



International  
Handball  
Federation

# **XIV. Anti-Doping Regulations**

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## **PREAMBLE**

Anti-Doping rules, like Competition rules, are sport rules governing the conditions under which sport is played. Players accept these rules as a condition of participation. Anti-Doping rules are not intended to be subject to or limited by the requirements and legal standards applicable to criminal proceedings or employment matters.

The policies and minimum standards set forth in the Code and implemented in these Anti-Doping Rules represent the consensus of a broad spectrum of stakeholders with an interest in fair sport and should be respected by all courts and adjudicating bodies.

### **Fundamental rationale for the Code and IHF's Anti-Doping Regulations**

Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport"; it is the essence of Olympism; it is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is characterized by the following values:

- Ethics, fair play and honesty
- Health
- Excellence in performance
- Character and education
- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and other participants
- Courage
- Community and solidarity

Doping is fundamentally contrary to the spirit of sport.

The National Federations must guarantee that all players registered for an IHF license accept the rules of the IHF, including these IHF Anti-Doping Regulations compiled in accordance with the World Anti-Doping Code.

It is the responsibility of each National Federation to ensure that all national-level testing on the National Federation's players complies with these Anti-Doping Rules.

In some cases, the National Federation itself will be conducting the doping control described in these Anti-Doping Regulations. In other countries, many of the doping control responsibilities of the National Federation have been delegated or assigned by statute to a National Anti-Doping Organization (NADO). In those countries, references in these Anti-Doping Regulations to the National Federation shall apply, as applicable, to the National Federation's National Anti-Doping Organization.

These Anti-Doping Rules shall apply to all doping controls over which IHF and its National Federations have jurisdiction.

The IHF shall establish an IHF-Anti-Doping Unit (IHF ADU), which has the overall responsibility for implementing and monitoring the IHF Anti-Doping Rules.

## **Article 1     Definition of doping**

Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in Article 2.

## **Article 2     Anti-doping rule violations**

The following constitute anti-doping rule violations:

### **2.1           The presence of a prohibited substance or its metabolites or markers in an player's bodily specimen**

2.1.1.     It is each player's personal duty to ensure that no prohibited substance enters his or her body. Players are responsible for any prohibited substance or its Metabolites or Markers found to be present in their bodily specimens. Accordingly, it is not necessary that intent, fault, negligence or knowing use on the player's part be demonstrated in order to establish an anti-doping violation under Article 2.1.

2.1.2.     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 a player's sample shall constitute an anti-doping rule violation.

2.1.3.     As an exception to the general rule of Article 2.1, the Prohibited List may establish special criteria for the evaluation of prohibited substances that can also be produced endogenously.

### **2.2           Use or attempted use of a prohibited substance or a prohibited method**

2.2.1.     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.

**2.3**       Refusing, or failing without compelling justification, to submit to sample collection after notification as authorized in these Anti-Doping Regulations or otherwise evading sample collection.

**2.4**       Violation of the requirements regarding player's availability for out-of-competition testing including failure to provide required whereabouts information set forth in Article 5 (player's whereabouts requirements) and missed tests which are declared based on reasonable rules.

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

**2.6 Possession of prohibited substances and methods**

2.6.1. Possession by a player at any time or place of a substance that is prohibited in out-of-competition testing or a prohibited method unless the player establishes that the possession is pursuant to a Therapeutic Use Exemption (TUE) granted in accordance with Article 4.4 (therapeutic use) or other acceptable justification.

2.6.2. Possession of a prohibited substance that is prohibited in out-of-competition testing or a prohibited method by player support personnel in connection with a player, event or training, unless the player support personnel establishes that the possession is pursuant to a Therapeutic Use Exemption (TUE) granted to a player in accordance with Article 4.4 (Therapeutic Use) or other acceptable justification.

**2.7 Trafficking in any prohibited substance or prohibited method.**

**2.8** Administration or attempted administration of a prohibited substance or prohibited method to any player, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any attempted violation.

**Article 3 Proof of doping**

**3.1 Burdens and standards of proof**

IHF and its National Federations shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether IHF or its National Federation has established an anti-doping rule violation to the comfortable satisfaction of the Anti-Doping Panel bearing in mind the seriousness of the allegation which is made. This standard of proof in all cases is greater than a mere balance of probability but less than proof beyond a reasonable doubt.

Where these Rules place the burden of proof upon the player or other person alleged to have committed an anti-doping rule violation to rebut a presumption or establish specified facts or circumstances, the standard of proof shall be by a balance of probability.

## **3.2 Methods of establishing facts and presumptions**

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

- 3.2.1 WADA-accredited laboratories are presumed to have conducted sample analysis and custodial procedures in accordance with the International Standard for laboratory analysis. The player may rebut this presumption by establishing that a departure from the International Standard occurred. If the player rebuts the preceding presumption by showing that a departure from the International Standard occurred, then IHF or its National Federation shall have the burden to establish that such departure did not cause the Adverse Analytical Finding.
- 3.2.2 Departures from the International Standard for Testing which did not cause an Adverse Analytical Finding or other anti-doping rule violation shall not invalidate such results. If the player establishes that departures from the International Standard occurred during testing then IHF or its National Federation 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.

## **Article 4 The Prohibited List**

### **4.1 Incorporation of the Prohibited List**

These Anti-Doping Regulations incorporate the Prohibited List, which is published and revised by WADA and IHF as described in Article 4.1 of the Code. IHF will make the current Prohibited List available to each National Federation, and each National Federation shall ensure that the current Prohibited List is available to its members and constituents. The Prohibited List (App. 2) in force is available on IHF's and WADA's website.

