Introduction

USA Powerlifting continues to uphold the standard of a fair playing field for all levels of competition, including local, state, Pro and national competition. It is a founding principle of USA Powerlifting to provide a clean platform for all competitors, and USA Powerlifting will continue to prioritize ethics, fair play, respect for fellow competitors and excellence in performance.

Scope of these Anti-Doping Rules

These Anti-Doping Rules shall apply to all USA Powerlifting Athletes, Athlete Support Personnel and other Persons, each of whom is deemed, as a condition of his/her membership, accreditation and/or participation in the sport, to have agreed to be bound by these Anti-Doping Rules, and to have submitted to the authority of USA Powerlifting to enforce these Anti-Doping Rules and to the jurisdiction of the hearing panels to hear and determine cases and appeals brought under these Anti-Doping Rules:

1. all Athletes and Athlete Support Personnel who are members of USA Powerlifting (including any clubs, teams, associations, or leagues.)
2. all Athletes and Athlete Support Personnel participating in such capacity in Events, Competitions and other activities organized, convened, authorized or recognized by USA Powerlifting or affiliate wherever held, including international athletes, countries and federations.
3. any other Athlete or Athlete Support Personnel or other Person who, by virtue of an accreditation, a license or other contractual arrangement, or otherwise, is subject to the jurisdiction of USA Powerlifting , for purposes of anti-doping
4. No Therapeutic Use Exemptions will be approved for functional disorders, such as low testosterone or aging. You may not compete in USA Powerlifting while using these substances. To do so constitutes a doping violation. There are powerlifting organizations and competitions which do not prohibit the use of these substances or allow waivers. You are encouraged to compete with these organizations.

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 2.1 through Article 2.9 of these Anti-Doping Rules.

ARTICLE 2 ANTI-DOPING RULE VIOLATIONS

The purpose of Article 2 is to specify the circumstances and conduct which constitute anti-doping rule violations. Hearings in doping cases will proceed based on the assertion that one or more of these specific rules have been violated.

Athletes or other Persons shall be responsible for knowing what constitutes an anti-doping rule violation and the substances and methods which have been included on the most recent version of the WADA Prohibited List. USA Powerlifting will generally follow the prohibited substances and methods in the WADA Prohibited list, however as USA Powerlifting is not a signatory to WADA, USA Powerlifting may take some exception to certain prohibited

substances.

The following constitute anti-doping rule violations:

2.1 Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample

2.1.1 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 present in their Samples. 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 rule violation under Article 2.1. An anti-doping rule violation is committed without regard to fault by the athlete, however fault may be taken into consideration in determining the consequences of the violation.

2.1.2 Sufficient proof of an anti-doping rule violation under Article 2.1 is established by any of the following: presence of a Prohibited Substance or its Metabolites or Markers in the Athlete's A Sample where the Athlete waives analysis of the B Sample and the B Sample is not analyzed; or, where the Athlete's B Sample is analyzed and the analysis of the Athlete's B Sample confirms the presence of the Prohibited Substance or its Metabolites or Markers found in the Athlete's A Sample; or, where the Athlete's B Sample is split into two bottles and the analysis of the second bottle confirms the presence of the Prohibited Substance or its Metabolites or Markers found in the first bottle. USA Powerlifting may at its discretion choose to have the B sample analyzed even if the athlete does not request analysis of the B sample.

2.1.3 Excepting those substances for which a quantitative threshold is specifically identified in the Prohibited List, the 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.

2.1.4 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, including additional laboratory analysis.

2.2 Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method

Use or Attempted Use may also be established by other reliable means such as admissions by the Athlete, witness statements, documentary evidence, social media posts by the the Athlete, conclusions drawn from longitudinal profiling,, or other analytical information which does not otherwise satisfy all the requirements to establish "Presence" of a Prohibited Substance under Article 2.1. For example, Use may be established based upon reliable

analytical data from the analysis of an A Sample (without confirmation from an analysis of a B Sample) or from the analysis of a B Sample alone where the Anti-Doping Organization provides a satisfactory explanation for the lack of confirmation in the other Sample. An additional example of use may be established based upon self admittance of use via social media posts or through other means of admission of use,

2.2.1 It is each Athlete's personal duty to ensure that no Prohibited Substance enters his or her body and that no Prohibited Method is Used. 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 rule violation for Use of a Prohibited Substance or a Prohibited Method.

