

IBU Anti-Doping Rules

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1. Principles

1.1 World Anti-Doping Code

- 1.1.1 The IBU subjects to the World Anti-Doping Code and cooperates with the World Anti-Doping Agency (WADA) concerning its application and implementation.

1.2 Definition of Doping

- 1.2.1 Doping is defined as the occurrence of one or more of the anti-doping rule violations *set* forth in Article 1.2.2 through 1.2.9. The following constitute anti-doping rule violations:
- 1.2.2 The presence of a Prohibited Substance or its Metabolites or Markers in an athlete's bodily Specimen.
- i) Excepting those substances for which a quantitative reporting threshold is specifically identified in the Prohibited List, the detected 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.
 - ii) As an exception to the general rule of Article 1.2.2, the Prohibited List may establish special criteria for the evaluation of Prohibited Substances that can also be produced endogenously.
- 1.2.3 The Use or Attempted Use of a Prohibited Substance or a Prohibited Method.
- i) The success or failure of the 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.
 - ii) Use means the application, ingestion, inhalation, injection, consumption by any means whatsoever of any Prohibited Substance or Prohibited Method. Use also includes counselling the use of, permitting the use of or condoning the use of any Prohibited Substance or Prohibited Method.
- 1.2.4 Refusing, or failing without compelling justification, to submit to Sample collection after notification as authorized in applicable anti-doping rules or otherwise evading Sample collection.
- 1.2.5 Violation of applicable requirements regarding athlete availability for Out-of-Competition Testing including missed tests which are declared based on reasonable rules.
- 1.2.6 Tampering, or Attempting to tamper, with any part of Doping Control.
- 1.2.7 Possession of Prohibited Substances and Methods:
- i) Possession by an athlete at any time or place of a substance that is prohibited in Out-of-Competition Testing or a Prohibited Method unless the athlete establishes that the Possession is pursuant to a therapeutic use exemption granted in accordance with Article 5.3 (Therapeutic Use) or other acceptable justification.
 - ii) Possession of a substance that is prohibited in Out-of-Competition Testing or a Prohibited Method by athlete support personnel in connection with an athlete, competition or training, unless the athlete support personnel establishes that the Possession is pursuant to a therapeutic use exemption granted to an athlete in accordance with Article 5.3 (Therapeutic Use) or other acceptable justification.

1.2.8 Trafficking in any Prohibited Substance or Prohibited Method.

- i) Trafficking shall be deemed to occur when a person, without having expressly received prior authorization from the competent body,
 - a. manufactures, extracts, transforms, prepares, stores, expedites, transports, imports, exports, transits, offers subject to payment or free of charge, distributes, sells, exchanges, undertakes the brokerage of, obtains in any form, prescribes, commercialises, makes over, accepts, possesses, holds, buys or acquires in any manner prohibited doping substances;
 - b. takes any measures to this end, finances such substances or serves as an intermediary for their financing, provokes in any way the consumption or use of such substances, or establishes means of procuring or consuming such substances.
 - c. Trafficking does not include the sale or distribution by medical personnel or by persons other than an athlete's support personnel of a Prohibited Substance for genuine and legal therapeutic purposes.

1.2.9 Administration or Attempted administration of a Prohibited Substance or Prohibited Method to any athlete, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any Attempted violation.

1.2.10 Prohibited Substances and Methods for IBU athletes means any substance/method so described in the current (including revisions that are continuously published by WADA) WADA Prohibited List. The WADA Prohibited List and all revisions shall go into effect for the IBU with *1 January of each year, for the first time on 1 January 2004. Until this date the List of Prohibited Classes of Substances and Prohibited Methods of the Medical Commission of the IOC 2003 remains in force*. The IBU will make the current WADA Prohibited List available to each National Federation. Each National Federation must ensure that the current WADA Prohibited List is available to its members.

1.3 Sphere of Application

- 1.3.1 These Rules apply to any athlete, coach, trainer, official of the IBU, as well as of a National Federation, medical and para-medical personnel working with or treating athletes participating in or preparing for IBU competitions, at any moment of a year.
- 1.3.2 All athletes participating in or preparing for IBU competitions are subject to doping controls (urine samples, blood controls and other authorized techniques for detecting prohibited substances or methods) in and out of competition.
- 1.3.3 Notwithstanding the obligations of all participants mentioned under Article 1.3.1 above to comply with these Rules, it is the personal responsibility of any athlete subject to these Rules to acquaint himself with these Rules and to ensure that he does not use or allow the use of any Prohibited Substance or its Metabolites or Markers or any Prohibited Method.
- 1.3.4 All female athletes participating in IBU competitions are requested to certify their gender by their national passport.

- 1.3.5 Any deviation from these Rules by anti-doping officials shall not invalidate the finding of a Prohibited Substance or Method, unless it was such as to cast real doubt on the reliability of the finding.

