

# IDSF Anti-Doping Code 2004/2005

## Art. 1: Fundamental Principles and Interdictions

- I. Anti-doping is one of the objects included under Article 2 (c) and (d) of the IDSF STATUTES.
- II. Members of the IDSF are obliged to enforce this CODE within their own jurisdictions, as part of the terms of their membership in IDSF.
- III. This ANTI-DOPING CODE is an integral part of the IDSF STATUTES.
- IV. Doping contravenes the fundamental principles of DanceSport and medical ethics.
- V. Doping is prohibited.
- VI. Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in Art. 1 VII of this CODE.
- VII. The following constitute anti-doping rule violations:
  - 1) The presence of a PROHIBITED SUBSTANCE or its METABOLITES or MARKERS in an ATHLETE'S bodily SPECIMEN. 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. As an exception to the general rule of Art. 1 VII 1 the PROHIBITED LIST may establish special criteria for the evaluation of PROHIBITED SUBSTANCES that can also be produced endogenously.
  - 2) The USE or ATTEMPTED USE of a PROHIBITED SUBSTANCE or PROHIBITED METHOD.
  - 3) Refusing, or failing without compelling justification, to submit to SAMPLE collection after notification as authorized this CODE or otherwise evading SAMPLE collection according to Art. 4 II 3.
  - 4) Violation of Art. 4 II 5 regarding ATHLETE availability for OUT-OF-COMPETITION TESTING including failure to provide required whereabouts information and missed tests which are declared based on reasonable rules.
  - 5) TAMPERING, or ATTEMPTING to Tamper, with any part of DOPING CONTROL as per Art. 4 II 1.
  - 6) POSSESSION of PROHIBITED SUBSTANCES and METHODS:
    - a) 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 Art. 5 XII or other acceptable justification.
    - b) 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 Art. 5 XII or other acceptable justification.
  - 7) TRAFFICKING in any PROHIBITED SUBSTANCE or PROHIBITED METHOD.
  - 8) ADMINISTRATION or ATTEMPTED ADMINISTRATION of a PROHIBITED SUBSTANCE or a PROHIBITED METHOD to any ATHLETE, or assisting, encouraging, aiding, abetting, covering up or any type of complicity involving an anti-doping rule violation an any ATTEMPTED VIOLATION.

## Art. 2: Definitions

### I. Definitions of Terms relating to the WADC

1. “Adverse analytical finding” means a report from a laboratory or other approved testing entity that identifies in a SPECIMEN taken from an ATHLETE the presence of a PROHIBITED SUBSTANCE or its METABOLITES or MARKERS (including elevated quantities of endogenous substances) or evidence of the use of a PROHIBITED METHOD.
2. “Anti-Doping Organization” is a SIGNATORY that is responsible for adopting rules for initiating, implementing or enforcing any part of the DOPING CONTROL process. this includes, for example, the International Olympic Committee, the International Paralympic committee, other MAJOR EVENT ORGANIZATIONS that conduct testing at their events, WADA, International Federations, and NATIONAL ANTI-DOPING ORGANIZATIONS.
3. “Athlete” means, for purposes of DOPING CONTROL, any PERSON who participates in sport at the international level (as defined by IDSF) or national level (as defined by a MEMBER) and any additional PERSON who participates in sport at a lower level if designated by the PERSON’S NATIONAL ANTI-DOPING ORGANIZATION. For purposes of anti-doping information and education, any PERSON who participates in sport under the authority of any SIGNATORY, government, or other sports organization accepting the WADC.
4. “Athlete support personnel” means any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel or any other person working with or treating ATHLETES participating in or preparing for sports competition.
5. “Attempt” means purposely engaging in conduct that constitutes a substantial step in a course of conduct planned to culminate in the commission of an anti-doping rule violation. Provided, however, there shall be no anti-doping rule violation based solely on an ATTEMPT to commit a violation if the PERSON renounces the attempt prior to it being discovered by a third party not involved in the ATTEMPT.
6. “Competition” means a single race, match, game or singular athletic contest. For example, the finals of the Olympic 100m dash. For stage races and other athletic contests where prizes are awarded on a daily or other interim basis the distinction between a COMPETITION and an EVENT will be as provided in the relevant rules of IDSF.
7. “Consequences of Anti-Doping Rules Violations”: an ATHLETE’S or other PERSON’S violation of an anti-doping rule may result in one or more of the following:
  - a) “Disqualification” means the ATHLETE’S results in a particular COMPETITION or EVENT are invalidated, with all resulting consequences including forfeiture of any medals, points and prizes;
  - b) “Ineligibility” means the ATHLETE or other PERSON is barred for a specified period of time from participating in any COMPETITION or other activity or funding as provided in Art. 5 X 2; and
  - c) “Provisional Suspension” means the ATHLETE or other PERSON is barred temporarily from participating in any COMPETITION prior to the final decision at a hearing conducted under Art. 6.
8. “Disqualification”: see “Consequences of Anti-Doping Rules Violations” above.
9. “Doping Control” means the process including test distribution planning, SAMPLE collection and handling, laboratory analysis, results management, hearing and appeals.
10. “Event” means a series of individual COMPETITIONS conducted together under one ruling body (e.g., the Olympic Games, FINA World Championships, or Pan American Games).

## Art. 2: Definitions

11. “In-Competition”: For purposes of differentiating between IN-COMPETITION and OUT-OF-COMPETITION TESTING, unless provided otherwise in this CODE, an IN-COMPETITION test is a test where an ATHLETE is selected for testing in connection with a specific COMPETITION.
12. “Independent Observer Program”: A team of observers, under the supervision of WADA, who observe the DOPING CONTROL process at certain EVENTS and report on observations. If WADA is testing IN-COMPETITION at an EVENT, the observers shall be supervised by an independent organization.
13. “Ineligibility”: see “Consequences of Anti-Doping Rules Violations” above.
14. “International Event” means an EVENT where the International Olympic Committee, the International Paralympic Committee, an International Federation, a MAJOR EVENT ORGANIZATION, or another international sport organization is the ruling body for the EVENT or appoints the technical officials for the EVENT.
15. “International-Level Athlete” are ATHLETES designated by one or more International Federations as being within the REGISTERED TESTING POOL for an International Federation.
16. “International Standard” is a standard adopted by WADA in support of the WADC. Compliance with an INTERNATIONAL STANDARD (as opposed to another alternative standard, practice or procedure) shall be sufficient to conclude that the procedures addressed were performed properly.
17. “Major Event Organizations” is a term referring to the continental associations of NATIONAL OLYMPIC COMMITTEES and other international multi-sport organizations that function as the ruling body for any continental, regional or other INTERNATIONAL EVENT.
18. “Marker” is a compound, group of compounds or biological parameters that indicates the use of a PROHIBITED SUBSTANCE or PROHIBITED METHOD.
19. “Metabolite” means any substance produced by a biotransformation process.
20. “Minor” means a natural PERSON who has not reached the age of majority as established by the applicable laws of his or her country of residence.
21. “National Anti-Doping Organization”: The entity or entities designated by each country as possessing the primary authority and responsibility to adopt and implement anti-doping rules, direct the collection of SAMPLES, the management of test results, and the conduct of hearings, all at the national level. If this designation has not been made by the competent public authority or authorities, the entity shall be the country’s NATIONAL OLYMPIC COMMITTEE or its designee.
22. “National Event” is a sport EVENT involving international or national-level ATHLETES that is not an INTERNATIONAL EVENT.
23. “National Olympic Committee” is the organization recognized by the International Olympic Committee. The term shall also include the National Sport Confederation in those countries where the National Sport Confederation assumes typical NATIONAL OLYMPIC COMMITTEE responsibilities in the anti-doping area.
24. “No Advance Notice” means a DOPING CONTROL which takes place with no advance warning to the ATHLETE and where the ATHLETE is continuously chaperoned from the moment of notification through SAMPLE provision.
25. “No Fault or Negligence”: The ATHLETE’S establishing that he or she did not know or suspect, and could not reasonably have known or suspected even with the exercise of utmost caution, that he or she had USED or been administered the PROHIBITED SUBSTANCE or PROHIBITED METHOD.