2.2.2 The success or failure of the Use or Attempted 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 Evading, Refusing or Failing to Submit to Sample Collection

Evading Sample collection, or without compelling justification refusing or failing to submit to Sample collection after notification as authorized in these Anti-Doping Rules or other applicable anti-doping rules. A violation of "failing to submit to Sample collection" may be based on either intentional or negligent conduct of the Athlete, while "evading" or "refusing" Sample collection contemplates intentional conduct by the Athlete.

2.4 Whereabouts Failures

Any combination of three missed out of meet tests and/or filing failures within a twelve-month period by an Athlete in a Registered Testing Pool.

2.5 Tampering or Attempted Tampering with any part of Doping Control

Conduct which subverts the Doping Control process but which would not otherwise be included in the definition of Prohibited Methods. Tampering shall include, without limitation, intentionally interfering or attempting to interfere with a Doping Control official, providing fraudulent information to an Anti-Doping Organization, or intimidating or attempting to intimidate a potential witness. For example, this Article would prohibit altering identification numbers on a Doping Control form during Testing,, or altering a Sample by the addition of a foreign substance. Offensive conduct towards a Doping Control official or other Person involved in Doping Control which does not otherwise constitute Tampering shall be addressed in the disciplinary rules of USA Powerlifting.

2.6 Possession of a Prohibited Substance or a Prohibited Method

2.6.1 Possession by an Athlete In-Competition of any Prohibited Substance or any Prohibited Method, or Possession by an Athlete Out-of-Competition of any Prohibited Substance or any Prohibited Method which is prohibited Out-of-Competition unless the Athlete establishes that the Possession is consistent with a Therapeutic Use Exemption ("TUE") granted in accordance with Article 4.4 or other acceptable justification.

2.6.2 Possession by an Athlete Support Person In-Competition of any Prohibited Substance or any Prohibited Method, or Possession by an Athlete Support Person Out-of-Competition of any Prohibited Substance or any Prohibited Method which is prohibited Out-of-Competition in connection with an Athlete, Competition or training, unless the Athlete Support Person establishes that the Possession is consistent with a TUE granted to an Athlete in accordance with Article 4.4 or other acceptable justification.

2.7 Trafficking or Attempted Trafficking in any Prohibited Substance or Prohibited Method, including marketing prohibited substances or methods in connection with an Athlete or Athletes. Examples include, but are not limited to offering a prohibited substance to an athlete, suggesting or promoting use by an athlete, providing a prohibited substance to an athlete either for remuneration or without such remuneration

2.8 Administration or Attempted Administration to any Athlete In-Competition of any Prohibited Substance or Prohibited Method, or Administration or Attempted Administration to any Athlete Out-of-Competition of any Prohibited Substance or any Prohibited Method that is prohibited Out-of-Competition

2.9 Complicity

Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an anti-doping rule violation, Attempted anti-doping rule violation.

ARTICLE 3 PROOF OF DOPING

3.1 Burdens and Standards of Proof

USA Powerlifting shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether USA Powerlifting has established an anti-doping rule violation to the comfortable satisfaction of the hearing 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 Anti-Doping Rules place the burden of proof upon the Athlete or other Person alleged to have committed an anti-doping rule violation to rebut a presumption or establish specified facts or circumstances, the standard of proof 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 credible testimony of third persons, reliable documentary evidence, social media posts by the athlete, reliable analytical data from either an A or B sample, or conclusions drawn from the profile of a series of the athlete's blood or urine samples. The following rules of proof shall be applicable in doping cases:

3.2.1 Analytical methods or decision limits approved by USA Powerlifting after consultation within the designated laboratory.

3.2.2 Laboratories utilized will be accredited through ISO/IEC 17025 standards for laboratory accreditation, verified by the American Association of Laboratory Accreditation. Accredited laboratories are presumed to have performed the sample analysis in accordance with the standards. The Athlete or other Person may rebut this presumption by establishing that a departure from the ISO occurred which could reasonably have caused the Adverse Analytical Finding. If the Athlete or other Person rebuts the preceding presumption by showing that a departure from the ISO occurred which could reasonably have caused the Adverse Analytical Finding, then USA Powerlifting shall have the burden to establish that such departure did not cause the Adverse Analytical Finding.