### **4.2 Prohibited substances and prohibited methods identified on the Prohibited List**

Unless provided otherwise in the Prohibited List and/or a revision, the Prohibited List and revisions shall go into effect under these Anti-Doping Regulations one month after publication of the Prohibited List by IHF.

### **4.3 Criteria for including substances and methods on the Prohibited List**

As provided in Article 4.4.3 of the Code, WADA's determination of the prohibited substances and prohibited methods that will be included on the Prohibited List shall be final and shall not be subject to challenge by a player or other person.

### **4.4 Therapeutic Use Exemptions**

A Therapeutic Use Exemption (TUE or ATUE) may be granted to a player permitting the use of a prohibited substance or prohibited method contained in the Prohibited List.

4.4.1 Players with a documented medical condition requiring the use of a prohibited substance or a prohibited method must first obtain a Therapeutic Use Exemption (TUE). It's a precondition that the player would experience a significant impairment to health if the prohibited substance or prohibited method were to be withheld in the course of treating an acute or chronic medical condition.

4.4.1.1 The therapeutic use of the prohibited substance or prohibited method would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition. The use of any prohibited substance or prohibited method to increase "low-normal" levels of any endogenous hormone is not considered an acceptable therapeutic intervention.

4.4.1.2 There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or prohibited method.

4.4.1.3 The necessity for the use of the otherwise prohibited substance or prohibited method cannot be a consequence, wholly or in part, of prior non-therapeutic use of any substance from the Prohibited List.

4.4.2 Players must obtain a TUE from IHF (regardless of whether the player previously has received a TUE at the national level) prior to their participation in any international event. TUE's granted by IHF shall be reported to the player's National Federation and to WADA. Other players subject to testing must obtain a TUE from their National Anti-Doping Organization or other body designated by their National Federation. National Federations shall promptly report any such TUE's to IHF and WADA.

- 4.4.3 Players obtaining a TUE must use the official IHF/WADA form (app 3). The TUE application must be completed in the official IHF-languages English or French.
- 4.4.4 Players participating in international events must, except in emergency situations, request a TUE from IHF no later than 21 days before the player's participation at an international event.
- 4.4.5 The IHF Anti-Doping Unit shall appoint a panel of physicians to consider requests for TUE's (the TUE Commission [TUEC]).
- 4.4.5.1 Upon IHF's receipt of a TUE request, the Chair of the IHF-ADU shall appoint three members of the TUEC (which may include the Chair) to consider such request. The TUEC member(s) shall promptly evaluate such request for Therapeutic Use Exemptions and render a decision on such request, which shall be the final decision of IHF.
- 4.4.5.2 Decisions of the TUEC should be completed within 14 days of receipt of all relevant documentation. Where a TUE has been granted the player, the National Federation and WADA will be provided promptly with an approval, which includes information pertaining to the duration of the exemption and any conditions associated with the TUE.
- 4.4.5.3 Upon receiving a request by a player for review, the WADA-TUEC will be able to reverse a decision on a TUE, granted by the IHF-TUEC. Until the review process has been completed, the original decision remains in effect. The process should not take longer than 30 days following receipt of the information by WADA.
- 4.4.6 It is acknowledged that some substances included in the List of Prohibited Substances are used to treat medical conditions frequently encountered in the players population. In such cases a full application is unnecessary. Accordingly an abbreviated process of the TUE is established.
- 4.4.6.1 The prohibited substances or prohibited methods which may be permitted by this abbreviated process are strictly limited to the following:
- Beta-2-Agonists (formoterol, salbutamol, salmeterol and terbutaline) by inhalation
  - glucocorticosteroids by non-systemic routes.

- 4.4.6.2 To use one of the substances (see Art. 4.4.6.1) the player shall provide to the IHF a medical notification justifying the therapeutic necessity. Players must use the official IHF/WADA form for ATUE (App. 4). The ATUE application must be completed in capital letters and in the official IHF-languages English or French.
- 4.4.6.3 The abbreviated process includes that approval for use of prohibited substances subject to the abbreviated process is effective upon receipt of a complete notification by the IHF. Incomplete notifications must be returned to the applicant.
- 4.4.6.4 An ATUE may be cancelled by the TUEC at any time. The player and the National Federation shall be notified immediately. The player will nevertheless be able to apply.

## **Article 5 Whereabouts**

The National Federations shall identify a Registered Testing Pool of Players who are subject to out-of-competition testing. This national registered testing pool shall include all players being members of the national teams.

- 5.1. The National Federations of those teams qualified for an IHF and IOC event shall submit a list of the players of the relevant team and a list containing all training courses and test matches (date, location, etc.) (App. 5) to the IHF-ADU, starting with the date of final qualification.
- 5.2. Any change in the location or dates shall be submitted immediately to the IHF-ADU.
- 5.3. The IHF will inform and update WADA with the relevant data.

## **Article 6 Testing**

### **6.1 Authority to test**

All players affiliated with a National Federation shall be subject to in-competition testing by IHF, the player's National Federation, and any other Anti-Doping Organization responsible for testing at a competition or event in which they participate.

All players affiliated with a National Federation shall also be subject to out-of-competition testing at any time or place, with or without advance notice, by IHF, WADA, the player's National Federation, the National Anti-Doping Organization of any country where the player is present and the IOC during the Olympic Games.

## **6.2 Responsibility for IHF testing**

The IHF Anti-Doping Unit is responsible for overseeing all testing conducted by IHF. Testing may be conducted by members of the IHF-ADU or by other qualified persons so authorized by IHF.