## Art. 2: Definitions

26. “No Significant Fault or Negligence”: The ATHLETE’S establishing that his or her fault or negligence, when viewed in the totality of the circumstances and taking into account the criteria for NO FAULT OR NEGLIGENCE, was not significant in relationship to the anti-doping rule violation.
27. “Out-of-Competition”: Any DOPING CONTROL which is not IN-COMPETITION.
28. “Participant” means any ATHLETE or ATHLETE SUPPORT PERSONNEL.
29. “Person” means a natural person or an organization or other entity.
30. “Possession” means the actual, physical possession, or the constructive possession (which shall be found only if the person has exclusive control over the PROHIBITED SUBSTANCE/METHOD or the premises in which the PROHIBITED SUBSTANCE/METHOD exists); provided, however, that if the person does not have exclusive control over the PROHIBITED SUBSTANCE/METHOD or the premises in which a PROHIBITED SUBSTANCE/METHOD exists, constructive possession shall only be found if the PERSON who knew about the presence of the PROHIBITED SUBSTANCE/METHOD and intended to exercise control over it. Provided, however, there shall be no anti-doping rule violation based solely on POSSESSION if, prior to receiving notification of any kind that the PERSON has committed an anti-doping rule violation, the PERSON has taken concrete action demonstrating that the PERSON no longer intends to have POSSESSION and has renounced the PERSON’S previous POSSESSION.
31. “Prohibited List” means the WADA-List of PROHIBITED SUBSTANCES and METHODS as referred to in Art. 2 III.
32. “Prohibited Method” means any method so defined on the PROHIBITED LIST.
33. “Prohibited Substance” means any substance so defined on the PROHIBITED LIST.
34. “Provisional Hearing” means, for purposes of Art. 4 XII 7, an expedited abbreviated hearing occurring prior to a hearing under Art. 6 III 5 that provides the ATHLETE with notice and opportunity to be heard in either written or oral form.
35. “Provisional Suspension”: see “Consequences” above.
36. “Publicly Disclose or Publicly Report” means to disseminate or distribute information to the general public or PERSONS beyond those PERSONS entitled to earlier notification in accordance with Art. 6 I 3.
37. “Registered Testing Pool” is the pool of top level ATHLETES established separately by each International Federation and NATIONAL ANTI-DOPING ORGANIZATION who are subject to both IN-COMPETITION and OUT-OF-COMPETITION TESTING as part of that International Federation’s or Organization’s test distribution plan. For IDSF this is the LIST OF ATHLETES subject to OUT-OF-COMPETITION TESTING according to Art. 4 I 2.
38. “Sample / Specimen” means any biological material collected for the purposes of DOPING CONTROL.
39. “Signatories” are those entities signing the World Anti-Doping Code and agreeing to comply with the World Anti-Doping Code, including the International Olympic Committee, International Federations, International Paralympic Committee, NATIONAL OLYMPIC COMMITTEES, National Paralympic Committees, MAJOR EVENT ORGANIZATIONS, NATIONAL ANTI-DOPING ORGANIZATIONS, and WADA. IDSF is a SIGNATORY.
40. “Tampering” means altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly to alter results or prevent normal procedures from occurring.
41. “Target Testing” means the selection of ATHLETES for TESTING where specific ATHLETES or groups of ATHLETES are selected on a non-random basis for TESTING at a specified time.

## Art. 3: Scope

42. “Team Sport” means a sport in which the substitution of players is permitted during a COMPETITION.
43. “Testing” means the parts of the DOPING CONTROL process involving test distribution planning, SAMPLE collection, SAMPLE handling, and SAMPLE transport to the laboratory.
44. “Trafficking” means to sell, give, administer, transport, send, deliver or distribute a PROHIBITED SUBSTANCE or PROHIBITED METHOD to an ATHLETE either directly or through one or more third parties, but excluding the sale or distribution (by medical personnel or by persons other than the ATHLETE’S support personnel) of a PROHIBITED SUBSTANCE for genuine and legal therapeutic purposes.
45. “Use” means the application, ingestion, injection or consumption by any means whatsoever of any PROHIBITED SUBSTANCE OR METHOD.
46. “WADA” means the World Anti-Doping Agency.

### II. Definitions of IDSF related terms

1. “Member” means a IDSF member organization.
2. “Anti-Doping Representative” is an official of the IDSF who is a member of the IDSF Presidium and who is appointed to that office from time to time by the IDSF Presidium.
3. “Organizer” means any body or organization to which the IDSF Presidium has granted, delegated or licensed the right to organize a DanceSport EVENT according to the IDSF COMPETITION RULES, in regard to this EVENT.
4. “IDSF Anti-Doping Delegate” is a person annually appointed by the IDSF Presidium. IDSF ANTI-DOPING DELEGATES organize, conduct and supervise doping controls at all IDSF granted DanceSport EVENTS at which the IDSF ANTI-DOPING REPRESENTATIVE has decided to carry out doping controls, safeguarding IDSF’s responsibilities and interests. The IDSF ANTI-DOPING DELEGATE acts as contact person between IDSF, the ORGANIZER and the DCT, and instructs the ORGANIZER as required by the procedures of DOPING CONTROLS and this CODE.
5. “DCT” means Doping Control Team. A DCT consists of a male and a female person. It is assigned either:
  - a) by the official doping control body or NATIONAL ANTI-DOPING ORGANIZATION of the country where the tests are performed;
  - b) by IDSF at locations where such a body is not in charge, or
  - c) by WADA for OUT-OF-COMPETITION TESTING.

### III. List of Prohibited Substances and Prohibited Methods

1. The PROHIBITED LIST as defined in the World Anti-Doping Code and published by WADA from time to time is hereby incorporated as an an integral part of this CODE. Revisions of the PROHIBITED LIST by WADA shall go into effect under the rules of this ANTI-DOPING CODE three (3) months after publication.
2. The PROHIBITED LIST shall be constantly reviewed by the ANTI-DOPING REPRESENTATIVE, who may propose additions or amendments to it. Such addition or amendment must be approved by the General Meeting, and shall come into force three (3) months from the date of such approval. Additions or amendments must be codified in Appendix A of this ANTI-DOPING CODE under “VI. Additional Regulations”.

## Art. 3: Scope

### I. Application of the CODE

1. This CODE applies to all PARTICIPANTS.

### Art. 3: Scope

2. Each MEMBER must inform its registered member dancers, trainers and functionaries about this ANTI-DOPING CODE, its PARTICIPANTS by handing them out a copy of this CODE. Any MEMBER that nominates a PARTICIPANT to any IDSF-granted DanceSport EVENT is deemed to have recognized this ANTI-DOPING CODE and to undertake to nominate to IDSF-granted DanceSport EVENTS only PARTICIPANTS who have agreed to comply with all of the duties set out in and flowing from this ANTI-DOPING CODE and who have signed the corresponding forms of consent (Appendix A to Art. 19 IDSF STATUTES).
3. PARTICIPANTS must, before they take part in a IDSF-granted DanceSport EVENT, agree to comply with this ANTI-DOPING CODE by completing and signing the forms of consent as codified in Appendix A to Art. 19 of the IDSF STATUTES. Signed forms can either be sent by the PARTICIPANTS to the MEMBER who is nominating the PARTICIPANT or to the ORGANIZER of the DanceSport EVENT. In any case, the forms must then be forwarded to the ANTI-DOPING REPRESENTATIVE. At the DanceSport EVENT, the ANTI-DOPING DELEGATE checks whether the PARTICIPANTS have signed the forms of consent. Missing forms can be signed by the ATHLETE at checking in for the DanceSport EVENT. The forms are administered by the ANTI DOPING DELEGATE.
4. At every IDSF-granted EVENT, a copy of this ANTI-DOPING CODE and of the IDSF COMPETITION RULES must be held ready for consultation.
5. All ATHLETES are subject to DOPING CONTROLS (urine analyses, blood tests and other authorized techniques for detecting prohibited substances or methods).
6. Notwithstanding the obligations of other PARTICIPANTS to comply with the provisions of this CODE, it is the personal responsibility of any ATHLETE subject to the provisions of this CODE to ensure that he/she does not use or allow the use of any PROHIBITED SUBSTANCE or any PROHIBITED METHOD.
7. No ATHLETE shall be allowed to compete in his/her national championships, nor shall a MEMBER nominate an ATHLETE to an IDSF-granted EVENT, unless and until such ATHLETE agrees to subject him/herself to OUT-OF-COMPETITION DOPING CONTROLS by both the MEMBER and the IDSF/WADA.
8. Every MEMBER shall inform the IDSF ANTI-DOPING REPRESENTATIVE of any laboratory results indicating the presence of a PROHIBITED SUBSTANCE in an ATHLETE'S A and/or B SAMPLE, obtained in the course of DOPING CONTROLS carried out by that MEMBER.

## II. Responsibility for Doping Control

1. At all international IDSF-granted DanceSport EVENTS according to Rule 5 IDSF COMPETITION RULES, the IDSF ANTI-DOPING REPRESENTATIVE decides which type of DOPING CONTROLS (i.e., urine or blood testing, or both) will be carried out. The DOPING CONTROLS are organized, conducted and supervised by the ANTI-DOPING DELEGATE at the DanceSport EVENT. The organizer of the EVENT shall provide
  - all required information,
  - a person assigned as liaison to IDSF as well as the required volunteers,
  - means to set up a doping control room,
  - the identification papers of the competing ATHLETES as requested by the ANTI-DOPING DELEGATE and
  - any further necessary requirement as reasonably requested by the ANTI-DOPING DELEGATE.
2. It is a condition of membership of the IDSF that policies, rules, statutes and programs of the MEMBERS comply with the WADC. In particular it is a condition of membership that a MEMBER includes within its constitution or statutes or bylaws or competition rules:

#### Art. 4: Implementation of Doping Controls

- a) a provision allowing the IDSF to conduct DOPING CONTROLS at that MEMBER'S National Championships or any similar EVENT; and
  - b) a provision allowing WADA to conduct OUT-OF-COMPETITION TESTING on that MEMBER'S ATHLETES.
  - c) It is the duty of any MEMBER or officer of a MEMBER to assist the IDSF and, if appropriate or deemed appropriate by the ANTI-DOPING REPRESENTATIVE, other MEMBERS in the carrying out of such DOPING CONTROLS. Any MEMBER whose representative is found to be or to have been preventing, delaying, impeding, hindering or otherwise obstructing the carrying out of such DOPING CONTROLS shall be liable to sanctions under the STATUTES OF THE IDSF.
3. OUT-OF-COMPETITION TESTING of ATHLETES who are recorded on the IDSF Ranking List is implemented by WADA. OUT-OF-COMPETITION TESTING of other ATHLETES is implemented by MEMBERS.
4. In order to more fully and perfectly implement this CODE and its policies, the following applies regarding the recognition of results from DOPING CONTROLS:
- a) It is a condition of membership of IDSF that MEMBERS carry out DOPING CONTROLS within their own jurisdictions. Every MEMBER shall inform the IDSF ANTI-DOPING REPRESENTATIVE of any laboratory results indicating the presence of a PROHIBITED SUBSTANCE in an ATHLETE'S A and/or B sample, obtained in the course of TESTING carried out by that MEMBER. These findings shall be considered by the ANTI-DOPING REPRESENTATIVE who shall, in her/his absolute discretion, on behalf of all MEMBERS of the IDSF, recognize any ADVERSE ANALYTICAL FINDING(S) obtained. These findings of DOPING CONTROLS carried out by that MEMBER will then be final and binding upon all MEMBERS, who shall take all reasonably necessary action to render such decision effective.
  - b) Where DOPING CONTROL has been carried out by the IDSF, every MEMBER shall recognize the results of such DOPING CONTROLS and shall take all necessary action to render such decision effective.
  - c) The ANTI-DOPING REPRESENTATIVE may, on behalf of all MEMBERS of the IDSF, recognize the results of DOPING CONTROL carried out by a sporting body other than the IDSF, or by a MEMBER of that sporting body under rules and procedures different from those of the IDSF, if he/she is satisfied that the DOPING CONTROL was properly carried out and the rules of the body conducting these tests afford sufficient protection to ATHLETES.
  - d) Where it is proposed to recognize the results of DOPING CONTROLS carried out by a sporting body other than the IDSF, or by a MEMBER of that sporting body under rules and procedures different from those of the IDSF, an ATHLETE likely to be affected shall be given notice in writing. Should he/she wish to make representations in writing, she or he shall deliver them to the ANTI-DOPING REPRESENTATIVE within a month after the date of the notification of the ATHLETE.
  - e) If the ANTI-DOPING REPRESENTATIVE decides to recognize the result of DOPING CONTROLS carried out by a sporting body other than the IDSF, then the ATHLETE shall be deemed to have breached the relevant IDSF Rule and will be subject to the same sanctions and procedures according to this CODE as an ATHLETE who has done so. All MEMBERS shall take all necessary action to ensure that this decision is effective.

#### **Art. 4: Implementation of Doping Controls**

##### **I. Group of Athletes to be Tested**

1. At DanceSport EVENTS, DOPING CONTROLS at NO ADVANCE NOTICE must be carried out:

## Art. 4: Implementation of Doping Controls

- a) in pair COMPETITIONS, on a minimum of four ATHLETES, an equal number of each sex, including both members of the winning couple and other ATHLETES chosen by the drawing of lots, provided always that ATHLETES placed in the finals, the semi-finals and the quarterfinals must be represented.
  - b) in team COMPETITIONS, on six ATHLETES, three of each sex, including two members of the winning team and four ATHLETES to be chosen by drawing of lots, provided always that ATHLETES placed in the finals and the semi-finals must also be tested.
2. OUT-OF-COMPETITION TESTING is conducted by WADA on ATHLETES registered on IDSF's List of Athletes subject to OUT-OF-COMPETITION DOPING CONTROLS. This list may include any ATHLETE participating in or preparing to participate in IDSF granted DanceSport EVENTS and in all EVENTS organized under the authority, whether direct or delegated, of the IDSF.
  3. Doping controls can always be carried out on those ATHLETES whom the IDSF reasonably suspects of having contravened the ANTI-DOPING CODE (TARGET TESTING). Where more than one member of a Formation Team has been notified of a possible anti-doping rule violation in connection with an DanceSport EVENT, the Formation Team shall be subject to target testing for the relevant COMPETITION or EVENT.

### II. **Obligation to Tolerate Controls and Furnish Information**

1. TAMPERING, or ATTEMPTING to TAMPER with any part of DOPING CONTROL is violation of the anti-doping rules and will be sanctioned according to Art. 5 VI 1.
2. PARTICIPANTS must provide identification papers to the organizer's administration of the EVENT prior to enter the COMPETITION (e.g. licence, passport, ID card). During the COMPETITION, the identification papers are kept by the ORGANIZER'S administration of the EVENT. They must be made available to the ANTI-DOPING DELEGATE on his/her request.
3. Any ATHLETE who, in the opinion of the Head of the DCT, before or after the notification of the ATHLETES to be tested (Art. 4 VI 1), evades a possible TESTING and escapes the control of the DCT, or ATTEMPTS to do so, shall be deemed to have refused to submit to DOPING CONTROL as per Art. 5 VI 2 and be sanctioned accordingly.
4. ATHLETES must tolerate the carrying out of DOPING CONTROLS and, insofar as is necessary, must actively participate, including by declaring such medications they have taken during the three (3) calendar days prior to the carrying out of the SAMPLE collection. This includes medications the ATHLETE is allowed to take according to Art. 5 XII. These declared medications shall be recorded in writing as part of the protocol of the SAMPLE collection.
5. Any ATHLETE on the IDSF List of Athletes subject to OUT-OF-COMPETITION DOPING CONTROLS must inform IDSF about
  - his/her exact contact data (full address, telephone, email etc.),
  - training facilities and training hours
  - his/her whereabouts if leaving his/her domicile for longer than two (2) days.

The failure to comply with this duty will be sanctioned as a refusal to provide SAMPLES according to Art. 5 VI 3.

### III. **Nomination of a Doping Control Team**

1. IDSF as responsible for DOPING CONTROLS at a selected DanceSport EVENT has to appoint a qualified DOPING CONTROL TEAM (DCT) which carries out the doping controls on site.
2. For OUT-OF-COMPETITION TESTING, WADA appoints a qualified DCT carrying out the tests.

## Art. 4: Implementation of Doping Controls

3. A DCT comprises at least two persons (the Head of the team and one or more helpers). The sex of the ATHLETES to be tested is to be taken into consideration when choosing the DCT. At least one member of the DCT must be the same sex as the ATHLETE tested.

### IV. Carrying Out the Doping Controls on Site at Competitions

The DCT shall travel to the EVENT without prior announcement and shall there make themselves known to the IDSF ANTI-DOPING DELEGATE. The latter then leads the DCT without delay to the rooms which have been set aside for the SAMPLE collection and, if necessary, orders any necessary changes to be made in order to guarantee that the SAMPLE collection can be carried out without complaint and in keeping with the respective rules.

### V. Drawing Lots to Determine Athletes to be Tested

If required according to Art. 4 I, the Head of the DCT shall, in cooperation with the IDSF ANTI-DOPING DELEGATE, draw lots to determine the ATHLETES to be tested. If requested by the ANTI-DOPING DELEGATE or by the Head of the DCT, the ORGANIZER must supply to them starting lists and/or all other documents and information as requested. The protocol of the drawing of lots is to be signed by the ANTI-DOPING DELEGATE and the Head of the DCT.

### VI. Notification of the Athletes

1. If TESTING will be carried out at a EVENT, it is advisable to remind the ATHLETES about the controls and their duty to hold themselves ready for TESTING at the beginning of each COMPETITION of the EVENT.
2. Immediately after the end of the COMPETITION for a chosen ATHLETE or following the announcement of the final results of the COMPETITION, those ATHLETES who have been chosen pursuant to this CODE to undergo DOPING CONTROLS must be requested by notice in writing delivered by the DCT to each such ATHLETE to make their way immediately to the doping control room.
3. The ATHLETE is entitled to present himself/herself for the SAMPLE collection with a PERSON of his or her choice (official, trainer, physician, masseur, etc.).
4. As a matter of principle the SAMPLE collection should be carried out with as little delay as possible.

### VII. Procedure for Urine Controls

1. In addition to the ATHLETE and the PERSON accompanying him/her, only the following persons may be present in the control room:
  - a) a representative of the MEMBER / ORGANIZER,
  - b) the DOPING CONTROL TEAM
  - c) the IDSF ANTI-DOPING REPRESENTATIVE and/or ANTI-DOPING DELEGATE.
2. Upon the ATHLETE'S arrival in the doping control room the ANTI-DOPING DELEGATE checks his/her identification papers.
3. The time of arrival in the doping control room and personal details shall be entered into the relevant documents by the DCT.
4. The ATHLETE himself/herself chooses the urine sample container (beaker). At least 75 millilitres of urine is to be passed into the container under the supervision of a same-sex member of the DCT. Subsequently, the ATHLETE chooses two containers bearing a special code each containing two small bottles marked (engraved) with an identical code number and the letters "A" or "B". The ATHLETE himself/herself fills the collected urine into the two small bottles (bottle "A" is filled two-thirds full; bottle "B" is filled one-third

#### Art. 4: Implementation of Doping Controls

full). Then the bottles are closed. It is appropriate to check that the bottles are sealed properly. Then the bottles are duly stored in the containers. A special seal is applied to the container.