3.2.3 Departures from ISO standards or these Anti-Doping Rules shall not invalidate such evidence or results. If the Athlete or other Person establishes a departure from these standards or these Anti-Doping rules, which could reasonably have caused an anti-doping rule violation based on an Adverse Analytical Finding or other anti-doping rule violation, then USA Powerlifting shall have the burden to establish that such departure did not cause the Adverse Analytical Finding or the factual basis for the anti-doping rule violation.

3.2.4 The facts established by a decision of a court or professional disciplinary tribunal of competent jurisdiction which is not the subject of a pending appeal shall be irrebuttable evidence against the Athlete or other Person to whom the decision pertained of those facts unless the Athlete or other Person establishes that the decision violated principles of natural justice.

3.2.5 The hearing panel in a hearing on an anti-doping rule violation may draw an inference adverse to the Athlete or other Person who is asserted to have committed an anti-doping rule violation based on the Athlete's or other Person's refusal, after a request made in a reasonable time in advance of the hearing, to appear at the hearing (either in person or telephonically as directed by the hearing panel) and to answer questions from the hearing panel or USA Powerlifting.

ARTICLE 4 THE PROHIBITED LIST

4.1 Incorporation of the WADA Prohibited List

These USA Powerlifting Anti-Doping Rules incorporate the most recent version of the WADA Prohibited List. USA Powerlifting will generally follow the prohibited substances and methods in the WADA Prohibited list, however as USA Powerlifting is not a signatory to WADA, USA Powerlifting may take some exception to certain prohibited substances and methods.

4.2 Prohibited Substances and Prohibited Methods Identified on the Prohibited List

4.2.1 Prohibited Substances and Prohibited Methods

Unless provided otherwise in the Prohibited List and/or a revision, the Prohibited List and revisions shall go into effect under these Anti-Doping Rules upon publication by WADA, without requiring any further action by USA Powerlifting. All Athletes and other Persons shall be bound by the Prohibited List, and any revisions thereto, from the date they go into effect, without further formality. It is the responsibility of all Athletes and other Persons to familiarize themselves with the most up-to-date version of the Prohibited List and all revisions thereto.

4.2.2 Specified Substances

e Substances which are Specified Substances, and potentially used for reasons other than performance enhancement, except substances in the classes of anabolic agents and hormones and those stimulants and hormone antagonists and modulators so identified on the Prohibited List, will be considered in the application of the provisions of Article 10 The category of Specified Substances shall not include Prohibited Methods.

4.3 WADA's Determination of the Prohibited List

WADA's determination of the Prohibited Substances and Prohibited Methods that will be included on the Prohibited List, the classification of substances into categories on the Prohibited List, and the classification of a substance as prohibited at all times or In-Competition only, is final and shall not be subject to challenge by an Athlete or other Person based on an argument that the substance or method was not a masking agent or did not have the potential to enhance performance, represent a health risk or violate the spirit of sport.

4.4 Therapeutic Use Exemptions ("TUEs")

4.4.1 The presence of a Prohibited Substance or its Metabolites or Markers, and/or the Use or Attempted Use, Possession or Administration or Attempted Administration of a Prohibited Substance or Prohibited Method, shall not be considered an anti-doping rule violation if it is consistent with the provisions of a TUE granted by USA Powerlifting.

4.4.2 If an Athlete is using a Prohibited Substance or a Prohibited Method for therapeutic reasons:

An application to USA Powerlifting for granting or recognition of a TUE must be made as soon as the need arises and in any event (save in emergency or exceptional situations) at least 60 days before the Athlete's next Competition. USA Powerlifting shall appoint a panel to consider applications for the grant or recognition of TUEs (the "TUE Committee"). Upon receipt of an application, the TUE Committee shall consider the application. The TUE Committee member(s) so designated shall promptly evaluate and decide upon the application. Providing false or misleadingly incomplete information in support of a TUE application may result in an anti-doping rule violation under Tampering.

4.4.3 Expiration, Cancellation, Withdrawal or Reversal of a TUE

4.4.3.1 A TUE granted pursuant to these Anti-Doping Rules: (a) shall expire automatically at the end of any term for which it was granted, without the need for any further notice or other formality; (b) may be cancelled if the Athlete does not promptly comply with any requirements or conditions imposed by the TUE Committee upon grant of the TUE; (c) may be withdrawn by the TUE Committee if it is subsequently determined that the criteria for grant of a TUE are not in fact met; or (d) may be reversed on review or on appeal.