2. Offence of Doping and its Punishment

- 2.1 Doping contravenes the fundamental principles of an olympic winter sport federation, of fair play and sports and medical ethics and is forbidden.
- 2.2 Punishment for Doping and trafficking with Prohibited Substances and the respective procedure is ruled by the IBU Disciplinary Rules.
- 2.3 Intentional Doping, the use of a Marker, manoeuvre or manipulation that may prevent or distort any test contemplated in these Rules, doping of which responsibility is imputable to an official or the athlete's entourage, complicity or other forms of involvement in an act of doping by members of a medical, pharmaceutical, or related profession are considered aggravated circumstances under the IBU Disciplinary Rules.
- 2.4 Any case of doping during a competition automatically leads to invalidation of all results obtained at the respective event (with all its consequences, including forfeit of any medals, points and prizes), irrespective of any other punishment that is applied.

3. Proof of Doping

- 3.1 The IBU and its member associations bear the burden of establishing that an anti-doping rule violation has occurred. The standard of proof, taking into account the seriousness of the allegation which is made, is greater than a mere balance of probability but less than proof beyond a reasonable doubt. Where these Rules place the burden of proof upon the athlete or other Person alleged to have committed an anti-doping rule violation to rebut a presumption or establish specified facts or circumstances, the standard of proof is by a balance of probability.
- 3.2 Facts related to antidoping rule violations may be established by any means, including admissions. The following rules of proof are applied in doping cases:
- i) WADA-accredited laboratories are presumed to have conducted Sample analysis and custodial procedures in accordance with the International Standard for Laboratory Analysis. The athlete may rebut this presumption by establishing that a departure from the International Standard occurred.
 - ii) If the athlete rebuts the preceding presumption by showing that a departure from the International Standard occurred, then the IBU or its member association shall have the burden to establish that such departure did not cause the Adverse Analytical Finding.
 - iii) Departures from the International Standard for Testing which did not cause an Adverse Analytical Finding or other anti-doping rule violation do not invalidate such results. If the athlete or other person concerned establishes that departures from the International Standard occurred during Testing then the IBU or its member association shall have the burden to establish that such departures did not cause the Adverse Analytical Finding or the factual basis for the anti-doping rule violation.

4. Doping Controls

- 4.1 Without any notice at any time and at any place, the IBU has the right to carry out Doping Controls, with and without the assistance of WADA or other enterprises specialised on Doping Controls as agreed with them, of athletes, including banned or suspended athletes of IBU members. The members must support the work of the IBU, especially in having the selected athletes being brought to the announced place and providing all necessary information, including on their training schedules giving date and place, as requested by the IBU Headquarters. This right of the IBU relates to all sports practised within IBU.
- 4.2 Doping Controls must be conducted at Olympic Winter Games, World Championships, Youth and Junior World Championships, European Championships and World Cups. The IBU Executive Board will decide based on a recommendation by the IBU Medical Committee, in which other competitions Doping Controls will be carried out. The recommendation of the IBU Medical Committee is to be coordinated with the IBU Technical Committee.
- 4.3 In addition, the National Federations are entitled to carry out further Doping Controls applying these Rules. If they find a doping case they must report the facts and all respective decisions immediately to the Chairman of the IBU Medical Committee and the IBU Secretary General.
- 4.4 Doping Controls at World Championships, Youth and Junior World Championships and other major events are carried out under the supervision of the IBU Medical Delegate. This Medical Delegate is appointed by the IBU Medical Committee for each event and can be a member of the IBU Medical Committee or a qualified person designated by the IBU Medical Committee.
- 4.5 Doping Controls out of competition are conducted by agents of WADA or other authorised organisations as agreed upon between IBU and WADA (hereafter “authorised agents”). Such Doping Controls can also be conducted by IBU Medical Delegates authorised by the IBU Executive Board upon proposal of the IBU Medical Committee. Doping Controls out of competition are subject to these Rules.
- 4.6 All samples provided by athletes for the purpose of Doping Control become the property of the IBU.
- 4.7 All communications and correspondence intended for the IBU Medical Committee shall be sent to the IBU Secretary General at the IBU Headquarters.
- 4.8 In connection with Doping Controls the official IBU representative in the presence of a medical person is entitled to enter and inspect rooms used by athletes and their team officials and check their personal belongings with or without assistance of the respective national police authorities during IBU events starting with the first Official Training and ending with the end of the last competition.
- 4.9 The 15 top ranked athletes, male as well as female, as of 1 January each year, and the gold medal winners at the previous World Championships, if not included in the best ranked

athletes, form the IBU Registered Testing Pool. Also athletes who are serving periods of ineligibility as consequences of anti-doping rule violations are part of the IBU Registered Testing Pool. The member association of each athlete in this Registered Testing Pool must file by 1 June each year an electronic report with the IBU which specifies on a daily basis the locations (address and telephone number) and times where the respective athletes will be residing, training and competing. The member associations must update this information as necessary so that it is current at all times. This whereabouts information is shared by IBU with WADA and other Anti-Doping Organisations having jurisdiction to test an athlete on the strict condition that it be used only for Doping Control purposes.