5. The time of urine sampling and the code numbers are noted in the protocol. Likewise, any medications taken in the previous 72 hours (according to statements made by the ATHLETE) are also noted down in the protocol.
6. After the ATHLETE has made a final check of the data and the materials used, he/she signs the protocol and thus confirms that the SAMPLE collection has been carried out properly. Furthermore, the protocol is also signed by the Head of the DCT, the person accompanying the ATHLETE (if present) as well as the ANTI-DOPING DELEGATE (if required).
7. The ATHLETE receives a copy of the protocol.
8. Immediately after completing the SAMPLE collection procedure, the containers containing the samples are sealed by the ATHLETES, and checked and packed by the DCT. The DCT undertakes the transport of the SAMPLES to the respective IOC accredited laboratory in an unbroken chain of custody (Art. 4 IX).
9. In the event of the ATHLETE being unable to pass sufficient urine after one or more attempts, the available amount shall be kept safe in a container chosen by the ATHLETE himself/herself. Upon further passing of urine, the ATHLETE opens the bottle himself/herself and mixes the "old" urine with the "new" urine. The amount of urine now present is divided between the two bottles following as described above. The procedure then continues as previously described.

#### VIII. Procedure for Blood Controls

1. Blood SAMPLES shall only be taken by medically qualified personnel. Any official conducting blood sampling shall provide the ATHLETE with evidence of medical qualification before blood samples are taken.
2. No SAMPLES shall be taken unless an ATHLETE has had the blood sampling procedures explained to him or her and has signed the form of consent to blood testing. If an ATHLETE refuses to sign the form of consent, a SAMPLE shall not be taken from him or her, provided always that such a failure, other than in the circumstances set out below, will be deemed to be an unauthorized refusal to submit to doping control (Art. 5 VI 2).
3. The equipment necessary to conduct blood sampling shall consist of the following items in sufficient quantity for each test. Items a) to f) inclusive shall be of a quality suitable for blood sampling for medical purposes and items a) to f) inclusive shall be disposable and must be sterile if required by competent medical opinion:
  - a) Venous canulae
  - b) Vacuum tubes
  - c) Plastic syringe-like holders for the vacuum sample tubes
  - d) Shipping containers
  - e) Sterile disinfectant serviettes
  - f) TourniquetItems a) to d) inclusive, which are specific to an individual test, shall be contained within a module (Blood Sampling Module).
4. The ATHLETE shall choose a Blood Sampling Module from a selection of at least two modules. The ATHLETE shall select a blood sampling module and SAMPLING shall begin. The official conducting blood sampling shall apply a tourniquet to the ATHLETE'S arm. No attempt shall be made to take blood from any

#### Art. 4: Implementation of Doping Controls

other area of the ATHLETE'S body. The head of the DCT shall clean the skin with the supplied sterile disinfectant serviette and shall take the blood SAMPLE from a superficial vein, preferably in the anti-cubital region. The Head of the DCT shall attempt to do this as painlessly as possible. Sufficient blood to fill four of the blood sample tubes to be found in the Blood Sampling Module shall be withdrawn from an ATHLETE during blood sampling.

5. An ATHLETE shall be entitled to refuse to provide a blood SAMPLE if:
  - a) the PERSON intending to conduct blood SAMPLING is unable to provide evidence of an officially recognized professional medical qualification;
  - b) the items a) and d) above under No. 3, to be found in the Blood Sampling Module, are not contained within clean, sealed packaging or if such packaging is not intact;
  - c) an official proposes or attempts to withdraw more than 25 millilitres of blood from the ATHLETE.
6. The blood shall be withdrawn from the ATHLETE into the four vacuum tubes. These tubes will be put directly into the transportation containers for the A & B SAMPLES and these containers shall be immediately sealed. Each SAMPLE tube shall be marked with a code number. This code number should be written by the relevant official on the ATHLETE'S Doping Control Form. The ATHLETE should ensure that the code on the SAMPLE tubes corresponds to that entered by the official on the form.
7. The tested ATHLETE, the accompanying PERSON (if present), the ANTI-DOPING REPRESENTATIVE (if present) and the head of the DCT must all sign the Doping Control Form, confirming that the above procedures were carried out, provided always that if an ATHLETE or any other person thinks that the procedures were not carried out satisfactorily, she or he may declare so on the Doping Control Form and state his or her reasons for dissatisfaction. In the absence of any such declaration, the ATHLETE shall be deemed to have waived any alleged procedural breach.
8. The ATHLETE shall also provide details on the Doping Control Form of any medication recently taken by him or her and of whether he or she has received a blood transfusion during the preceding six months.
9. The protocols as well as the containers are packed and sealed by the DCT. The DCT undertakes the SAMPLES to the respective IOC accredited laboratory in an unbroken chain of custody (Art. 4 IX).

#### IX. Storage and Despatch of Samples

1. All PERSONS who have physical custody of such SAMPLES are obliged at all times to preserve and protect them and to provide evidence of uninterrupted supervision and control of the same by authorized personnel, in order to prevent TAMPERING and in order to ensure that the Anti-Doping policy of the IDSF may not be called into question or fall into disrepute, and the Presidium is authorized to take all measures it deems necessary in its absolute discretion against persons and MEMBERS who fail to comply with this duty.
2. Before containers containing any urine or blood SAMPLES are packed, it should be confirmed that all SAMPLES taken are present and that the number is in accordance with the list of code numbers. All SAMPLES should, if possible, be stored in a refrigerator or freezer.
3. The main "A" and reserve "B" SAMPLES should be placed in a sealed, protective suitable outer container and should be despatched to the laboratory as soon as possible after the SAMPLE collecting has been carried out.
4. If at all possible, the outer container should not be opened during transit to the laboratory. The DCT will provide identification labels, if required, for customs purposes. The opening of the outer container will not, of itself, invalidate the doping control.

5. SAMPLES provided by ATHLETES for the purpose of DOPING CONTROLS immediately become the property of IDSF.

**X. Procedure Following Refusal to Submit to Doping Control**

If an ATHLETE refuses to provide a urine or blood SAMPLE, the possible consequences shall be presented to him/her. The refusal to allow a SAMPLE collection to be carried out is subject to punishment pursuant to Art. 5 VI 2. If the ATHLETE continues to refuse, this fact shall be recorded in the protocol. This note shall be signed by the IDSF ANTI-DOPING REPRESENTATIVE or ANTI-DOPING DELEGATE (if present) and the Head of the DCT. The protocol shall immediately be passed on to the IDSF ANTI-DOPING REPRESENTATIVE.

**XI. Analysis of the Samples**

1. The analysis of the urine and blood SAMPLES may only be carried out by WADA-accredited laboratories or as otherwise approved by WADA. The choice of such laboratory shall be determined exclusively by IDSF.
2. The analyses are to be carried out as soon as possible after the SAMPLES have reached the laboratory. The analyses are to be carried out using recognized methods in conformity with the WADA INTERNATIONAL STANDARD for laboratory analysis. The laboratory shall make the results of the analyses available in writing.
3. No SAMPLE may be used for any purpose other than the detection of PROHIBITED SUBSTANCES (or classes of such substances) or the application of PROHIBITED METHODS, or as otherwise identified by WADA pursuant to Article 4.5. WADC (Monitoring Program), without the ATHLETE'S written consent.
4. The SAMPLE may be stored for eight years to allow re-testing according to Art. 4 XII 8.

**XII. Results of the Analysis**

1. The IDSF ANTI-DOPING DELEGATE is informed of the results of the analysis in writing. As soon as this is the case, the IDSF ANTI-DOPING DELEGATE conducts a review to determine whether
  - a) an applicable therapeutic use exemption has been granted or;
  - b) there is any apparent departure from the WADA INTERNATIONAL STANDARDS for testing or laboratory analysis that undermines the validity of any ADVERSE ANALYTICAL FINDING.
2. If the initial review does not reveal an applicable therapeutic use exemption and the validity of the analysis appears to be given, the ANTI-DOPING DELEGATE undertakes to pass on the results
  - a) to the ATHLETE, in the event of a negative result;
  - b) to the ATHLETE and to the IDSF ANTI-DOPING REPRESENTATIVE, in the event of an ADVERSE ANALYTICAL FINDING. The notice to the ATHLETE shall comprise information about
    - the analytical finding,
    - the anti-doping rule violated,
    - the ATHLETE'S right to promptly request the analysis of the "B" SAMPLE, or, failing such request, that the "B" SAMPLE analysis may be deemed waived
    - the right of the ATHLETE and/or the ATHLETE'S representative to attend the opening of the "B" SAMPLE and analysis,
    - the ATHLETE'S right to request copies of the "A" and "B" SAMPLE laboratory documentation package which includes information as required by the WADA INTERNATIONAL STANDARD for laboratory analysis,
    - the ATHLETE'S right to a hearing.

## Art. 5: Sanctions

3. The ANTI-DOPING DELEGATE shall also conduct any follow-up investigation as may be required by the PROHIBITED LIST. Upon completion of such follow-up investigation, the ANTI-DOPING DELEGATE shall promptly notify the ATHLETE regarding the results of the follow-up investigation and whether or not IDSF asserts that an anti-doping rule was violated.
4. The ANTI-DOPING DELEGATE shall conduct any follow-up investigation as may be required under applicable anti-doping policies and rules adopted pursuant to the CODE or which IDSF otherwise considers appropriate. IDSF shall promptly give the ATHLETE or other PERSON subject to sanction notice of the anti-doping rule which appears to have been violated, and the basis of the violation.
5. The identity of ATHLETES whose "A" Sample has resulted in an ADVERSE ANALYTICAL FINDING, or ATHLETES or other PERSONS who were alleged to have violated other anti-doping rules, may be publicly disclosed by IDSF no earlier than the administrative review described above in Art. 4 XII 1 to 4.
6. If the ATHLETE desires that the "B" SAMPLE be analyzed, the IDSF ANTI-DOPING DELEGATE arranges the analysis. The ATHLETE involved shall have the right to be present while the analysis is carried out, or that a PERSON designated by him/her be present. The ATHLETE shall carry the resulting costs (in the event of an ADVERSE ANALYTICAL FINDING) himself/herself.
7. The ATHLETE shall be granted the possibility of a PROVISIONAL HEARING.
8. The result of the "B" SAMPLE shall be seen as final. Further analyses shall not be permitted. Negative SAMPLES may be re-analyzed during a period of eight years, provided that new analytical methods have been developed in the meantime, which allow to detect hitherto not traceable PROHIBITED SUBSTANCES and/or METHODS.