## **6.3 Testing standards**

Testing conducted by IHF and its National Federations shall be in substantial conformity with the International Standard for Testing in force at the time of testing.

### **6.3.1 Administrative arrangements**

6.3.1.1 The IHF-ADU reserves the right to arrange random doping tests during all competition matches of IHF and Continental tournaments, including friendly matches during the preparatory period. The IHF-ADU shall also be responsible for deciding at which laboratory among those recognized by the WADA the analyses of such tests shall be carried out.

6.3.1.2 The IHF-ADU reserves the right to arrange unannounced random doping tests out-of-competition, e.g. at team training camps.

6.3.1.3 The IHF-ADU shall nominate IHF doping control officer(s) (IHF-DCO) to carry out doping tests at IHF and Continental competitions as well as unannounced out-of-competition doping tests.

6.3.1.4 The IHF-DCO shall be responsible for the entire doping test procedure, including the immediate dispatch of urine specimens to the relevant laboratory and the copies of the AD-forms to IHF-Anti-Doping Unit.

6.3.1.5 IHF or the relevant organizing committee for IHF events shall provide the IHF-DCO with the material required to carry out the tests. An assistant may also be appointed, if necessary.

### **6.3.2 Obligations for National Federations and players**

6.3.2.1 All National Federations shall, by signing the “Declaration of Agreement” (App. 7) comply with these Doping Control Regulations for IHF and Continental competitions and out-of-competition testing.

- 6.3.2.2 Every player designated to undergo a doping test, either as a result of a draw, targeting testing or because of suspicion of doping by the IHF-DCO shall be obliged to undergo the doping control and to cooperate with the IHF-DCO in this respect.
- 6.3.2.3 Refusal to undergo a doping test or any attempt to manipulate the doping test shall be considered as a positive doping test and shall lead to sanctions by the IHF.
- 6.3.3 Doping test procedure for urine specimens in competition
  - 6.3.3.1 Generally two players from each team shall be tested at every match at whom doping tests are to be carried out.
  - 6.3.3.2 The players to be tested shall be drawn by lots by the IHF-DCO in cooperation with a representative of the team (e.g. team physician, physiotherapist or official) before the end of the game. All players who are mentioned on the match report will be subject to the draw.
  - 6.3.3.3 If there is suspicion of doping, the IHF-DCO or/and the IHF official of the match in question are entitled to summon additional players to be tested. Furthermore, if a player is shown a red card and sent off during the match because his behaviour is unusually aggressive or irrational, he may also be ordered to undergo a doping test at the end of the match in addition to the players who have already been drawn by lots.
  - 6.3.3.4 In the case, that a player is injured, the IHF-DCO shall decide whether or not the injury is severe enough to prevent the player from undergoing a doping test. Should this be the case the draw will be repeated for the team concerned immediately after the end of the game.
  - 6.3.3.5 The IHF-DCO shall then indicate on the "IHF Doping Control Form" (App. 8), the name, number and nationality of the player drawn, the date and the match concerned.
  - 6.3.3.6 The IHF Doping Control Form will be handed over to the designated authorized persons (chaperones). These forms have to be signed immediately after the match by the players concerned. The relevant copies of the form will be handed to the players or the representative of each team.
  - 6.3.3.7 If a player has been shown the red card at any time of the match, he must stay in the "doping test area" until the names of the players drawn for the doping test are known. It must be ensured that he is available to undergo the test immediately after the match, if necessary.

6.3.3.8 Each National Federation and/or team concerned shall be responsible for ensuring that players drawn to undergo a doping test shall go straight from the court to the doping control station as soon as the match is over. If possible players shall be escorted by designated authorized persons (chaperones).

6.3.3.9 Refusal to undergo a doping test or any attempt to manipulate the doping test shall be considered the same as a positive doping test and shall lead to sanctions by the IHF.

6.3.4 Doping test procedure for urine specimens in out-of-competition

6.3.4.1 In case of an out-of-competition doping test, the IHF-DCO shall identify himself to the head or deputy head of delegation of the relevant team by presenting his accreditation and discuss the procedure for doping control with him, the team doctor and/or, if applicable, the coach.

6.3.4.2 The head of delegation of the relevant team shall give the IHF-DCO an up-to-date list/Players List (App. 6) of the players at the training camp, including any who are absent at the time the doping test is undertaken. The reasons for any such absences shall be given to the IHF-DCO, as well as the scheduled time of arrival at or return to the training camp for these players. The IHF-DCO shall decide whether these players are to be included in the draw procedure for players having to undergo a doping test.

6.3.4.3 The players to be tested shall be drawn by lots by the IHF-DCO in cooperation with a representative of the team (e.g. team physician, physiotherapist or official).

6.3.4.4 If one or more of the players drawn are injured or ill, the IHF-DCO shall decide whether they will still need to undergo a doping test or whether they can be replaced by other players to be drawn.

6.3.4.5 All out-of competition tests shall be conducted with no advance notice.

6.3.5 Anti-doping test area

The anti-doping test area shall be clearly signed and – at a minimum – ensure the player's privacy. The area shall be used solely as a doping control station for the duration of the sample collection session. The IHF-DCO shall record any significant deviations from these criteria.

