THE 11 ANTI-DOPING RULE VIOLATIONS



PRESENCE

The detection of a banned substance or its breakdown products or indicators in an athlete's sample. Ban: Up to four years* This is relevant solely to athletes.

USE

The use or attempted use of a banned substance or method by an athlete. Ban: Up to four years* This is relevant to athletes.





EVASION, REFUSAL OR FAILURE

Avoiding, declining, or not complying with sample collection. Ban: Up to four years* This is relevant solely to athletes.

WHEREABOUTS FAILURES

Whereabouts failures refer to any mix of three missed tests and/or reporting failures within a 12-month period by an athlete in a registered testing pool. Ban: Up to two years* This is relevant solely to athletes.





TAMPERING OR ATTEMPTED TAMPERING

Tampering or attempting to tamper with any aspect of doping control includes engaging in fraudulent behavior, such as submitting falsified documents to an anti-doping organization or asking a witness to lie in their statement. According to the 2021 Code, from January 1, 2021, if someone commits tampering related to another anti-doping rule violation (ADRV), they may face an additional consecutive suspension. Ban: Up to four years* This is relevant to athletes, support staff, and other individuals involved.

POSSESSION

Possession of a prohibited substance or prohibited method. Ban: Up to four years* This is relevant to athletes, support staff, and other individuals involved.





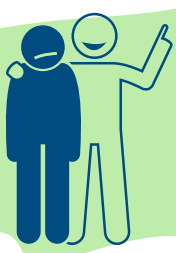
TRAFFICKING

Engaging in or attempting to engage in the distribution of any banned substance or prohibited method. Ban: Four years to a lifetime This is relevant to athletes, support staff, and other individuals involved.

ADMINISTERING OR ATTEMPTED ADMINISTRATION

The act of giving or attempting to give any banned substance or prohibited method to an athlete. Ban: Four years to a lifetime This is relevant to athletes, support staff, and other individuals involved.





COMPLICITY OR ATTEMPTED COMPLICITY

Helping, promoting, supporting, encouraging, conspiring, concealing, or any other form of deliberate involvement or attempted involvement in an ADRV or any attempted ADRV. Ban: Two years to a lifetime This is relevant to athletes, support staff, and other individuals involved.

PROHIBITED ASSOCIATION

Working in a professional or sport-related role with someone, such as a coach, doctor, physiotherapist, or trainer, who is currently banned or has been convicted of a criminal or disciplinary offense equivalent to a doping violation. Ban: Up to two years* This is relevant to athletes, support staff, and other individuals involved.





ACTS TO DISCOURAGE OR RETALIATE AGAINST REPORTING TO AUTHORITIES

Actions that threaten or attempt to intimidate someone to prevent them from disclosing information about doping (known as whistleblowing), or retaliating against someone for making such disclosures. Ban: Two years up to a lifetime This is relevant to athletes, support staff, and other individuals involved.

*The initial ban from sport can be extended by up to two more years under the aggravating circumstances rule. These bans apply to first-time violations, with harsher penalties, including potential lifetime bans, for second and third offenses.

AGGRAVATING CIRCUMSTANCES

In some cases, bans may be extended by up to an additional two years, such as when multiple prohibited substances are involved.

RECREATIONAL ATHLETES AND PROTECTED PERSONS

Greater flexibility on bans is provided for individuals classified as Recreational Athletes and Protected Persons.

SUBSTANCES OF ABUSE

These substances are prohibited only during competition. If it is determined that the substance was used out-of-competition and was not intended to enhance sports performance, shorter bans may be imposed. Additionally, if the use is linked to broader substance misuse or addiction issues, further reductions in the ban may be granted upon completion of an approved treatment program.

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