### XIII. Analysis as Evidence

1. WADA-accredited laboratories are presumed to have conducted SAMPLE analysis and custodial procedures in accordance with the INTERNATIONAL STANDARD for laboratory analysis. The ATHLETE may rebut this presumption by establishing that a departure from the INTERNATIONAL STANDARD occurred. In this case, IDSF shall have the burden to establish that such departure did not cause the ADVERSE ANALYTICAL FINDING.
2. Departures from the INTERNATIONAL STANDARD of TESTING which did not cause an ADVERSE ANALYTICAL FINDING or other anti-doping rule violation shall not invalidate such results. If the ATHLETE establishes that departures from the INTERNATIONAL STANDARD occurred during TESTING then the IDSF 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.

### XIV. Costs

The IDSF carries the costs of the sampling and analysis of the SAMPLES taken. In the event of sanctions being imposed (Art. 6 V No. 1), the ATHLETE shall carry the costs of the SAMPLING and analysis.

## Art. 5: Sanctions

### I. Strict Liability

1. It is each ATHLETE'S personal duty to ensure that no PROHIBITED SUBSTANCE enters his or her body. ATHLETES are responsible for any PROHIBITED SUBSTANCE or its METABOLITES or MARKERS found to be

## Art. 5: Sanctions

present in their bodily SPECIMENS. Accordingly, it is not necessary that intent, fault, negligence or knowing USE on the ATHLETE'S part be demonstrated in order to establish an anti-doping violation under Art. 1 VII.

2. If the ATHLETE establishes in an individual case involving an anti-doping rule violation under Art. 1 VII 1 (presence of PROHIBITED SUBSTANCE or its METABOLITES or MARKERS) or USE of a PROHIBITED SUBSTANCE or PROHIBITED METHOD under Art. 1 VII 2 that he or she bears NO FAULT OR NEGLIGENCE for the violation, the otherwise applicable period of INELIGIBILITY shall be eliminated. When a PROHIBITED SUBSTANCE or its MARKERS or METABOLITES is detected in an ATHLETE'S SPECIMEN in violation of Art. 1 VII 1 (presence of PROHIBITED SUBSTANCE), the ATHLETE must also establish how the PROHIBITED SUBSTANCE entered his or her system in order to have the period of INELIGIBILITY eliminated. In the event this ARTICLE is applied and the period of INELIGIBILITY otherwise is eliminated, the anti-doping rule violation shall not be considered a violation for the limited purpose of determining the period of INELIGIBILITY for multiple violations under Articles 5 V and 5 IX.

### II. Rules of Evidence

1. The IDSF shall have the burden of proof of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether IDSF has established an anti-doping rule violation to the comfortable satisfaction of the Disciplinary Committee bearing in mind the seriousness of the allegation which is made. This standard of proof in all cases is greater than a mere balance of probability but less than proof beyond a reasonable doubt. Where the CODE places the burden of proof upon the ATHLETE or other PERSON alleged to have committed an anti-doping rule violation to rebut a presumption or establish specified facts or circumstances, the standard of proof shall be by a balance of probability.
2. The success or failure of the USE of a PROHIBITED SUBSTANCE or application of a 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.
3. Facts related to anti-doping rule violations may be established by any reliable means, including admissions, in particular the analysis results of WADA-accredited laboratories as per Art. 4 XIII.

### III. Disqualification

An anti-doping rule violation in connection with an IN-COMPETITION test automatically leads to the DISQUALIFICATION of the individual result obtained in that COMPETITION with all resulting consequences, including forfeiture of any medals, points, and prizes, irrespective of any other sanction that may be applied, subject to the provisions of this article. In the event of a dancer from a Formation Team being disqualified, this DISQUALIFICATION extends to the entire Formation Team.

### IV. Suspension / Further Invalidation of Results

1. The ATHLETE shall be suspended from any further COMPETITION from the time the IDSF ANTI-DOPING REPRESENTATIVE is reported an ADVERSE ANALYTICAL FINDING ("A" SAMPLE) (Art. 6 I).
2. An anti-doping rule violation in connection with an EVENT in which the ATHLETE participated in several COMPETITIONS may, upon the decision of the ruling body of the EVENT, lead to DISQUALIFICATION of all the ATHLETE'S individual results obtained in that EVENT with all consequences, including forfeiture of all medals, points and prizes. If, however, the ATHLETE establishes that he or she bears NO FAULT OR NEGLIGENCE for the violation, his/her results in the other COMPETITIONS shall not be DISQUALIFIED unless

## Art. 5: Sanctions

the results from the COMPETITION in which the anti-doping rule violation occurred were likely to have affected the results of other COMPETITIONS at the same EVENT.

3. In addition, all other competitive results obtained from the date a SAMPLE resulting in an ADVERSE ANALYTICAL FINDING was collected (whether IN-COMPETITION or OUT-OF-COMPETITION) or other doping violation occurred, shall be DISQUALIFIED with all the resulting CONSEQUENCES including forfeiture of any medals, points and prizes through the commencement of any PROVISIONAL SUSPENSION (Art. 6 I 1) or INELIGIBILITY period, unless fairness requires otherwise.

### V. Sanctions

1. Except for the specified substances identified in Art. 5 V 2, the period of INELIGIBILITY imposed for a violation of Articles 1 VII 1 (presence of PROHIBITED SUBSTANCE or its METABOLITES or MARKERS), 1 VII 2 (USE or ATTEMPTED USE of PROHIBITED SUBSTANCE or PROHIBITED METHOD) and 1 VII 6 (POSSESSION of PROHIBITED SUBSTANCES or means for PROHIBITED METHODS) shall be:

- For a first violation: two (2) years' INELIGIBILITY
- For a second violation: lifetime INELIGIBILITY.

If an ATHLETE establishes in such a case that he or she bears NO SIGNIFICANT FAULT OR NEGLIGENCE, then the period of INELIGIBILITY may be reduced, but not to less than one year for first violations and eight years for second or subsequent violations. When a PROHIBITED SUBSTANCE or its MARKERS or METABOLITES is detected in an ATHLETE'S SPECIMEN in violation of Art. 1 VII 1 (presence of PROHIBITED SUBSTANCE), the ATHLETE must also establish how the PROHIBITED SUBSTANCE entered his or her system in order to have the period of INELIGIBILITY reduced.

2. The PROHIBITED LIST may identify specified substances which are particularly susceptible to unintentional doping because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents. Where an ATHLETE can establish that the USE of such a specified substance was not intended to enhance sport performance, the period of INELIGIBILITY found in Art. 5 V 1 shall be replaced with the following:

- For a first violation: at a minimum, a warning and a reprimand and no period of INELIGIBILITY from future EVENTS, and at a maximum, one (1) year's INELIGIBILITY.
- For a second violation: two (2) years' INELIGIBILITY.
- For a third violation: lifetime INELIGIBILITY.

If an ATHLETE establishes in such a case that he or she bears NO SIGNIFICANT FAULT OR NEGLIGENCE, then the period of INELIGIBILITY may be reduced, but not to less than one year for first violations and eight years for second or subsequent violations. When a PROHIBITED SUBSTANCE or its MARKERS or METABOLITES is detected in an ATHLETE'S SPECIMEN in violation of Art. 1 VII 1 (presence of PROHIBITED SUBSTANCE), the ATHLETE must also establish how the PROHIBITED SUBSTANCE entered his or her system in order to have the period of INELIGIBILITY reduced.

### VI. Tampering / Refusal to Provide Samples

1. TAMPERING with DOPING CONTROL or the ATTEMPT to TAMPER with DOPING CONTROL is a violation of the ATHLETE'S cooperation duties (Art. 4 II 1).
  - For the first violation two (2) years' INELIGIBILITY are imposed.
  - For the second violation: Lifetime INELIGIBILITY is imposed.

## Art. 5: Sanctions

2. The refusal to submit to DOPING CONTROL or to provide a blood or urine SAMPLE is a frustration of evidence and a violation of the ATHLETE'S cooperation duties (Art. 4 II 2, Art. 4 II 4). An ATHLETE shall only be entitled to refuse to provide a blood or urine SAMPLE in circumstances where the mandatory procedures and safeguards set out in the IDSF ANTI-DOPING CODE and its other Anti-Doping regulations are not observed.

- For the first violation two (2) years' INELIGIBILITY are imposed.
- For the second violation: Lifetime INELIGIBILITY is imposed.

In cases of NO SIGNIFICANT FAULT OR NEGLIGENCE the period of INELIGIBILITY may be reduced, but not to less than one year for first violations and eight years for second or subsequent violations.