- 4.10 An athlete who has been identified by the IBU for inclusion in the IBU Registered Testing Pool will continue to be available for No Advance Notice Out-of-Competition Testing, unless and until the athlete gives written notice to the IBU that he has retired or until he no longer satisfies the criteria for inclusion into the IBU Registered Testing Pool and has been so informed by the IBU. An athlete who has given notice of retirement to the IBU may not resume competing unless he notifies the IBU at least twelve months before he 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.
- 4.11 In addition to athletes included in the IBU Registered Testing Pool the IBU President and the Chairman of the IBU Medical Committee may select athletes for IBU Target Testing based on the following criteria:
- 4.11.1 Injury;
 - 4.11.2 Withdrawal or absence from expected Competition;
 - 4.11.3 Retirement;
 - 4.11.4 Behaviour indicating doping;
 - 4.11.5 Sudden major improvements in performance;
 - 4.11.6 Changes in athlete whereabouts information that can indicate a potential increase in the risk of doping, including moving to a remote location;
 - 4.11.7 Athlete sport performance history;
 - 4.11.8 Details of past Doping Controls; and
 - 4.11.9 Athlete reinstatement after a period of Ineligibility.
- 4.12 Doping Controls take place in substantial conformity with the current International Standard for Testing (including revisions that are continuously published by WADA). Completed tests are promptly reported through the WADA clearinghouse to avoid unnecessary duplication in Testing.
- 4.13 The member association holds responsibility for any of its athletes in the IBU Registered Testing Pool who is unavailable for Testing on three attempts during any period of 18 consecutive months. For each attempt, the Doping Control Officer must visit all locations during the times specified by the athlete for that date and must stay two hours at each location. Notification must be sent to the athlete and his National Federation between each attempt which is to be counted as an unavailable test.
- 4.14 The National Federation of any athlete in the IBU Registered Testing Pool which and the athlete who fails to timely submit a required report after receipt of two formal written warnings from the IBU or his National Federation to do so in the preceding 18 months hold responsibility according to the IBU Disciplinary Rules.

5. Special Situations for Substance Use in Specified Medical Conditions

- 5.1 All IBU 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) by the IBU Medical Committee. The Chairperson of the IBU Medical Committee will appoint one member of the Medical Committee to consider such a request 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 and all revisions shall go into effect for the IBU at 1st January after their publication by WADA. Each member association is responsible for the content of the Therapeutic Use Exemptions documents. The member associations are reminded to contact either WADA website or the IBU Secretary General for this information. Each member association must ensure that the current International Standard for Therapeutic Use Exemptions is available to its members. All TUE's granted by IBU are reported to the respective athlete's National Federation and to WADA. TUE's granted by the National Federations for athletes competing on the national level must be promptly reported to the IBU and to WADA.
- 5.2 Requests of athletes for a TUE by IBU must be submitted, except in emergency situations, not later than 21 days before the athlete's participation at an IBU competition. The decision on granting or denial of a TUE must be taken not later than 7 days before the athlete's participation at the respective IBU competition. The athlete and WADA have the right to appeal against this decision to the IBU Executive Board. For the procedure Article 12 IBU Disciplinary Rules applies accordingly. The decision of the IBU Executive Board can be appealed by the athlete and WADA to the IBU Court of Arbitration. For the procedure Article 14 IBU Disciplinary Rules applies accordingly.

6. Doping Control Laboratories

- 6.1 Only Doping Control Laboratories accredited by WADA or otherwise approved by WADA and chosen *by IBU* are entitled to analyse samples taken at IBU Doping Controls. These laboratories are announced and updated by WADA on a continuous basis. These Laboratories will analyse Doping Control Samples and report results in conformity with the current International Standard for Laboratory Analysis (with revisions published by WADA on a continuous basis).
- 6.2 Doping Control Samples will be 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 World Anti-Doping Code. No sample may be used for any purpose other than the detection of substances (or classes of substances) or methods on the current WADA Prohibited List, or as otherwise identified by WADA pursuant to its Monitoring Program, without the athlete's written consent.
- 6.3 Blood or other non-urine Samples may be used either to detect Prohibited Substances or Prohibited Methods or for screening procedure purposes only. If the blood is collected for

screening only, it will have no other consequences for the athlete other than to identify him for a urine test under these Anti-Doping Rules.

7. Doping Testing Procedures

7.1 Sampling, Responsibility and Organisation

7.1.1 It is the responsibility of the Medical Delegates and other authorised agents and persons, as mentioned above under Article 3 (Doping Control Officers – DCO), to ensure that the Doping Controls are conducted correctly.