4.4.3.2 In such event, the Athlete shall not be subject to any Consequences based on his/her Use or Possession or Administration of the Prohibited Substance or Prohibited Method in question in accordance with the TUE prior to the effective date of expiry, cancellation, withdrawal or reversal of the TUE. The review pursuant to Article 7.2 of any subsequent Adverse Analytical Finding shall include consideration of whether such finding is consistent with Use of the Prohibited Substance or Prohibited Method prior to that date, in which event no anti-doping rule violation shall be asserted.

4.4.3.4 A failure to take action within a reasonable time on a properly submitted application for grant or recognition of a TUE or for review of a TUE decision shall be considered a denial of the application.

ARTICLE 5 TESTING AND INVESTIGATIONS

5.1 Purpose of Testing and Investigations

Testing and investigations shall only be undertaken for anti-doping purposes.

5.1.1 Testing shall be undertaken to obtain analytical evidence as to the Athlete's compliance or non-compliance. USA Powerlifting shall determine the number of tests to be performed.

5.1.1.1 The particular selection of Athletes for Testing shall be carried out by the designated USA Powerlifting Doping Control Officers or representatives present at that event, or by the National Office or Anti-Doping Coordinator even if not present at the event..

5.1.1.2 All athletes setting Open American Records shall be selected for testing. Athletes setting Teen, Junior, or Masters American Records shall be drug tested at National level events, including the Arnold Sports Festival. Athletes setting American records must report to an anti-doping official after their session has ended, even if they have not been approached and notified of drug testing. Failure of an athlete setting an American record to be tested, due to no fault of their own, shall not be a reason to invalidate a record. If an athlete sets an American record at an event, which is then surpassed by another athlete at the same event, only the athlete holding the record at the end of the event needs to be tested. An athlete holding a record for a short period of time at an event may or may not be tested at the discretion of Doping Control.

5.1.1.3 In selecting Athletes for Testing at Events, the USA Powerlifting representative(s) will use a table designating the number of athletes to be tested, which is dependent upon the number of athletes at the event. For State and Regional meets, open American Records must be tested and will be included in the number of required tests per the table. For National meets, records tested will be above and beyond the minimum tests required per the

table. Youth athletes (ages 8-13) are excluded from the total number and are not subject to testing. Athletes are eligible for testing if they are at least 14 on the day of competition. Empower ID athletes are not subject to drug testing.

5.1.1.4 Certain athletes will be selected for inclusion in the Registered Testing Pool (RTP). They will be required to submit their whereabouts and keep current by using the Athlete Locator Form (ALF). Athletes may be selected for any reason deemed necessary by USA Powerlifting. Athletes will be notified as to how long they must maintain their whereabouts.

5.1.2 Investigations shall be undertaken;

5.1.2.1 in relation to Atypical Findings, gathering intelligence or evidence (in particular, analytical evidence) to determine whether an anti-doping rule violation has occurred.

5.1.2.2 in relation to other indications of potential anti-doping rule violations, gathering intelligence or evidence (including non-analytical evidence) to determine whether an anti-doping rule violation has occurred.

5.1.3 USA Powerlifting may obtain, assess, and process anti-doping intelligence from all available sources, to develop an effective, intelligent, and proportionate test distribution plan, to plan Target Testing, and/or to form the basis of an investigation into a possible anti-doping rule violation(s).

5.2 Authority to conduct Testing

5.2.1 USA Powerlifting shall have In-Competition and Out-of-Competition Testing authority over all of the Athletes specified in the Introduction to these Anti-Doping Rules (under the heading “Scope”).

5.2.2 USA Powerlifting may require any Athlete over whom it has Testing authority (including any Athlete serving a period of Ineligibility) to provide a Sample at any time and at any place.

In general, USA Powerlifting will not test an Athlete during the hours of 11pm and 6 am, unless it has a serious and specific suspicion that the Athlete may be engaged in doping. A challenge to whether USA Powerlifting had sufficient suspicion for Testing in that period shall not be a defense to an anti-doping rule violation based on such test or attempted test.

5.2.3 If USA Powerlifting delegates or contracts any part of Testing to an Anti-Doping Organization, or third party testing organization, that Anti-Doping Organization may collect additional Samples. If additional Samples are collected or additional types of analysis are performed, USA Powerlifting shall be notified.

5.3 Event Testing

The event period (In-Meet) shall be 12 hours before the commencement of weigh-ins for the event, and up to the conclusion of all sessions of the event, including the awards ceremony.