- 6.3.5.1 The anti-doping test area shall consist at a minimum of
- One room equipped with a table and four seats to carry out the control procedure
  - One room connected to the above mentioned room with toilet and hand-wash facility
  - One waiting room equipped with enough seats for the players and their accompanying persons and a TV-screen.
- 6.3.5.2 In-competition doping tests, only the following people shall be allowed to stay in the anti-doping test area:
- the players who have been drawn by lots
  - an official delegate from each team, preferably the team doctor or team therapist
  - the IHF doping control officer (supervisor)
  - the accredited assistant(s) of the IHF DCO
  - the accredited doping control team
  - an interpreter approved by IHF, if requested.
- 6.3.5.3 The local security bodies shall take the necessary measures to ensure that no persons other than those authorized in Art.6.3.5.2 can enter the doping test area. A member of the local security authorities must constantly guard the entrance door.
- 6.3.5.4 In case of an out-of-competition test the IHF-DCO decides about the relevant anti-doping test area ensuring the players privacy and a correct procedure.
- 6.3.5.5 In out-of-competition tests, the following people shall be allowed to stay in the doping test area:
- the player who has been drawn by lots
  - an official delegate from the team, preferably the team doctor or team therapist
  - the IHF doping control officer
  - the IHF-accredited doping control team
  - an interpreter approved by IHF, if requested.
- 6.3.5.6 Responsibility for security during out-of-competition tests shall be borne by the relevant team delegations. The IHF-DCO is entitled to refuse unauthorized persons access to the doping control room.

6.3.5.7 The players drawn to undergo a doping test shall remain in the waiting room of the anti-doping test area until they are called in to give specimens. Drinks that are free of doping substances (e.g. mineral water, juice) shall be made available to the players in the form of unopened and sealed bottles or cans placed in a refrigerator in the doping control room. Players are not allowed to bring food.

6.3.5.8 If a player wishes to take his own drinks it is entirely at his own responsibility.

### 6.3.6 Taking specimens

The IHF-DCO is responsible for the doping test procedure. The IHF-DCO has to ensure that the sample is properly collected, identified and sealed. The IHF-DCO shall check the player's identity against the player's accreditation and the copy of the IHF Doping Control Form.

6.3.6.1 The collection of a urine sample begins with ensuring the player is informed of the sample collection requirements and ends with discarding any residual urine remaining at the end of the player's sample collection session.

6.3.6.2 Only sample collection equipment systems authorized by the IHF-DCO shall be used. The equipment shall meet the following criteria:

- Have a unique numbering system incorporated into all bottles, containers, tubes or any other item used to seal the player's sample
- Have a sealing system that is tamper evident
- Ensure the identity of the player is not evident from the equipment itself
- Ensure that all equipment is clean and sealed prior to use by the player.

6.3.6.3 First, the player himself shall pick the utensils required for the procedure:

- a sealed and sterilized urine collection vessel
- all other sample collection equipment that directly holds the urine sample (e.g. sealed box containing two transparent glass bottles, one marked specimen "A" and the other specimen "B", each packed and sealed in a transparent plastic bag. A code number is laser-engraved on the bottles and bottle caps and also marked on the polystyrene box).

- 6.3.6.4 The IHF-DCO will instruct the player to check that all seals on the selected equipment are intact and the equipment has not been tampered.
- 6.3.6.5 The player shall urinate into the sterilized collection vessel under the supervision of the IHF-DCO or his/her assistant. The urine volume shall be at least 75 ml, unless unexpected problems arise, in which case 60 ml shall be sufficient. The decision shall rest with the IHF-DCO. However, should EPO be tested in urine, the urine volume shall be at least 100ml.
- 6.3.6.6 The player shall pour the urine into bottles "A" and "B" ("A" 50 ml, "B" 25 ml) - in case of 60 ml ("A" 40 ml, "B" 20 ml) and in case of EPO-testing ("A" at least 70 ml and "B" at least 30 ml).
- 6.3.6.7 The IHF-DCO shall measure (optional) the pH-value and the specific weight, using the last remaining drops of urine in the urine collection vessel. The values shall be written in the IHF Doping Control Form.
- 6.3.6.8 After the urine sample has been poured into bottles "A" and "B", either the player himself or the IHF-DCO shall close them tight. The player shall check that the bottles are in good and proper condition and ensure that no urine can leak out.
- 6.3.6.9 The IHF-DCO shall then complete the IHF Doping Control Form (including all necessary data's on the urine sample) and the medication used by the player in the last 72 hours.
- 6.3.6.10 The player shall proof the personal data's on the IHF Doping Control Form and compare the code numbers on both bottles, the bottle caps and the data's on the form. The player, the accompanying person, the IHF-DCO and his/her assistant, shall then sign the form.
- 6.3.6.11 The "A" and "B" samples of all the players tested and the copies of the IHF Doping Control Form "Record for the Laboratory" shall be delivered to the laboratory by the IHF- DCO or by courier. The copies for the laboratory contain only the code number and the medication used by the player in the last 72 hours.
- 6.3.7 Procedure if an insufficient urine-volume is provided
  - The IHF-DCO shall inform the player that the sample is of insufficient volume and a further sample shall be collected to meet the relevant laboratory's volume requirements.
  - 6.3.7.1 The IHF-DCO shall instruct the player to select a partial sample collection equipment.

6.3.7.2 The IHF-DCO shall instruct the player to open the relevant equipment, pour the insufficient sample into the container and seal it as directed by the IHF-DCO.

6.3.7.3 The IHF-DCO and the player shall check the equipment code number and the volume. Volume and identity of the insufficient sample are recorded accurately by the IHF-DCO. Either the player or the IHF-DCO shall retain control of the sealed partial sample.

6.3.7.4 When the player is able to provide the additional sample the procedure for collection of the sample shall be repeated as prescribed in Art. 6.3.6.5 – 6.3.6.11, until a sufficient volume of urine will be provided by combining the initial and additional sample/s.