7.1.2 At each event a Doping Control Committee (DCC) must be established. It consists of

- i) the IBU Medical Delegate as chairperson;
- ii) a person appointed by the Organizing Committee of the event and who is responsible for the Doping Control Station;
- iii) a representative of a national Doping Control Institution, if approved by the IBU Executive Board;
- iv) additional members such as assistants, interpreters, couriers, etc., to carry out the duties and functions of the DCC.

7.1.3 The main tasks of the DCO's are:

- i) Inspection of the Doping Control Station where the samples are to be taken;
- ii) Ensuring that the necessary material for collecting the samples is available;
- iii) Technical guidance of the Doping Control Station personnel;
- iv) Cooperation with the IBU Technical Delegate at the selection of the athletes for examination;
- v) Verification of the identity of the athletes to be controlled;
- vi) Collection of samples, their coding and sealing, recording and packing as well as dispatching or surveillance of the whole process;
- vii) Writing a report to be addressed to the Chairman of the IBU Medical Committee.

7.1.4 The Organising Committee will establish a secure Doping Control Station with adequate hygienic and ergogenic conditions which must consist of:

- i) a Control Room (table, chairs, wash stand);
- ii) an adjacent toilet;
- iii) a Waiting room for athletes and their accompanying officials;
- iv) a bicycle ergometer if available and feasible.

7.1.5 The Doping Control Station must be situated near the arena and clearly marked outside. Sealed refreshments must be available in the waiting area.

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

- i) The Members of the DCC and DCO's;
- ii) the athlete to be controlled and his accompanying official;
- iii) the IBU President and Executive Board Members;
- iv) the IBU Technical Delegate;
- v) the IBU Sport Director.

7.2 Controls of Urine

7.2.1 Mode of Selection of Athletes for Urine Control

- i) As a matter of principle, the best placed athlete plus one additional athlete whose name has been determined by a random draw, have to undergo the urine control. The draw will be made immediately after the start of the first athlete. It will be conducted under the responsibility of the DCO. Therefore, all athletes who at the moment of the draw have not officially withdrawn from the competition, and whose names are drawn for the control, must undergo the urine control. In World Championships Senior and Junior the athletes placed 1 – 4 and one other athlete drawn by lot will be controlled after each competition. The same goes for one member of each team placed 1 – 4 and for one athlete drawn by lot from another team. In Youth World Championships the best placed athlete and one additional athlete chosen by random will be controlled.
- ii) In World Cups and Continental Championships the winner of each competition plus one other athlete, in each competition, drawn by lot will undergo control. The same goes for one member of the winning team and for one athlete drawn by lot from another team. At each World Cup event Doping Controls will take place.
- iii) The IBU Executive Board can choose more athletes for urine control without previous notice.
- iv) WADA is authorised for selection from the IBU Registered Testing Pool for their own testing as agreed upon with IBU.
- v) Immediately after the competition or after the determination of the results all athletes selected for urine control shall be handed a request to attend doping control by a Doping Control Escort (chaperone) appointed by the DCC. From then on the chaperone shall be physically beside the athlete and keep the athlete under observation at all times and accompany him to the waiting room at the Doping Control Station. When initial contact is made, the DCO must ensure that the athlete is informed on his rights and responsibilities and on the location of the Doping Control Station. The athlete shall report with his accreditation card or national identification document to the Doping Control Station immediately and no later than one hour after receipt of the request to attend Doping Control. 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.

7.2.2 Collection of Urine Samples

- i) A person (a team coach, a doctor or a team-mate of the athletes's team) and an interpreter may accompany the competitor to the Doping Control Station and may watch all procedures except urination. This accompanying person shall possess proper accreditation and shall be a member of the same team as the athlete except, in special circumstances, the athlete may choose a member of another team.
- ii) Should the athlete report to the Doping Control Station later than one hour after the time of notification, this fact must be noted in the record and the IBU Technical Delegate must be informed directly. The sampling procedure, nevertheless, shall be carried out like in all other cases. Also an athlete who has reported too late is entitled to be accompanied by an official of his team.

However, the fact of late appearance may raise additional obligations of justification in the further procedure.