5.4 Test Distribution Planning

USA Powerlifting will conduct testing at all levels of competition including local, state, regional, Pro and national. All levels of competition deserve a clean platform. USA Powerlifting will conduct both In Meet Tests (IMT) and Out of Meet Tests (OMT) at their discretion.

5.5 Coordination of Out of Meet Testing either through USA Powerlifting or through a contracted third party will utilize the Athlete Locator Form.

5.6 Athlete Whereabouts Information

5.6.1 USA Powerlifting shall identify a Registered Testing Pool of those Athletes who are required to comply with whereabouts requirements. USA Powerlifting shall coordinate the identification of such Athletes and the collection of their whereabouts information. USA Powerlifting shall review and update as necessary its criteria for including Athletes in its Registered Testing Pool, and shall revise the membership of its Registered Testing Pool from time to time as appropriate. Athletes shall be notified when they are included in a Registered Testing Pool and when they are removed from that pool. Each Athlete in the Registered Testing Pool shall do the following, (a) advise USA Powerlifting of his/her whereabouts on a quarterly basis; (b) update that information as necessary so that it remains accurate and complete at all times; and (c) make him/herself available for Testing at such whereabouts.

5.6.2 An athlete's failure to comply with the requirements of the RTP, shall be deemed a filing failure or a missed test. Three such failures in a 12 month period may result in sanctions, including suspension up to one year, or fines against the athlete.

5.6.3 An Athlete in USA Powerlifting's Registered Testing Pool shall continue to be subject to the obligation to comply with the whereabouts requirements unless and until (a) the Athlete gives written notice to USA Powerlifting that he/she has retired or (b) USA Powerlifting has informed him or her that he/she is no longer included in the USA Powerlifting's Registered Testing Pool.

5.6.4 Whereabouts information relating to an Athlete shall be shared through the USA Powerlifting Athlete Locator Form with other contracted Anti-Doping Organizations, shall be maintained in strict confidence at all times, shall be used exclusively for the purposes of testing, and shall be destroyed upon completion of the testing.

5.7 Retired Athletes Returning to Competition

5.7.1 An Athlete in USA Powerlifting's Registered Testing Pool who has given notice of retirement to USA Powerlifting may not resume competing in events until he/she has given USA Powerlifting written notice of his/her intent to resume competing and has made him/herself available for Testing for a period of six months before returning to Competition, including (if requested) complying with the whereabouts requirements.

5.7.2 If an Athlete retires from sport while subject to a period of Ineligibility, the Athlete shall not resume competing in events until the Athlete has given six months prior written notice (or notice equivalent to the period of Ineligibility remaining as of the date the Athlete retired, if that period was longer than six months) to USA Powerlifting of his/her intent to resume competing and has made him/herself available for Testing for that notice period, including (if requested) complying with the whereabouts requirements.

5.7.3 An Athlete who is not in USA Powerlifting's Registered Testing Pool who has given notice of retirement to USA Powerlifting may not resume competing unless he/she notifies the USA Powerlifting at least six months before he/she wishes to return to Competition and makes him/herself available for unannounced Out-of-Competition Testing, including (if requested) complying with the whereabouts before actual return to Competition.

5.8 Responsibility for USA Powerlifting Testing

5.8.1 USA Powerlifting shall be responsible for determining the parameters of their testing plan for the organization and for the implementation of that plan, including overseeing all Testing conducted by or on behalf of the USA Powerlifting. Testing may be conducted by Persons so authorized by USA Powerlifting.

5.8.2 USA Powerlifting or its representatives, shall arrange, coordinate and supervise Testing for all USA Powerlifting Events and for Out-of-Meet Testing. The main duties are:

1. to establish and maintain a system for sample collection for both In-Meet Testing and Out of Meet testing.
2. to establish criteria for who may be authorized to be present during sample collection.
3. to ensure that the Doping Control Stations meet the athlete's privacy and where possible, the doping control station shall be used exclusively for sample collection.
4. to provide appropriate Sample collection equipment and documents to the Doping Control Stations, or to ensure that the appointed Doping Control Officers are equipped with relevant Testing kit and documents;
5. to ensure that the Sample Collection procedures and delivery to a transport facility such as FedEx, USPS or UPS are met.