6.3.8 Doping test procedure for blood samples or other non-urine samples

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 player other than to identify him/her for a urine test under these Anti-Doping Regulations. In these circumstances, the IHF may decide at its own discretion which blood parameters are to be measured in the screening sample and what levels of those parameters will be used to indicate that a player should be selected for a urine test.

6.3.8.1 The collection of blood samples begins with ensuring the player is informed of the sample collection requirements and ends with properly storing the sample prior to dispatch for analysis at the WADA accredited laboratory.

6.3.8.2 Declarations are required for

- medications that may affect the vein puncture (particularly those that affect clotting) e.g. aspirin, warfarin, non-steroidal anti-inflammatory agents
- any bleeding disorders which may have an effect on clotting time

If players have taken medication, which could affect clotting time, extra care shall be taken concerning haemostasis for these players.

6.3.8.3 The IHF-Blood Collection Official (IHF-BCO) is responsible for the blood sampling and shall be a physician or special trained paramedical person (e.g. MTA).

- 6.3.8.4 Procedures involving blood shall be consistent with relevant principles of internationally recognized standard precautions in health care settings.
- 6.3.8.5 The IHF-BCO shall ensure the player is offered comfortable conditions including being in a relaxed position for at least 10 minutes prior to providing a sample.
- 6.3.8.6 The player shall select the sample collection kit/s required for the collection of the blood sample and check that the selected equipment has not been tampered with and the seals are intact.
- 6.3.8.7 The IHF-BCO shall clean the skin with a sterile disinfectant wipe in a location unlikely to adversely affect the player or his/her performance. The IHF-BCO shall take the blood sample from a superficial vein into the final collection container.
- 6.3.8.8 The amount of blood removed shall be adequate to satisfy the relevant analytical requirements.
- 6.3.8.9 The player shall seal the sample in the collection kit as directed by the IHF-BCO. In full view of the player, the IHF-BCO shall check that the sealing is satisfactory.
- 6.3.8.10 The sealed sample shall be kept at a cool, but not freezing, temperature prior to analysis at the WADA accredited laboratory.

## **Article 7     Analysis of samples**

Doping control samples collected under the IHF-Doping Rules shall be analyzed in accordance with the following principles.

- 7.1**        Analysis of the specimens shall be carried out in a laboratory accredited or approved by WADA. The choice of the WADA-accredited laboratory shall be determined by the IHF.
- 7.2**        Doping control samples shall be analyzed to detect prohibited substances and prohibited methods identified on the actual Prohibited List. Other substances may be directed by WADA pursuant to the WADA Monitoring Program (WADA-Code).
- 7.3**        Laboratories shall analyze doping control samples and report results in conformity with the International Standard for Laboratory Analysis.

## **Article 8 Results management**

Results management for tests carried out under the IHF-Anti-Doping Regulations shall proceed as set forth below:

- 8.1** The results of all analyses shall be sent to the responsible IHF-DCO as soon as practicable, but no later than one hour prior to the next match in which the players tested will compete. All communication must be conducted in such a way that the results of the analyses are confidential.
- 8.2** If the analysis of specimen “A” proves negative, the IHF-DCO shall inform the head of delegation of the team and the relevant IHF committees. The “B” specimen shall be disposed of 30 days after the announcement of the analysis result, so that it can no longer be used for additional testing.
- 8.3** If the analysis of specimen “A” proves positive, the IHF-DCO shall conduct a review to determine whether:
- an applicable Therapeutic Use Exemption (TUE/ATUE) has been granted, or
  - there is any apparent departure from the Standards for Testing or Laboratory Analysis that undermines the validity of the Adverse Analytical Finding.
- 8.4** If there is no TUE (ATUE) or departure from the standards the IHF-DCO shall promptly notify the head of the relevant delegation and report the
- Adverse Analytical Finding
  - the anti-doping rule violation
  - the player's rights to promptly request the analysis of the B-sample within 12 hours (in-competition) or 48 hours (out-of-competition)
- 8.5** Temporary disciplinary measures (e.g. suspension) for doping violations shall be imposed if the analysis of specimen “A” proves positive. A temporary suspension has the same effects as a red card and is applied immediately after a positive finding was reported with an A-sample.
- 8.6** If the player does not request a specimen “B” analysis, he accepts the specimen “A” test results. The laboratory shall dispose of specimen “B” after 90 days have elapsed.

- 8.7** If an analysis of the B-sample is requested, the IHF-DCO shall communicate this request immediately to the head of the laboratory where the “B” specimen is being kept. An analysis of specimen “B” shall be carried out as soon as possible, but not later than within 48 hours of IHF’s request, by personnel who were not directly involved with the analysis of specimen “A”.
- 8.8** An IHF representative (IHF-DCO) may be present when the bottle containing specimen “B” is opened. The team concerned shall have the right to have a representative present, in addition to the player concerned.
- 8.9** The results of the analysis of specimen “B” shall be sent immediately to the responsible IHF-DCO by fax or by e-mail.
- 8.10** If the analysis of specimen “B” proves positive, the case shall be submitted to the head of the relevant team, the relevant IHF body and the National Federation for further consequences.
- 8.11** The player has the right to a fair hearing. This hearing may be attended by a representative of the National Federation of the player and/or by counsel at the person’s own expense.
- 8.12** In major IHF events (e.g. WC), the independent Anti-Doping Panel shall decide appropriate sanctions, based on the guidelines for result management and sanctions (Articles 8 and 9).
- 8.13** In all other cases the National Federation shall decide based on the IHF Rules. The IHF ADU shall be informed immediately about the relevant consequences.
- 8.14** These guidelines for result management and sanctions (Articles 8 and 9) form an integral part of these Anti-Doping Regulations.
- 8.15** Decisions of the IHF Anti-Doping Panel may be appealed to the Court of Arbitration for sports (CAS).
- 8.16** IHF has the exclusive right to publish the name of the player, the test results and the consequences.