- iii) A member of the DCC will prepare a Record of Doping Control, in duplicate, which must include the name of the athlete, the country he represents, his start number, the time of request and the time of arrival at the Doping Control Station.
- iv) 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 (clothings, bags, etc.) may be searched for evidence of manipulation, upon entering and leaving the Doping Control Station.
- v) No photographs, video or tape recordings may be taken inside the Doping Control Station during the doping control procedure
- vi) Only one athlete at a time shall be called into the Control room.
- vii) The athlete shall select a collection vessel, visually check that it is empty and clean and that all seals on the selected vessel are intact. If the athlete is not satisfied with the selected vessel, he 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.
- viii) The athlete shall proceed to the toilet and urinate a minimum of 75 ml into the collection vessel under the observation of a person appointed by the DCC who shall be of the same gender as the athlete. Any clothing preventing the direct observation of the urination shall be removed. 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.
- ix) 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 box and locked. The athlete will hold the box personally until he is able to urinate again. The DCO will keep the key until the athlete is ready to urinate again. The athlete will remain under observation until further urine has been provided and sample taking procedures are complete.
- x) If the requested urine volume of 75 ml has been provided the athlete will select another sealed plastic bag (Sample collection kit) which contains two bottles (for A and B samples). The bottles may already have a code number engraved on them. 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 himself will pour the urine into the bottles, that is to say first the relevant laboratory's minimum volume of urine into the B bottle, and then fill the A bottle as much as possible. The athlete shall then fill the B bottle as much as possible with the remaining urine. A few drops of urine shall remain in the collection vessel. Next, the athlete shall close the two bottles hermetically and check that no leak occurs. 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.
- xi) Using the residual volume of urine in the collection container, specific gravity and pH of the urine must be measured by the DCO, as guided by the laboratory. These values will be recorded on the Record of Doping Control. If the specific gravity is lower than 1005 the entire Sampling procedure as described above must be repeated until the demanded volume's specific gravity is 1005 or above. The DCO shall inform the athlete that he is required to provide a further Sample. 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 by the relevant laboratory that all of the athlete's Samples do not meet the laboratory's pH and specific gravity requirements for analysis and this is not related to natural causes, the Chairperson of the IBU Medical Committee shall schedule another Sample Collection Session for the athlete as Target Testing as soon as possible. If the Target Testing Sample Collection Session also results in Samples that do not meet the laboratory's pH and/or specific gravity requirements for analysis, the IBU Executive Board shall investigate a possible anti-doping rule violation. The non performance of a second and further test cannot invalidate a positive doping result having been revealed at a sample with gravity below 1005.
- xii) The DCO shall ensure any residual urine that will not be sent for analysis is discarded in full view of the athlete.
- xiii) The athlete shall declare to the DCO any medication and nutritional supplements that he may have taken in the preceding three days. The DCO shall record this statement on the Record of Doping Control.
- xiv) Any behaviour by the athlete and/or persons accompanying him or anomalies with potential to compromise the Sample collection shall be recorded. 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 IBU Medical Committee. The athlete shall be notified of the possible consequence and that a possible failure to comply will be investigated by the IBU Executive Board and appropriate follow-up action will be taken. If possible, the athlete's Sample Collection Session shall be completed. The President of the IBU and the chairperson of the IBU Medical Committee will ensure that the outcomes of its investigation are considered for results management action and, if applicable, for further planning and Testing.
- xv) In conducting the Sample Collection Session the following information shall be recorded as a minimum:
- a. Date, time and type of notification (No advance notice, advance notice, In-Competition or Out-of-Competition);
 - b. Date and time of Sample provision;
 - c. The name, date of birth, gender of the athlete;

- d. The athlete's home address and telephone number;
 - e. The athlete's sport and discipline;
 - f. The Sample code number;
 - g. The name and signature of the Chaperone who witnessed the urine Sample provision;
 - h. The name and signature of the Blood Collection Official who collected the blood Sample, where applicable and as specified below;
 - i. Required laboratory information on the Sample;
 - j. Medications and supplements taken and recent blood transfusion details if applicable, as declared by the athlete;
 - k. Any irregularities in procedures;
 - l. Athlete comments or concerns regarding the conduct of the session, if provided;
 - m. The name and signature of the athlete;
 - n. The name and signature of the athlete's representative, if required; and
 - o. The name and signature of the DCO.
- xvi) The code number is entered into the Record of Doping Control. The athlete and his accompanying official will check whether the numbers on the two bottles are identical with that of the Record of Doping Control.
 - xvii) The persons enumerated above will sign the Record of Doping Control thus confirming that the sampling has been conducted correctly. Any irregularities identified by the athlete, accompanying official or the DCO must be recorded on the Record of Doping Control before signing it. The original and one copy of the Record of Doping Control will be placed in two separate envelopes which must be closed and sealed with the IBU seal.
 - xviii) The sealed envelope containing the original of the Record of Doping Control will be delivered to the chairperson of the IBU Medical Committee. The sealed envelope with a copy of the original will be delivered to the IBU Secretary General. One other copy will be given to the athlete. Two other copies (one for the A and one for the B sample) will be sent to the Doping Control Laboratory which is to conduct the analysis. The copies sent to the Laboratory must not contain any information about the name or any identifying details of the athlete or accompanying official.
 - xix) All A and B bottles are placed in suitable boxes, which are to be closed immediately after the samples have been selected at the end of the competition, for transport.
 - xx) The bottles together with a customs declaration must be sent by the Organising Committee to the WADA accredited Doping Control Laboratory which has been selected by the IBU Medical Committee to make the analysis. The transport must take place in accordance with the directions established by the Laboratory. The receipt must be confirmed in writing by the Laboratory Director or a person appointed by him to the IBU Secretary General.
 - xxi) After sampling has been completed, the IBU seal will be forwarded to the IBU Secretary General.
 - xxii) Chain of Custody shall be checked by the chairperson of the IBU Medical Committee if receipt of either the Samples with accompanying documentation or Sample collection 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 IBU Medical Committee shall consider whether the Sample should be voided.