3. For violations of Art. 4 II 5 (whereabouts violation or missed tests), the period of INELIGIBILITY shall be at a minimum three (3) months and at a maximum two (2) years for a first violation, and between one year and four years for subsequent violations.

### VII. **Trafficking in and Administration of Prohibited Substances**

1. For violations of Articles 1 VII 7 (TRAFFICKING) or 1 VII 8 (administration of PROHIBITED SUBSTANCE or PROHIBITED METHOD), the period of INELIGIBILITY imposed shall be a minimum of four (4) years up to lifetime INELIGIBILITY. A respective violation involving a MINOR shall be considered a particularly serious violation, and, if committed by ATHLETE SUPPORT PERSONNEL for violations other than specified substances referenced in Art. 5 V 2, shall result in lifetime INELIGIBILITY for such ATHLETE SUPPORT PERSONNEL. In addition, violations of these articles which also violate non-sporting laws and regulations, may be reported to the competent administrative, professional or judicial authorities.

2. In cases of NO SIGNIFICANT FAULT OR NEGLIGENCE for a violation of Art. 1 VII 8 (administration of PROHIBITED SUBSTANCE or PROHIBITED METHOD) the period of INELIGIBILITY may be reduced, but not to less than two (2) years. In cases of particularly serious violations, the period may be reduced to eight (8) years.

### VIII. **Athlete's Substantial Assistance in Discovering or Establishing Anti-Doping Rule Violations by Athlete Support Personnel and Others**

The period of INELIGIBILITY may be reduced in an individual case where an ATHLETE has provided substantial assistance to IDSF which results in IDSF discovering or establishing an anti-doping rule violation by another PERSON involving POSSESSION (Art. 1 VII 7) by ATHLETE SUPPORT PERSONNEL, Art. 1 VII 7 (TRAFFICKING) or Art. 1 VII 8 (administration to an ATHLETE). The reduced period of INELIGIBILITY may not, however, be less than one half of the minimum period of INELIGIBILITY otherwise applicable; for lifetime this means eight (8) years.

### IX. **Concurrent Penalties and Conditions**

1. The penalties set out in this CODE may be applied concurrently insofar as they are compatible and may be accompanied by measures prescribing regular or unannounced TESTING of the ATHLETE concerned over a specified period of time.

2. For purposes of imposing sanctions under Art. 5 V, Art. 5 VI, or Art. 5 VII, a second anti-doping rule violation may be considered for purposes of imposing sanctions only if IDSF can establish that the ATHLETE or other PERSON committed the second anti-doping rule violation after he/she received notice, or after the IDSF made a reasonable attempt to give notice (Art. 4 XII), of the first violation. If the IDSF cannot estab-

## Art. 5: Sanctions

lish this, the violations shall be considered as one single first violation, and the sanction imposed shall be based on the violation that carries the more severe sanction.

3. Where an ATHLETE, based on the same SAMPLE analysis, is found to have committed an anti-doping rule violation involving both a specified substance under Art. 5 V 2 and another PROHIBITED SUBSTANCE or PROHIBITED METHOD, the ATHLETE shall be considered to have committed a single anti-doping rule violation, but the sanction imposed shall be based on the PROHIBITED SUBSTANCE or PROHIBITED METHOD that carries the most severe sanction.
4. Where an ATHLETE is found to have committed two separate anti-doping rule violations, one involving a specified substance under Art. 5 V 2 and the other involving a PROHIBITED SUBSTANCE or PROHIBITED METHOD under Art. 5 V 1 or a violation under Art. 5 VI 1 or Art. 5 VI 2, the period of INELIGIBILITY imposed for the second offense shall be at a minimum two (2) years' INELIGIBILITY and at a maximum of three (3) years' INELIGIBILITY. Any ATHLETE found to have committed a third anti-doping rule violation involving any combination of specified substances under Art. 5 V 2 and any other anti-doping rule violation under Art. 5 V 1, Art. 5 VI 1 or Art. 5 VI 2 shall receive a sanction of lifetime INELIGIBILITY.

### X. **Ineligibility: Commencement, Status, Reinstatement**

1. The period of INELIGIBILITY shall start on the date of the hearing decision providing for INELIGIBILITY or, if the hearing is waived, on the date INELIGIBILITY is accepted or otherwise imposed. Any period of PROVISIONAL SUSPENSION (whether imposed or voluntarily accepted) shall be credited against the total period of INELIGIBILITY to be served. Where required by fairness, such as delays in the hearing process or other aspects of DOPING CONTROL not attributable to the ATHLETE, the IDSF Disciplinary Committee may start the period of INELIGIBILITY at an earlier date commencing as early as the date of the SAMPLE collection.
2. No PERSON who has been declared INELIGIBLE may, during the period of INELIGIBILITY, participate in any capacity in a COMPETITION or activity (other than authorized anti-doping education or rehabilitation programs) authorized or organized by any SIGNATORY or SIGNATORY'S member organization, including IDSF and its MEMBERS. In addition, for any anti-doping rule violation not involving specified substances described in Art. 5 V 2, some or all sport-related financial support or other sport-related benefits received by such person will be withheld by SIGNATORIES (as e.g. IDSF), SIGNATORIES' member organizations (as i.e. IDSF MEMBERS) and governments. A person subject to a period of INELIGIBILITY longer than four years imposed by IDSF or its MEMBERS may, after completing four years of the INELIGIBILITY, participate in local sport events in a sport other than DanceSport, but only so long as the local sport event is not at a level that could otherwise qualify such person directly or indirectly to compete in (or accumulate points toward) a national championship or international EVENT.
3. As a condition of regaining eligibility at the end of a specified period of INELIGIBILITY, an ATHLETE must, during any period of PROVISIONAL SUSPENSION or INELIGIBILITY, make him or herself available for OUT-OF-COMPETITION DOPING CONTROLS and must, if requested, provide current and accurate whereabouts information according to Art. 4 II 5. If an ATHLETE subject to a period of INELIGIBILITY retires from DanceSport and is removed from the IDSF List of Athletes subject to OUT-OF-COMPETITION DOPING CONTROLS and later seeks reinstatement, the Athlete shall not be eligible for reinstatement until he/she has notified IDSF and has been subject to OUT-OF-COMPETITION DOPING CONTROLS for a period of time equal to the period of INELIGIBILITY remaining as of the date the ATHLETE had retired.

**XI. Sanctions imposed by Members**

An ATHLETE may only be sanctioned once for the same anti doping rule violation. MEMBERS must refrain from imposing sanctions against an ATHLETE if IDSF is taking up the case against her or him according to this CODE. The regulations for the recognition of doping controls (Art. 3 II No. 4) apply also to the recognition of sanctions respectively.

**XII. Medical Exemptions**

1. An ATHLETE may request the ANTI-DOPING REPRESENTATIVE in writing to grant prior exemption allowing him/her to take a substance normally prohibited under the CODE. Such an exemption will only be granted in cases of clear and compelling clinical need after consultation with a medically trained member of the IDSF Anti-Doping Commission in accordance with the WADA-INTERNATIONAL STANDARD on therapeutic use exemptions.
2. In the case of a granted medical exemption the possession of a PROHIBITED SUBSTANCE or the means to apply a PROHIBITED METHOD are justified and will not be sanctioned.
3. A decision denying therapeutic use exemption may be reviewed by WADA upon request of the ATHLETE. If WADA determines that such denial did not comply with the INTERNATIONAL STANDARD for therapeutic use exemptions, WADA may reverse the decision according to Art. 4.4 WADC. If not reversed by WADA, the IDSF's decision denying therapeutic use exemption may be appealed to CAS according to its rules and jurisdiction by the ATHLETE. Any such appeal must be made within twenty-one (21) days after the reception of such decision, according to the requirements of CAS.
4. WADA may also on its own initiative review the granting of a therapeutic exemption to any ATHLETE that is included on the IDSF List of Athletes subject to OUT-OF-COMPETITION DOPING CONTROLS and reverse the decision. Any reversal by WADA of any IDSF's decision on therapeutic use exemption may be appealed by IDSF or the ATHLETE affected to CAS within twenty-one (21) days after reception of WADA's decision, according to the requirements of CAS.

**Art. 6: Disciplinary Proceedings**

**I. Commencing Proceedings**

1. In the event of an ADVERSE ANALYTICAL FINDING in an Athlete's "A" SAMPLE, the ANTI-DOPING REPRESENTATIVE shall immediately suspend the ATHLETE if this seems necessary to the ANTI-DOPING REPRESENTATIVE in the interests of fair competition. The ANTI-DOPING REPRESENTATIVE'S decision can be appealed to the IDSF Disciplinary Committee.
2. If the analysis of the Athlete's "B" SAMPLE does not confirm the findings of the "A" SAMPLE analysis, the ANTI-DOPING REPRESENTATIVE shall lift the PROVISIONAL SUSPENSION. The ATHLETE then shall not be subject to any further disciplinary action. In circumstances where the ATHLETE or the ATHLETE'S team has been removed from a COMPETITION or an EVENT and the subsequent analysis of the "B" SAMPLE does not confirm the finding of the "A" SAMPLE analysis, the ATHLETE or team may continue to take part in the COMPETITION or EVENT, provided the COMPETITION or EVENT is not otherwise affected and it is still possible for the ATHLETE or team to be reinserted.
3. In the event of ADVERSE ANALYTICAL FINDINGS both in the "A" and "B" SAMPLES, the ANTI-DOPING REPRESENTATIVE shall immediately notify the IDSF Disciplinary Committee in writing of the ATHLETE'S name and contact information, the circumstances of the TESTING and the results of the analysis, and must

## Art. 6: Disciplinary Proceedings

copy the same information at the same time to the IDSF MEMBER of which the ATHLETE is a member or registered ATHLETE, and to WADA.