5.8.3 Collect, maintain and monitor sufficient Athlete whereabouts information;

5.8.4 Report all In-Competition and Out-of-Competition tests on Athletes included in the USA Powerlifting Registered Testing Pool as soon as possible after such tests have been conducted.

ARTICLE 6 ANALYSIS OF SAMPLES

Samples shall be analyzed in accordance with the following principles:

6.1 Use of Accredited and Approved Laboratories

Samples may be analyzed in laboratories verified by the American Association of Laboratory Accreditation as meeting ISO standards, or accredited forensic laboratories. The choice of the laboratory used for the Sample analysis shall be determined exclusively by USA Powerlifting.

6.2 Purpose of Analysis of Samples

Samples shall be analyzed to detect Prohibited Substances and Prohibited Methods and other substances to assist USA Powerlifting in profiling relevant parameters in an Athlete's urine for legitimate anti-doping purposes. Samples may be collected and stored for future analysis.

6.3 Research on Samples

No Sample may be used for research without the Athlete's written consent. Samples used for purposes other than Article 6.2 shall have any means of identification removed such that they cannot be traced back to a particular Athlete.

6.4 Standards for Sample Analysis and Reporting

Laboratories shall analyze Samples and report results in conformity with their standard procedures.

6.4.1 USA Powerlifting may request that laboratories analyze its Samples using more extensive menus at the discretion of USA Powerlifting.

6.4.2 USA Powerlifting may request that laboratories analyze its Samples using less extensive menus if because of a particular circumstance less extensive analysis would be appropriate.

6.5 Further Analysis of Samples

Any Sample may be stored and subsequently subjected to further analysis by USA Powerlifting.

ARTICLE 7 RESULTS MANAGEMENT

7.1 Responsibility for Conducting Results Management

7.1.1 The circumstances in which USA Powerlifting shall take responsibility for conducting results management in respect of anti-doping rule violations involving Athletes and other Persons under its jurisdiction shall be determined by reference to and in accordance with Article 7.

7.1.2 The USA Powerlifting Anti-Doping Hearing Panel shall consist of two to four other members as needed.

7.2 Review of Adverse Analytical Findings

Results management in respect of the results of tests initiated by USA Powerlifting shall proceed as follows:

7.2.1 The results from all analyses must be sent to the USA Powerlifting National Office (nationaloffice@usapowerlifting.com) in a report signed by an authorized representative of the laboratory. All communication must be conducted in confidentiality.

7.2.2 Upon receipt of an Adverse Analytical Finding, the USA Powerlifting National Office shall conduct a review to determine whether: an applicable TUE has been granted or will be granted.

7.2.3 If the review of an Adverse Analytical Finding under Article 7.2.2 reveals an applicable TUE the entire test shall be considered negative and the result will be processed and documented as such.

7.3 Notification After Review Regarding Adverse Analytical Findings

7.3.1 If the review of an Adverse Analytical Finding under Article 7.2.2 does not reveal an applicable TUE or entitlement to a TUE, the USA Powerlifting National Office shall promptly notify the Athlete by email, and simultaneously, in the manner set out in Article 14.1, of:

- the Adverse 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 scheduled date, time and place for the B Sample analysis if the Athlete or USA Powerlifting chooses to request an analysis of the B Sample;
- the opportunity for the Athlete and/or the Athlete‘s representative to attend the B Sample opening and analysis in accordance if such analysis is requested; and
- A copy of the laboratory documentation of the adverse result.

7.3.2 Where requested by the Athlete or USA Powerlifting, arrangements shall be made to analyze the B Sample.An Athlete may accept the A Sample analytical results by waiving the requirement for B Sample analysis. USA Powerlifting may nonetheless elect to proceed with the B Sample analysis.

7.3.3 The Athlete and/or his representative shall be allowed to be present at the analysis of the B Sample. Also, a representative of USA Powerlifting as well as a shall be allowed to be present.

7.3.4 If the B Sample analysis does not confirm the A Sample analysis, then (unless USA Powerlifting takes the case forward as an anti-doping rule violation under Article 2.2) the entire test shall be considered negative and the Athlete shall be so informed.

7.3.5 If the B Sample analysis confirms the A Sample analysis, the findings shall be reported to the athlete.

7.4 Review of Atypical Findings

7.4.1 Laboratories may report the presence of Prohibited Substances, which may also be produced endogenously, as Atypical Findings, i.e., as findings that are subject to further investigation.