## **Article 9 Sanctions**

A violation of these Anti-Doping Regulations in connection with an in-competition test automatically leads to disqualification and suspension from that competition, including forfeiture of any medals, points and prizes.

## **9.1 Sanctions on individuals**

Except for the specified substances identified in Art. 9.2 the period of ineligibility imposed for a violation of Art. 2.1, 2.2 and 2.6 shall be

- First violation: Two (2) years ineligibility
- Second violation: Lifetime ineligibility.

However the player or other person shall have the opportunity in each case, before a period of ineligibility is imposed, to establish the basis for eliminating or reducing this sanction as provided in Art. 9.

## **9.2 Specified substances**

The Prohibited List may identify specified substances which are particularly susceptible to unintentional anti-doping rules violations because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents. Where a player can establish that the use of such a specified substance was not intended to enhance sport performance, the period of ineligibility found in Article 9.1 shall be replaced with the following:

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

However, the player or other person shall have the opportunity in each case, before a period of ineligibility is imposed, to establish the basis for eliminating or reducing (in the case of a second or third violation) this sanction as provided in Article 9.

## **9.3 Ineligibility for other anti-doping rule violations**

The period of ineligibility for other violations of these Anti-Doping Rules shall be:

- 9.3.1 For violations of Article 2.3 (refusing or failing to submit to sample collection) or Article 2.5 (tampering with doping control), the ineligibility periods set forth in Article 9.1 shall apply.

9.3.2 For violations of Article 2.7 (trafficking) or Article 2.8 (administration of prohibited substance or prohibited method), the period of ineligibility imposed shall be a minimum of four (4) years up to lifetime ineligibility. An anti-doping rule violation involving a minor shall be considered a particularly serious violation, and, if committed by players support personnel for violations other than specified substances referenced in Article 9.2, shall result in lifetime ineligibility for such player support personnel.

In addition, violations of such articles, which also violate non-sporting laws and regulations, may be reported to the competent administrative, professional or judicial authorities.

9.3.3 For violations of Article 2.4 (whereabouts violations or missed tests), the period of ineligibility shall be:

- First violation: Three (3) months to one (1) year ineligibility
- Second and subsequent violations: Two (2) years' ineligibility.

#### **9.4 Elimination or reduction of period of ineligibility based on exceptional circumstances**

9.4.1 If the player establishes in an individual case involving an anti-doping rule violation under Article 2.1 (presence of prohibited substance or its metabolites or markers) or use of a prohibited substance or prohibited method under Article 2.2 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 a player's specimen in violation of Article 2.1 (presence of prohibited substance), the player 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 applicable 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 Article 9.1, 9.2 and 9.3.

9.4.2 This Article applies only to anti-doping rule violations involving Article 2.1 (presence of prohibited substance or its metabolites or markers), use of a prohibited substance or prohibited method under Article 2.2, failing to submit to sample collection under Article 2.3, or administration of a prohibited substance or prohibited method under Article 2.8. If a player establishes in an individual case involving such violations that he or she bears no significant fault or negligence, then the period of ineligibility may be reduced, but the reduced period of ineligibility may not be less than one-half of the minimum period of ineligibility otherwise applicable.

If the otherwise applicable period of ineligibility is a lifetime, the reduced period under this section may be no less than 8 years. When a prohibited substance or its markers or metabolites is detected in a player's specimen in violation of Article 2.1 (presence of prohibited substance), the player must also establish how the prohibited substance entered his or her system in order to have the period of ineligibility reduced.

9.4.3 The IHF Anti-Doping Panel may also reduce the period of ineligibility in an individual case where the player has provided substantial assistance to IHF, which results in IHF discovering or establishing an anti-doping rule violation by another person involving possession under Article 2.6.2 (possession by player support personnel), Article 2.7 (trafficking), or Article 2.8 (administration to a player). The reduced period of ineligibility may not, however, be less than one-half of the minimum period of ineligibility otherwise applicable. If the otherwise applicable period of ineligibility is a lifetime, the reduced period under this Article may be no less than 8 years.

## **9.5 Rules for certain potential multiple violations**

9.5.1 For purposes of imposing sanctions under Article 9.1, 9.2 and 9.3, a second anti-doping rule violation may be considered for purposes of imposing sanctions only if the IHF (or its National Federation) can establish that the player or other person committed the second anti-doping rule violation after the player or other person received notice, or after IHF (or its National Federation) made a reasonable attempt to give notice, of the first anti-doping rule violation.

If the IHF (or its National Federation) cannot establish 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.

9.5.2 Where a player, based on the same doping control, is found to have committed an anti-doping rule violation involving both a specified substance under Article 9.2 and another prohibited substance or prohibited method, the player 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.

9.5.3 Where a player is found to have committed two separate anti-doping rule violations, one involving a specified substance governed by the sanctions set forth in Article 9.2 (specified substances) and the other involving a prohibited substance or prohibited method governed by the sanctions set forth in Article 9.1 or a violation governed by the sanctions in Article 9.3.1, the period of ineligibility imposed for the second offense shall be at a minimum two years' ineligibility and at a maximum three years' ineligibility. Any player found to have committed a third anti-doping rule violation involving any combination of specified substances under Article 9.2 and any other anti-doping rule violation under Article 9.1 or 9.3.1 shall receive a sanction of lifetime ineligibility.