4. No action may be commenced against an ATHLETE or other PERSON for a violation of an anti-doping rule contained in this CODE unless such action is commenced within eight (8) years from the date the violation occurred.

### II. The IDSF Disciplinary Committee

1. The IDSF Disciplinary Committee is an independent organ of IDSF according to Art. 8, 18 IDSF STATUTES. It consists of six (6) members, two of whom must be persons who have
  - a) successfully completed a course of education in law which is recognized by the Disciplinary Committee, and
  - b) have possessed for a minimum of five (5) years a valid and subsisting licence as legal professionals in the IDSF MEMBER country in which they reside, or were previously so licensed for a minimum of ten (10) years.
2. To ensure the independence of the Disciplinary Committee, its members may not be a member of the IDSF Presidium or of the IDSF Managing Committee.
3. In the event of disciplinary proceedings initiated by the ANTI-DOPING REPRESENTATIVE, the Disciplinary Committee must assign a Chamber of three of its members to consider and decide the case. The Chair of the Disciplinary Committee Chamber must be one of the said legal professionals.

### III. Disciplinary Committee Procedure

1. The Disciplinary Committee Chamber must consider and decide the case according to this CODE and Swiss law.
2. The Disciplinary Committee Chamber decides about sanctions pursuant to Art. 5 of this CODE. It can, at any time during the procedure, revoke or vary the PROVISIONAL SUSPENSION of an ATHLETE, if it considers that it is likely that the case against him or her will be dismissed.
3. The Disciplinary Committee Chamber meets *in camera*.
4. The Disciplinary Committee Chamber must consider the case. With the prior agreement in writing of the ATHLETE whose ADVERSE ANALYTICAL FINDING is the subject of the case, it can decide the case without a hearing.
5. The PERSONS involved have the right, at a timely hearing, to state their case orally or in writing. They have the right to present evidence, to call and question witnesses (subject to the IDSF Disciplinary Committee's discretion to accept testimony by telephone or by written submission). They may consult licensed legal counsel before stating their case and have the right to be represented by counsel at their own expense.
6. If an ATHLETE does not consent to a decision without a hearing, the Disciplinary Committee Chamber shall determine the time and place for the hearing. The PERSONS involved shall be given notice in writing of the date of the hearing at least four weeks prior to it. The Disciplinary Committee shall decide the means of communicating this notice, in its absolute discretion provided always that its decision must be based on a *bona fide* attempt to provide real and effective notice to the ATHLETE by the best methods possible under all of the circumstances.
7. The PERSONS involved have the right to an interpreter at the hearing, with the IDSF Disciplinary Committee to determine the identity, and responsibility for the cost, of the interpreter.

## Art. 6: Disciplinary Proceedings

8. If an ATHLETE fails, refuses or neglects to appear at the hearing of his or her case after the Disciplinary Committee has given notice in writing as required above, the Disciplinary Committee Chamber may base its decision on the records without a hearing.
9. Notwithstanding any other provision to the contrary in this CODE, the Disciplinary Committee Chamber may take urgent decisions in order to uphold the IDSF RULES, sporting discipline or the rights of an ATHLETE. A complaint against urgent proceedings may be made to the Chamber in writing within the period of one week. The Disciplinary Committee Chamber must consider and decide on the complaint.
10. The Disciplinary Committee Chamber shall decide by majority vote. Less significant proceedings, in particular such proceedings in which the fault is negligible, may be dismissed under the doctrine that the Disciplinary Committee takes no notice of insignificant things under the doctrine *de minimis non curat lex*.
11. The Disciplinary Committee Chamber shall give its decisions in writing signed by all its members. Every decision shall include reasons, provided always that dissenting reasons shall not be given.
12. No later than twenty (20) days after the decision of the Disciplinary Committee, IDSF must publicly report the disposition of the anti-doping matter.

### IV. Reasons for Exclusion

1. A member of the Disciplinary Committee Chamber shall be excluded from taking part in a proceedings if
  - a) the member himself/herself or an ATHLETE from his/her national federation is involved in the case;
  - b) someone involved in the case
    - aa) is the fiancé/fiancée of a member of the Disciplinary Committee, or
    - bb) is or was the spouse, had a spousal relationship with the member, or had a common home with the member, or
    - cc) is or was related to the member by law or by blood to the second degree of blood relation.
2. Members of the Disciplinary Committee may declare themselves biased or may be challenged as biased by notice in writing to all members of the Disciplinary Committee. A member of the Disciplinary Committee has the duty to give notice of such challenge as soon as he/she knows of a reason for it. The Chair of the Disciplinary Committee decides on the justification.
3. In the event of one or more members of the Disciplinary Committee Chamber being excluded pursuant to Art. 6 IV, nos. 1 or 2, the equivalent number of members shall be nominated from the Presidium after consultations with the other members of the Disciplinary Committee.

### V. Costs

1. The Disciplinary Committee Chamber decides on the costs of the case.
2. If sanctions are imposed, the ATHLETE shall pay the costs of the case. If the ATHLETE fails, refuses or neglects so to pay the costs within one month of the Chamber's decision, the IDSF Member of which he/she is a member or registered ATHLETE is liable to pay the costs within two months of the Chamber's decision. Otherwise the IDSF shall carry the costs.
3. Costs eligible for cost assessment are:
  - a) Expenditures for witnesses and evidence,
  - b) Necessary expenses of the PERSONS involved (travel costs, accommodation, meals, and other incidental costs), including the members of the Disciplinary Committee Chamber.Expenses incurred through drawing on or authorizing third parties are not eligible for cost assessment.

## VI. Appeals

1. Any decision made by the Disciplinary Committee or one of its Chambers may be appealed to the Court of Arbitration for Sport ("CAS") in Lausanne, Switzerland, according to its rules and jurisdiction. This includes namely
  - decisions that an anti-doping rule violation was committed or not committed
  - a decision imposing CONSEQUENCES for an anti-doping rule violation
  - a decision that IDSF lacks jurisdiction to rule an alleged anti-doping rule violation or its CONSEQUENCES
  - a decision revising the ANTI-DOPING REPRESENTATIVE'S decision to impose a PROVISIONAL SUSPENSION.Any such appeal must be made within twenty-one (21) days after the reception of such decision, according to the requirements of CAS.
2. Decisions appealed shall remain in effect while under appeal unless the appellate body orders otherwise.
3. The following parties shall have the right to appeal to CAS:
  - a) the ATHLETE or other PERSON who is the subject of the decision being appealed
  - b) IDSF
  - c) the International Olympic Committee or International Paralympic Committee, as applicable, where the decision may have an effect in relation to the Olympic Games or Paralympic Games, including decisions affecting eligibility for the Olympic Games or Paralympic Games
  - d) WADA
4. The only person that may appeal from a suspension (Art. 6 I 1) is the ATHLETE or other PERSON upon whom the suspension is imposed.

### Art. 7: Taking Effect

This Anti-Doping Code has been approved by the 2004 IDSF General Meeting. It will be effective immediately.

**Appendix: Prohibited Substances and Methods according to the WADA Prohibited List 2004:**

**Valid 1<sup>st</sup> January 2004**

**SUBSTANCES AND METHODS  
PROHIBITED IN-COMPETITION**

**PROHIBITED SUBSTANCES**

**S1. STIMULANTS**

The following stimulants are prohibited, including both their optical (D- and L-) isomers where relevant:

Adrafinil, amfepramone, amiphenazole, amphetamine, amphetaminil, benzphetamine, bromantan, carphedon, cathine\*, clobenzorex, cocaine, dimethylamphetamine, ephedrine\*\*, etilamphetamine, etilefrine, fencamfamin, fenetylline, fenfluramine, fenproporex, furfenorex, mefenorex, mephentermine, mesocarb, methamphetamine, methylamphetamine, methylenedioxyamphetamine, methylenedioxymethamphetamine, methylephedrine\*\*, methylphenidate, modafinil, nikethamide, norfenfluramine, parahydroxyamphetamine, pemoline, phendimetrazine, phenmetrazine, phentermine, prolintane, selegiline, strychnine, and other substances with similar chemical structure or similar pharmacological effects\*\*\*.

\* Cathine is prohibited when its concentration in urine is greater than 5 micrograms per millilitre.

\*\* Each of ephedrine and methylephedrine is prohibited when its concentration in urine is greater than 10 micrograms per millilitre.

\*\*\* The substances included in the 2004 Monitoring Program are not considered as Prohibited Substances.

**S2. NARCOTICS**

The following narcotics are prohibited:

buprenorphine, dextromoramide, diamorphine (heroin), hydromorphone, methadone, morphine, oxycodone, oxymorphone, pentazocine, pethidine.

**S3. CANNABINOIDS**

Cannabinoids (e.g. hashish, marijuana) are prohibited.

**S4. ANABOLIC AGENTS**

Anabolic agents are prohibited.

