Doping Organisation lacks jurisdiction to rule on an alleged anti-doping rule violation or its consequences

The following parties have the right to appeal:

- you the athlete or person who is the subject of the decision being appealed
- National Governing Body concerned
- Irish Sports Council
- Relevant International Federation
- Any other Anti-Doping Organisation
- International Olympic Committee or International Paralympic Committee where the decision may have an effect in relation to the applicable Games
- WADA

A decision regarding a provisional suspension may be appealed to the Chair of the Irish Sport Anti-Doping Appeal Panel and then to CAS. Only the athlete can appeal this decision.

Irish Sport Anti-Doping Appeal Panel

The Appeal Panel will include the following members:

- A Chair – a registered solicitor or barrister or a qualified or a retired Supreme or High Court judge
- Medical Practitioner
- A sports administrator or athlete

Hearings Before Irish Sport Anti-Doping Appeal Panel

The appointed members shall have no prior involvement with the case. The ISC have the right to join the proceedings and attend hearings. In all cases the hearings will be completed within three (3) months of the date of the decision of the Irish Sport Anti-Doping Disciplinary Panel. Hearings held in connection with Events may be conducted on an expedited basis.

Proceedings of the Irish Sport Anti-Doping Appeal Panel

All hearings shall be confidential and held in private, unless the appeal panel decides otherwise.

Each party has the right to present evidence, make submissions, call witnesses and cross-examine the witnesses of the other parties. All hearings will be recorded and the Council shall retain the record.

A failure by you or any other party or representatives to attend a hearing after notification will not prevent the hearing from taking place in your absence.

Decision of the Irish Sport Anti-Doping Appeal Panel

The Panel will consider their decision in private and a majority decision will determine the outcome. The decision will be in writing and signed and will state brief reasons for the decision. It will be advised to all parties as soon as practicable after the conclusion of the hearing.

Decisions of the Appeal Panel may be appealed exclusively to CAS within thirty (30) days of the decision of the appeal.

PUBLIC DISCLOSURE

The identity of the athlete who is alleged to have committed an anti-doping rule violation will not be disclosed until after the disciplinary procedure has occurred. The Irish Sports Council will publicly report the disposition of the anti-doping matter within twenty (20) days of the final determination.

INSURANCE ATHLETES EXERCISE RULES SET

Information Resources

NATIONAL / OTHER INFORMATION SERVICES

REPUBLIC OF IRELAND

Irish Sports Council,

Top Floor, Block A,
West End Office Park, Blanchardstown, Dublin 15

Tel No: 01 860 8830
E-mail: antidoping@irishsportsCouncil.ie
Website: www.irishsportsCouncil.ie
Drug Information Database: www.eirpharm.com
Text Message no: 087 228 7443

Olympic Council of Ireland

27 Mespil Road, Dublin 4

Tel: 01 668 0444
E-mail: admin@olympic-council.ie
Website: www.olympicsport.ie

NORTHERN IRELAND

Sports Council for Northern Ireland,

House of Sport, Upper Malone Road, Belfast BT9 LA, Co Antrim

Tel: (028) 90 381 222
E-mail: info@sportni.net
Website: www.sportni.net

OVERSEAS DRUG INFORMATION SERVICES

AUSTRALIA

Australian Sports Drug Agency

Website: www.asda.org.au
Drug Inquiries: 1800 020 506

CANADA

The Canadian Centre for Ethics in Sport

Website: www.cces.ca
Drug Inquiries: 1800 672 7775

NEW ZEALAND

New Zealand Sports Drug Agency

Website: www.nzsd.co.nz
Drug Inquiries: 0 800 378437

SOUTH AFRICA

South African Institute for Drug-Free Sport

Website: www.drugfreesport.org.za
Drug Inquiries: (021) 448 3888

UNITED KINGDOM

UK Sport

Website: www.uksport.gov.uk
Drug Inquiries: 0 800 528 0004
Drug Information Database: www.uksport.gov.uk/did

UNITED STATES OF AMERICA

United States Anti Doping Agency

Website: www.usantidoping.org
Drug Inquiries: 1-800-233-0393