## **9.6 Disqualification in competitions subsequent to sample collection**

In addition to the automatic suspension from the competition, which produced the positive sample (whether in-competition or out-of-competition), the player shall be disqualified with all of the resulting consequences including forfeiture of any medals and prizes.

## **9.7 Commencement of ineligibility period**

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 player, the IHF or Anti-Doping Organization imposing the sanction may start the period of ineligibility at an earlier date commencing as early as the date of sample collection.

## **9.8 Communication of doping violation**

IHF shall make a public announcement concerning the doping violation and its consequences (player, period of ineligibility) in an official IHF-organ (e.g. IHF Handball Magazine, IHF-homepage, etc.).

## **9.9 Status During Ineligibility**

No person who has been declared Ineligible may, during the period of Ineligibility, participate in any capacity in an Event or activity (other than authorized anti-doping education or rehabilitation programs) authorized or organized by IHF or any National Federation. IHF and its National Federations will withhold in addition some or all sport-related financial support or other sport-related benefits received by such person.

## **9.10 Reinstatement testing**

As a condition to regaining eligibility at the end of a specified period of ineligibility, a player must, during any period of provisional suspension or ineligibility, make him or herself available for out-of-competition testing by IHF, the applicable National Federation, and any other Anti-Doping Organization having testing jurisdiction. If a player subject to a period of ineligibility retires from sport and is removed from out-of-competition testing pools and later seeks reinstatement, the player shall not be eligible for reinstatement until the player has notified IHF and the applicable National Federation and has been subject to out-of-competition testing for a period of six months prior to the end of the period of ineligibility. During the remaining period of ineligibility, a minimum of 2 tests must be conducted on the player with at least two months between each test. The National Federation shall be responsible for conducting the necessary tests, but tests by any Anti-Doping Organization may be used to satisfy the requirement. The results of such tests shall be reported to IHF.

## **Article 10 Consequences to teams**

- 10.1** Where more than one team member in an event (e.g. IHF WC) has been notified of a possible anti-doping rule violation the team shall be disqualified from the event.
- 10.2** National Federations shall be obligated to reimburse IHF for all costs (including laboratory fees, hearing expenses, travel, etc.) related to a violation of the IHF Anti-Doping Regulations.
- 10.3** If four or more violations of the IHF Anti-Doping Regulations are committed within a 12-month period IHF may fine the National Federation in an amount up to CHF 100.000,-.

## Article 11 Appeals

### 11.1 Decisions subject to appeal

Decisions made under these Anti-Doping Regulations may be appealed. The decisions shall remain in effect while under appeal unless the appellate body orders otherwise. Before an appeal is commenced, any post-decision review must be exhausted.

### 11.2 Appeals from decisions regarding anti-doping rule violations, consequences, and provisional suspensions

A decision that an anti-doping rule violation was committed, a decision imposing consequences for an anti-doping rule violation, a decision that no anti-doping rule violation was committed, a decision that the IHF or its National Federation lacks jurisdiction to rule on an alleged anti-doping rule violation or its consequences, and a decision to impose a provisional suspension as a result of a provisional hearing may be appealed exclusively as provided in this Article 11.2

11.2.1 In cases arising from competition in an international event or in cases involving International-level players, the decision may be appealed exclusively to the Court of Arbitration for Sport ("CAS") in accordance with the provisions applicable before such court.

11.2.2 In cases involving players that do not have a right to appeal under Article 11.2.1, each National Federation shall have in place an appeal procedure that respects the following principles: a timely hearing, a fair and impartial hearing body; the right to be represented by a counsel at the person's expense; and a timely, written, reasoned decision. IHF's rights of appeal with respect to these cases are set forth in Article 11.2.3 below.

- 11.2.3 In cases under Article 11.2.1, the following parties shall have the right to appeal to CAS: (a) the player or other person who is the subject of the decision being appealed; (b) the other party to the case in which the decision was rendered; (c) IHF and any other Anti-Doping Organization under whose rules a sanction could have been imposed; (d) the International Olympic Committee, as applicable, where the decision may have an effect in relation to the Olympic Games, including decisions affecting eligibility for the Olympic Games, and (e) WADA.

In cases under Article 11.2.2, the parties having the right to appeal to the national-level reviewing body shall be as provided in the National Federation's rules but, at a minimum, shall include: (a) the player or other person who is the subject of the decision being appealed; (b) the other party to the case in which the decision was rendered; (c) IHF and (d) WADA. For cases under Article 11.2.2, WADA and IHF shall also have the right to appeal to CAS with respect to the decision of the national-level reviewing body.

### **11.3 Appeals from decisions granting or denying a Therapeutic Use Exemption**

Decisions by WADA reversing the grant or denial of a TUE exemption may be appealed exclusively to CAS by the player, IHF, or National Anti-Doping Organization or other body designated by a National Federation, which granted or denied the exemption. Decisions to deny Therapeutic Use Exemptions, and which are not reversed by WADA, may be appealed by international-level players to CAS and by other players to the national level reviewing body described in Article 11.2.2. If the national level reviewing body reverses the decisions to deny a Therapeutic Use Exemption, that decision may be appealed to CAS by WADA.

### **11.4 Appeal from decisions pursuant to Article 10**

The National Federation may appeal decisions by IHF pursuant to Article 10 exclusively to CAS.