**1. Anabolic Androgenic Steroids (AAS)**

a) Exogenous\* AAS including but not limited to:

androstadienone, bolasterone, boldenone, boldione, clostebol, danazol, dehydrochloromethyltestosterone, delta1-androstene-3,17-dione, drostanolone, drostanediol, fluoxymesterone, formebolone, gestrinone, 4-hydroxytestosterone, 4-hydroxy-19-nortestosterone, mestenolone, mesterolone, methandienone, metenolone, methandriol, methyltestosterone, mibolerone, nandrolone, 19-norandrostenediol, 19-norandrostenedione, norbolethone, nore-

thandrolone, oxabolone, oxandrolone, oxymesterone, oxymetholone, quinbolone, stanozolol, stenbolone, 1-testosterone (delta1-dihydro-testosterone), trenbolone and their analogues<sup>#</sup>.

b) Endogenous<sup>\*\*</sup> AAS including but not limited to:

androstenediol, androstenedione, dehydroepiandrosterone (DHEA), dihydrotestosterone, testosterone and their analogues<sup>\*\*\*</sup>.

Where a Prohibited Substance (as listed above) is capable of being produced by the body naturally, a Sample will be deemed to contain such Prohibited Substance where the concentration of the Prohibited Substance or its metabolites or markers and/or any other relevant ratio(s) in the Athlete's Sample so deviates from the range of values normally found in humans so as not to be consistent with normal endogenous production. A Sample shall not be deemed to contain a Prohibited Substance in any such case where the Athlete proves by evidence that the concentration of the Prohibited Substance or its metabolites or markers and/or the relevant ratio(s) in the Athlete's Sample is attributable to a pathological or physiological condition. In all cases, and at any concentration, the laboratory will report an adverse finding if, based on any reliable analytical method, it can show that the Prohibited Substance is of exogenous origin.

If the laboratory result is not conclusive and no concentration as referred to in the above paragraph is found, the relevant Anti-Doping Organization shall conduct a further investigation if there are serious indications, such as a comparison to reference steroid profiles, for a possible Use of a Prohibited Substance.

If the laboratory has reported the presence of a T/E ratio greater than six (6) to one (1) in the urine, further investigation is obligatory in order to determine whether the ratio is due to a physiological or pathological condition.

In both cases, the investigation will include a review of any previous tests, subsequent tests and/or results of endocrine investigations. If previous tests are not available, the Athlete shall undergo an endocrine investigation or be tested unannounced at least three times within a three month period.

Failure of the Athlete to co-operate in the investigations will result in considering the Athlete's Sample to contain a Prohibited Substance.

## **2. Other Anabolic Agents**

Clenbuterol, zeranol.

*For purposes of this section:*

\* "exogenous" refers to a substance which is not capable of being produced by the body naturally.

\*\* "endogenous" refers to a substance which is capable of being produced by the body naturally.

\*\*\* an "analogue" is defined as "a substance derived from the modification or alteration of the chemical structure of another substance while retaining a similar pharmacological effect."

## **S5. PEPTIDE HORMONES**

The following substances are prohibited, including their mimetics\*, analogues<sup>#</sup> and releasing factors:

1. Erythropoietin (EPO)
2. Growth hormone (hGH) and Insulin-like Growth Factor (IGF-1)
3. Chorionic Gonadotrophin (hCG) prohibited in males only;
4. Pituitary and synthetic gonadotrophins (LH) prohibited in males only;
5. Insulin
6. Corticotrophins

Unless the Athlete can demonstrate that the concentration was due to a physiological or pathological condition, a Sample will be deemed to contain a Prohibited Substance (as listed above) where the concentration of the Pro-

hibited Substance or its metabolites and/or relevant ratios or markers in the Athlete's Sample so exceeds the range of values normally found in humans so as not to be consistent with normal endogenous production.

The presence of analogues, mimetics, diagnostic marker(s) or releasing factors of a hormone listed above or of any other finding which indicate(s) that the substance detected is not the naturally present hormone, will be reported as an adverse analytical finding.

*For purposes of this section:*

*\* a "mimetic" is defined as a substance with pharmacological effect similar to that of another substance, regardless of the fact that it has a different chemical structure.*

*# an "analogue" is defined as "a substance derived from the modification or alteration of the chemical structure of another substance while retaining a similar pharmacological effect."*

## **S6. BETA-2 AGONISTS**

All beta-2 agonists including their D- and L- isomers are prohibited except that formoterol, salbutamol, salmeterol and terbutaline are permitted by inhalation only to prevent and/or treat asthma and exercise-induced asthma/broncho-constriction. A medical notification in accordance with section 8 of the International Standard for Therapeutic Use Exemptions is required.

Despite the granting of a TUE, when the Laboratory has reported a concentration of salbutamol (free plus glucuronide) greater than 1000 ng/mL, this will be considered as an adverse analytical finding unless the athlete proves that the abnormal result was the consequence of the therapeutic use of inhaled salbutamol.

## **S7. AGENTS WITH ANTI-OESTROGENIC ACTIVITY**

Aromatase inhibitors, clomiphene, cyclofenil, tamoxifen are prohibited only in males.

## **S8. MASKING AGENTS**

Masking agents are prohibited. They are products that have the potential to impair the excretion of Prohibited Substances, to conceal their presence in urine or other Samples used in doping control, or to change haematological parameters.

Masking agents include but are not limited to:

Diuretics\*, epitestosterone, probenecid, plasma expanders (e.g. dextran, hydroxyethyl starch.)

\*A medical approval in accordance with section 7 of the International Standard for Therapeutic Use Exemptions is not valid if an Athlete's urine contains a diuretic in association with threshold or sub-threshold levels of a Prohibited Substance(s).

Diuretics include :

acetazolamide, amiloride, bumetanide, canrenone, chlortalidone, etacrynic acid, furosemide, indapamide, mersalyl, spironolactone, thiazides (e.g. bendroflumethiazide, chlorothiazide, hydrochlorothiazide) and triamterene, and other substances with similar chemical structure or similar pharmacological effects.

## **S.9 GLUCOCORTICOSTEROIDS**

Glucocorticosteroids are prohibited when administered orally, rectally, or by intravenous or intramuscular administration.

All other administration routes require a medical notification in accordance with section 8 of the International Standard for Therapeutic Use Exemptions.

## **PROHIBITED METHODS**

### **M1. ENHANCEMENT OF OXYGEN TRANSFER**

The following are prohibited:

- a. Blood doping. Blood doping is the use of autologous, homologous or heterologous blood or red blood cell products of any origin, other than for legitimate medical treatment.
- b. The Use of products that enhance the uptake, transport or delivery of oxygen, e.g. erythropoietins, modified haemoglobin products including but not limited to haemoglobin-based blood substitutes, microencapsulated haemoglobin products, perfluorochemicals, and efaproxiral (RSR13).

### **M2. PHARMACOLOGICAL, CHEMICAL AND PHYSICAL MANIPULATION**

Pharmacological, chemical and physical manipulation is the Use of substances and methods, including masking agents, which alter, attempt to alter or may reasonably be expected to alter the integrity and validity of specimens collected in doping controls.

These include but are not limited to catheterisation, urine substitution and/or tampering, inhibition of renal excretion and alterations of testosterone and epitestosterone concentrations.

### **M3. GENE DOPING**

Gene or cell doping is defined as the non-therapeutic use of genes, genetic elements and/or cells that have the capacity to enhance athletic performance.

<h2><b>SUBSTANCES AND METHODS PROHIBITED IN- AND OUT-OF-COMPETITION</b></h2>
--

## **PROHIBITED SUBSTANCES**

(All categories listed hereunder refer to  
all those substances and methods listed in the relevant section)

- S4. ANABOLIC AGENTS**
- S5. PEPTIDE HORMONES**
- S6. BETA-2 AGONISTS\***
- S7. AGENTS WITH ANTI-OESTROGENIC ACTIVITY**
- S8. MASKING AGENTS**

(\*Only clenbuterol, and salbutamol when its concentration in urine is greater than 1000ng/mL)

## **PROHIBITED METHODS**

- M1. ENHANCEMENT OF OXYGEN TRANSFER**
- M2. PHARMACOLOGICAL, CHEMICAL AND PHYSICAL MANIPULATION**
- M3. GENE DOPING**

## SPECIFIED SUBSTANCES

10.3 WADC and Art. 5 V 2 IDSF ADC state “The 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.” A doping violation involving such substances may result in a reduced sanction as noted in the Code provided that the “...Athlete can establish that the Use of such a specified substance was not intended to enhance sport performance...”

“Specified Substances” are listed below:

Stimulants: ephedrine, L-methylamphetamine, methylephedrine.

Cannabinoids.

Inhaled Beta-2 Agonists (except clenbuterol).

Diuretics.

Masking Agents: probenecid.

Beta Blockers

Alcohol

## ADDITIONAL REGULATIONS [cf. Art. 2 III IDSF ANTI-DOPING CODE]

### VI. ADDITIONAL REGULATIONS [Cf. Art. 2 III ANTI-DOPING CODE]

1. Under the IDSF ANTI-DOPING CODE, ethanol is a PROHIBITED SUBSTANCE.
2. Under the IDSF ANTI-DOPING CODE, beta-blockers are PROHIBITED SUBSTANCES IN-COMPETITION.

Beta-blockers include but are not limited to:

acebutolol, alprenolol, atenolol, betaxolol, bisoprolol, bunolol, carteolol, carvedilol, celiprolol, esmolol, labetalol, levobunolol, metipranolol, metoprolol, nadolol, oxprenolol, pindolol, propranolol, sotalol, timolol.