7.2.3 Analysis of Urine Samples – Determination of Results

- i) During the analysis, only the Laboratory Director and his personnel, the chairperson of the DCC of the IBU concerned or the chairperson of the IBU Medical Committee, members of the IBU Executive Board and the IBU Technical Delegate and DCO, as applicable, shall have access to the Laboratory.
- ii) The result of the analysis must be treated confidentially. It shall be communicated in an appropriate way only to the chairperson of the IBU Medical Committee, authorised agent and to the IBU Secretary General.
- iii) The results will be evaluated as designated to the controlled athletes by the chairperson of the IBU Medical Committee and/or DCO in co-operation with the IBU Secretary General.
- iv) Upon receipt of an A sample Adverse Analytical Finding, the chairperson of the IBU Medical Committee assisted by the IBU Secretary General will conduct a review to determine whether an applicable Therapeutic Use Exemption has been granted or whether there is any apparent departure from the current International Standards for Testing or Laboratory Analysis that undermines the validity of the Adverse Analytical Finding. If this review does not reveal an applicable Therapeutic Use Exemption or departure from the Standards mentioned before that undermines the validity of the Adverse Analytical Finding, the IBU Secretary General will immediately inform in writing the athlete and the representative of the team concerned, if this team is still at the competition site. If the team has already left when *the Adverse Analytical Finding* of the analysis becomes available, the IBU Secretary General will notify the athlete and the National Federation involved.
- v) This notification includes the Adverse Analytical Finding, the anti-doping rule violated, any follow-up investigation as may be required by the current WADA Prohibited List and its results, including the assertion, whether an anti-doping rule was violated, the athlete's right to promptly request the analysis of the B Sample or, failing such a request, that the B Sample analysis may be deemed waived, the right of the athlete and/or his representatives to attend the B Sample opening and analysis if such analysis is requested, and the athlete's right to request copies of the A and B Samples laboratory documentation package which includes information as required by the current International Standard for Laboratory Analysis. The athlete's National Federation must demand an explanation from the athlete, which explanation, if any, must be relayed to the IBU Secretary General.
- vi) The control analysis, if so requested, is conducted at the same Laboratory under the supervision of a member of the IBU Medical Committee within three weeks of the notification under Article 7.2.3.iv) above. The National Federation of the athlete in question is entitled to send a maximum of three representatives to the Laboratory to attend the analysis of the B sample. The IBU is entitled to proceed with the B Sample analysis even if so waived by the athlete.
- vi) The member of the IBU Medical Committee will forward the result of second examination to the IBU Secretary General. If the B Sample proves negative, the entire test will be considered negative and the athlete and his National Federation so informed. In case of a second positive result the IBU Secretary General will initiate the necessary procedures, and inform the athlete, his National Federation and WADA. All expenses that have been incurred due to examination of the B Sample, will be paid by the National Federation concerned.
- vii) For apparent anti-doping rule violations that do not involve Adverse Analytical Findings, the IBU Secretary General will conduct any necessary follow-up investigation and will then promptly notify the athlete and his National

Federation of the anti-doping rule which appears to have been violated, the basis of the violation and the further procedure under the IBU Disciplinary Rules.

8. Blood and Gene Controls

- 8.1 Blood controls are organised to detect the use of EPO and NESP and related substances and to determine the hemoglobin and reticulocytes values of athletes.
Gene controls are organized to detect, 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, has taken place.

8.2 Mode of Selection of Athletes for Blood Controls

- 8.2.1 A minimum of 10 athletes, drawn by lot or be selected by appointment by a commission consisting of the Medical Delegate, the Technical Delegate and one member of the Competition Jury must undergo a blood control. The selection and/or draw procedure will be carried out one hour before the zeroing.
Blood controls will be conducted in selected events or whenever decided by the IBU Executive Board in consultation with the IBU Medical Committee.
WADA is authorised to selection for their own testing as agreed upon with the IBU.
- 8.2.2 All athletes registered at World Championships must be blood tested at the latest on the last day before the start of the first competition.
- 8.2.3 All blood samples shall only be taken by qualified personnel (Blood Collection Official), appointed by the IBU Medical Committee with the supervision of a Medical Delegate or other DCO.
- 8.2.4 Immediately afterwards, the start numbers of the athletes selected for the blood control will be announced on a sign posted at the entrance of the Doping Control Station and another sign posted at a specified location at the waxing cabins. The specified location will be announced at each team captains meeting.