## **11.5 Time for filing appeals**

The time to file an appeal to CAS shall be twenty-one (21) days from the date of receipt of the decision by the appealing party. The above notwithstanding, the following shall apply in connection with appeals filed by a party entitled to appeal but which was not a party to the proceedings having lead to the decision subject to appeal:

- Within ten (10) days from notice of the decision, such party/ies shall have the right to request from the body having issued the decision a copy of the file on which such body relied
- If such a request is made within the ten-day period, then the party making such request shall have twenty-one (21) days from receipt of the file to file an appeal to CAS.

## **Article 12 National Federations - incorporation of IHF rules, reporting and recognition**

### **12.1 Incorporation of IHF Anti-Doping Rules**

All National Federations shall comply with these Anti-Doping Regulations. These Anti-Doping Rules shall also be incorporated either directly or by reference into each National Federations rules. All National Federations shall include in their regulations the procedural rules necessary to effectively implement these Anti-Doping Regulations.

Each National Federation shall obtain the written acknowledgement and agreement, in the form attached as App. 7. Consequently each National Federation shall submit the required information of all players subject to doping control and players support personnel for such players (App. 6) to IHF. Notwithstanding whether or not the required form has been signed, the rules of each National Federation shall specifically provide that all players, players support personnel and other persons under the jurisdiction of the National Federation shall be bound by these Anti-Doping Rules.

## **12.2 Statistical reporting**

National Federations shall report to IHF at the end of every year results of all doping controls within their jurisdiction sorted by players and identifying each date on which the player was tested, the entity conducting the test, and whether the test was in-competition or out-of-competition (App. 9). IHF may periodically publish testing data received from National Federations as well as comparable data from testing under IHF's jurisdiction.

## **12.3 Doping control information clearing house**

When a National Federation has received an Adverse Analytical Finding on one of its players it shall report the following information to IHF and WADA within fourteen (14) days: the player's name, country and club, whether the test was in-competition or out-of-competition, the date of sample collection and the analytical result reported by the laboratory. The National Federation shall also regularly update IHF and WADA on the status and findings of any review or proceedings conducted pursuant to Article 8 (results management) or Article 11 (appeals), and comparable information shall be provided to IHF and WADA within 14 days of the notification, with respect to other violations of these Anti-Doping Regulations. In any case in which the period of ineligibility is eliminated or reduced under Article 9, IHF and WADA shall be provided with a written reasoned decision explaining the basis for the elimination or reduction. Neither IHF nor WADA shall disclose this information beyond those persons within their organisations with a need to know until the National Federation has made public disclosure or has failed to make public disclosure as required in Article 12.4 below.

National Federations which do not report in time to IHF & WADA shall be fined with CHF 10.000,-.

## **12.4 Public disclosure**

Neither IHF nor its National Federation shall publicly identify players whose samples have resulted in Adverse Analytical Findings, or who were alleged to have violated other Articles of these Anti-Doping Regulations until it has been determined in a hearing in accordance with the Anti-Doping Rules that an anti-doping rule violation has occurred, or such hearing has been waived, or the assertion of an anti-doping rule violation has not been timely challenged or the player has been provisionally suspended.

Once a violation of these Anti-Doping Regulations has been established, it shall be publicly reported within 20 days (see Art. 9.8).

## **12.5 Recognition of decisions by IHF and National Federations**

Any decision of IHF or a National Federation regarding a violation of these Anti-Doping Regulations shall be recognized by all National Federations, which shall take all necessary action to render such results effective.

## **Article 13 Statute of limitations**

No action may be commenced under these Anti-Doping Regulations against a player or other person for a violation of an anti-doping rule contained in these Anti-Doping Regulations unless such action is commenced within eight years from the date the violation occurred.

## **Article 14 Amendment and interpretation of Anti-Doping Rules**

- 14.1** These Anti-Doping Regulations may be subject to amendment from time to time by the IHF Executive.
- 14.2** Except as provided in Article 14.5, these Anti-Doping Regulations shall be interpreted as an independent and autonomous text and not by reference to existing law or statutes.
- 14.3** The headings used for the various parts and articles of these Anti-Doping Regulations are for convenience only and shall not be deemed part of the substance of these Anti-Doping Regulations or to affect in any way the language of the provisions to which they refer.
- 14.4** The INTRODUCTION and the APPENDIX I DEFINITIONS shall be considered integral parts of these Anti-Doping Regulations.
- 14.5** These Anti-Doping Regulations have been adopted pursuant to the applicable provisions of the Code and shall be interpreted in a manner that is consistent with applicable provisions of the Code. The comments annotating various provisions of the Code may, where applicable, assist in the understanding and interpretation of these Anti-Doping Rules.
- 14.6** Notice to a player or other person who is a member of a National Federation may be accomplished by delivery of the notice to the National Federation.

**14.7** These Anti-Doping Rules shall not apply retrospectively to matters pending before the date these Anti-Doping Rules came into effect.

**Article 15 Matters not provided for**

**15.1** Matters not provided for in these Regulations shall be settled by final decision of the independent Anti-Doping Panel.

**15.2** If there is any discrepancy in the interpretation of the English, French, or German versions of these Regulations, the English text shall be authoritative.

**15.3** The regulations for doping tests at IHF competitions and out of IHF competitions shall be implemented and construed according to Swiss Law and the rules of the Court of Arbitration for Sports (CAS).

**15.4** Any dispute arising from or related to the present Regulations will be settled in accordance with IHF jurisdiction and, if necessary, by the CAS in Lausanne, Switzerland, in accordance with its regulations.