8.3 Collection of Blood Samples

- 8.3.1 Article 7.2.2 applies accordingly as far as not specified otherwise below.
- 8.3.2 At the time indicated the selected athletes must come to the blood control. If some problem occurs and the athlete cannot undergo the blood control at the scheduled time, the time of sampling can be exceptionally delayed until five minutes before the start of the first competitor.
- 8.3.3 The athlete must declare to the DCO and/or Blood Collection Official any blood transfusion he received in the preceding months, giving the date, the reasons for the transfusion and the name of the physician or hospital that administered the transfusion. The respective official must record these statements in the Record of Doping Control.
- 8.3.4 If the athlete wants to refuse to permit blood sampling, the possible consequences of his refusal must be explained to him by the DCO. If the athlete continues refusing, this fact will be noted in the Record of Doping Control and will be signed by the official. The athlete and the person accompanying him are requested to sign as well. The official is

responsible to communicate the refusal to the Chairperson of the IBU Medical Committee.

- 8.3.5 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. Art 7.2.2.vii) above applies accordingly.
- 8.3.6 The Blood Collection Official shall clean the skin with a sterile disinfectant wipe or swab in a location unlikely to adversely affect the athlete or his performance and, if required, apply a tourniquet. The Blood Collection Official shall take the blood sample of vein blood of max 3 ml from a surface forearm vein of the selected athlete into the final collection container. The tourniquet, if applied, shall be immediately removed after the venipuncture has been made.
- 8.3.7 In case of impossibility to take the blood sample within three attempts, the Blood Collection Official shall inform the DCO. The DCO shall terminate the collection of the blood Sample and record this and the reasons for terminating the collection. The blood control will be considered passed if the failure depended only on the capacity of the operator and not on the behaviour of the athlete.
- 8.3.8 The Blood Collection Official 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.
- 8.3.9 The athlete shall seal his 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.
- 8.3.10 In case of more athletes waiting for the sampling, 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.
- 8.3.11 The sealed Sample shall be kept at a cool, but not freezing, temperature prior to analysis at the Doping Control Station or dispatch for analysis at the WADA accredited Laboratory or as otherwise approved by WADA.

8.4 Analysis of Blood Samples

The blood samples collected shall be analysed with regard to the value of reticulocytes and hemoglobin using an appropriate measuring instrument, approved by the IBU Medical Committee, in presence of the athlete and, if he agrees, of one accompanying person, and within a maximum of two days after the collection.

8.4.1 Determination of Results with Regard to Hemoglobin

- i) When the results of the analysis show a value of hemoglobin which exceeds 17,5 g/dl in males and 16 g/dl in females, the same sample will be retested two times more, and the average of the three tests will be the final result.
- ii) A report of the results will be immediately printed and given to the athlete. In case of a result which exceeds the limits as described above the athlete, the official accompanying him and the DCO will sign a form declaring the temporary

- inability of the athlete to compete. On the same form, the athlete has the possibility to give an explanation. A copy of the form will be given to the athlete.
- iii) The remaining blood will be maintained anonymously and subsequently destroyed.

8.4.2 Consequences of Exceeded Values of Hemoglobin

- i) If the final result exceeds 17,5 g/dl (males) or 16 g/dl (females), the respective athlete will be subject to a precautional suspension for health reasons. The suspension has immediate effect from the respective competition until a blood re-control shows hemoglobin values below 17,5 g/dl for male and 16 g/dl for female athletes.
- ii) Only blood re-controls performed by appropriate measuring instruments approved by the IBU Medical Committee, and under IBU supervision, will be accepted. A blood re-control can be performed not earlier than five days after the initial blood control showing exceeded hemoglobin values. A blood re-control must take place at the latest before the next event, in case the period between the initial blood control showing exceeded hemoglobin values and the next event exceeds five days.
- iii) The blood re-control, necessary to compete again, can be performed, in addition to the international events in which blood controls are conducted and supported by the IBU, during control by appropriate hematological departments designated by the IBU Medical Committee, upon proposal of the respective athlete or his Federation. The costs for this control will be charged to the athlete's Federation.
- iv) In case of a blood re-control not exceeding the limits, the athlete will be able to resume the competitions.
- v) Any modification of the procedure for blood controls and re-controls must be authorised by the IBU Medical Committee to be considered valid.
- vi) Athletes whose normal values exceed the limits described above under Article 8.4.2.i., are requested to provide a certificate from a Hematological Department for the competition season in which they want to be allowed to start and submit this certificate to the Chairperson of the IBU Medical Committee at the latest 14 days before the first competition of a season, where they intend to start. The IBU Medical Committee has the right to re-control these athletes at each competition where blood controls are scheduled.
- vii) The blood re-controls performed or supervised by the IBU Medical Committee will be conducted immediately before the normal blood controls.
- viii) The athlete will immediately undergo a urine control according to Article 7.2 above.

8.4.3 Determination of Results with Regard to Reticulocytes and Consequences of Exceeded Values

If the blood control shows a higher value of reticulocytes than 2.0%, the athlete must undergo a urine control according to Article 7.2 above combined with an additional blood test and fall under the same sanctions.

8.4.4 Questions to Resolve

- i) If at any stage, a question or issue arises concerning the testing or interpretation of results, the person responsible for testing in the Laboratory may consult the DCO or the Chairperson of the IBU Medical Committee.

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

8.4.5 Statistics

The chairperson of the IBU Medical Committee will give a statistics on the names of athletes and number of times they were invited for blood testing at the end of a competition season.

8.5 Out of Competition Controls

8.5.1 Out of Competition Controls are Doping Controls in addition to those conducted at and during IBU competitions. The costs of Out of Competition Controls are covered by the IBU and WADA respectively.

8.5.2 The IBU may task specialised enterprises (e.g. International Doping Tests & Management) to perform Out of Competition Controls. Out of Competition Controls end on the day before a competition and start at the earliest a day after a competition. Out of Competition Controls by WADA are ruled by the respective agreement with WADA. After the necessary coordinations have been made between the enterprise and the IBU regarding the selected Member Federation, a controller of the enterprise who is equipped with a letter of appointment of the IBU must be granted the desired access to the training area to perform a Doping Control with the selected athlete(s). The same goes for controllers of WADA who must be equipped with a letter of appointment of WADA. The letters of appointment on IBU or WADA letterhead must be shown to the selected athlete(s), a copy must be left with them. All controllers must also show to the selected athlete(s) a proof of identity.

8.5.3 Mode of Selection of Athletes for Out of Competition Controls

- i) Before the 1st June of each year, each Member Federation must provide the IBU Secretary General with a complete list with addresses of all athletes that are in the National Teams for the coming season and where and when the training camps are held. Each athlete listed above must be informed by his National Federation that he is eligible for IBU, WADA or IBU tasked enterprise Out of Competition Testing, in case he is included into the IBU Registered Testing Pool or into Target Testing.
- ii) The IBU President together with the chairperson of the IBU Medical Committee select the nation and the names of the athletes to be tested.
- iii) The Member Federations can be informed of the arrival of the DCO's and of the names of the athletes to be tested.
- iv) The Member Federations are requested to help to arrange a specific time, location and place for sample collection and must arrange a meeting with the athletes selected for control.

8.5.4 Independent Sampling Officer (ISO)

- i) Controllers who are sent by the IBU are called Independent Sampling Officers. They are either adequately trained members of IBU Committees or of enterprises specialised on Doping Controls. They are appointed by the IBU Executive Board, as far as possible based on the advice of the IBU Medical Committee.

- ii) The IBU Medical Committee shall maintain a register of persons selected by the IBU to act as ISO's.
- iii) Before an ISO or controller of WADA can validly conduct an Out of Competition Control, he must have received a letter of authorisation from the IBU specifying where and when he is to conduct this Control.
- iv) ISO's must be available to travel on short notice. Travel arrangements including visas will be provided by the IBU Headquarters. ISO's will be selected taking geographical considerations into account.

8.5.5 Collection of Samples

- i) The controllers will require proof of identity of the athlete. This will involve photographic proof of identity (passport, ID card, etc.). The controllers may also require a photograph of the athlete to be taken.
- ii) The same procedures as listed for collection, storage and transport of the respective samples (urine or blood) during competition must be followed as far as applicable.
- iii) The controllers will make every effort to collect the sampling of specimens for analysis for Prohibited Substances or Methods as discreetly as possible and with respect for the privacy of the athletes. Every effort will be made by the controller to collect the sample speedily and efficiently with the minimum of interruption to the athlete's training plans and his social or work arrangements. However, if there is an interruption then no athlete may take action to gain compensation for any inconvenience caused.
- iv) If an athlete fails to report to the agreed Doping Control Station, the controller has to inform the IBU Medical Committee. Where such an arrangement has been made, it is the athlete's responsibility to check prior to the arranged meeting that there is no possible confusion over the arranged date, time and precise location where the meeting will take place. The controller will wait up to two hours beyond the time agreed but thereafter the athlete will be declared absent from testing.
- v) If the athlete refuses to provide a sample, the controller must explain to the athlete that by refusing to provide a sample, he shall be deemed to have refused to submit to Doping Control and will be subject to sanctions as if having been doped according to the IBU Disciplinary Rules. If the athlete still refuses to provide a sample, the controller shall note this on the Record of Doping Control, sign his name on the form and ask the athlete to sign the form. The controller should also note any other irregularities in the Doping Control process.
- vi) As for the transport of samples to the Laboratory, if at all possible, the outer container should not be opened during transit. The respective controller will provide identification labels, if required for customs purposes. The opening of the outer container will not, of itself, invalidate the Doping Control.

9. Entrance into Force

This version of the IBU Antidoping Rules has been approved provisionally by the IBU Executive Board 2003, pending confirmation by the IBU Congress 2004. This last amended version enters into force on 15 November 2003.