7.4.2 Upon receipt of an Atypical Finding, USA Powerlifting shall conduct a review to determine whether an applicable TUE has been granted or will be granted

7.4.3 If the review of an Atypical Finding under Article 7.4.2 reveals an applicable TUE the entire test shall be considered negative and the result documented as such.

7.4.4 If that review does not reveal an applicable TUE USA Powerlifting shall conduct the required investigation or cause it to be conducted. After the investigation is completed, either the Atypical Finding will be brought forward as an Adverse Analytical Finding, in accordance with Article 7.3.1, or will not be brought forward as an Adverse Analytical Finding and recorded as a negative result.

7.4.5 USA Powerlifting will not provide notice of an Atypical Finding until it has completed its investigation and has decided whether it will bring the Atypical Finding forward as an Adverse Analytical Finding unless one of the following circumstances exists:

7.4.5.1 If USA Powerlifting determines the B Sample should be analyzed prior to the conclusion of its investigation, it may conduct the B Sample analysis after notifying the Athlete, with such notice to include a description of the Atypical Finding and the information described in Article 7.3.1(d)-(f).

7.4.5.2 If USA Powerlifting is asked (a) by an event director shortly before one of its Events, or (b) by a sport organization responsible for meeting an imminent deadline for selecting team members for an International Event or Pro Event, to disclose whether any Athlete identified has a pending Atypical Finding, USA Powerlifting shall so advise the Event director after first providing notice of the Atypical Finding to the Athlete.

7.5 Review of Whereabouts Failures

USA Powerlifting shall review potential filing failures and missed tests with respect to Athletes who file their whereabouts information with USA Powerlifting. At such time as USA Powerlifting is satisfied that an Article 2.4 anti-doping rule violation has occurred, it shall promptly give the Athlete notice that it is asserting a violation of Article 2.4 and the basis of that assertion

7.6 Review of Other Anti-Doping Rule Violations Not Covered by Articles 7.2–7.5

USA Powerlifting shall conduct any follow-up investigation required into a possible anti-doping rule violation not covered by Articles 7.2- 7.5. At such time as USA Powerlifting is satisfied that an anti-doping rule violation has occurred, USA Powerlifting shall then promptly be notified and in turn shall promptly give the Athlete notice of the anti-doping rule violation asserted and the basis of that assertion.

7.7 Identification of Prior Anti-Doping Rule Violations

Before giving an Athlete notice of an asserted anti-doping rule violation as provided above, USA Powerlifting shall determine whether any prior anti-doping rule violation exists.

7.8 Provisional Suspensions

7.8.1 Mandatory Provisional Suspension: If analysis of an A Sample has resulted in an Adverse Analytical Finding for a Prohibited Substance or for a Prohibited Method, and a review in accordance with Article 7.2.2 does not reveal an applicable TUE that caused the Adverse Analytical Finding, a Provisional Suspension shall be imposed upon or promptly after the notification described in Articles 7.2 or 7.3.

7.8.2 Optional Provisional Suspension: In case of an Adverse Analytical Finding for any other anti-doping rule violations not covered by Article 7.8.1, USA Powerlifting may impose a Provisional Suspension on the Athlete or other Person against whom the anti-doping rule violation is asserted at any time after the review and notification described in Articles 7.2– 7.6 and prior to the final hearing as described in Article 8.

7.8.3 Where a Provisional Suspension is imposed pursuant to Article 7.8.1 or Article 7.8.2, the Athlete or other Person shall be given either:

- an opportunity for a Provisional Hearing either before or on a timely basis after imposition of the Provisional Suspension; or
- an opportunity for an expedited final hearing in accordance with Article 8 on a timely basis after imposition of the Provisional Suspension.

7.8.3.1 The Provisional Suspension may be lifted if the Athlete demonstrates to the hearing panel that the violation is likely to have involved a Contaminated Product. A hearing panel's decision not to lift a mandatory Provisional Suspension on account of the Athlete's assertion regarding a Contaminated Product shall not be appealable.

7.8.3.2 The Provisional Suspension shall be imposed (or shall not be lifted) unless the Athlete or other Person establishes that:

- the assertion of an anti-doping rule violation has no reasonable prospect of being upheld, e.g., because of a patent flaw in the case against the Athlete or other Person; or
- the Athlete or other Person has a strong arguable case that he/she bears No Fault or Negligence for the anti-doping rule violation(s) asserted, so that any period of Ineligibility that might otherwise be imposed for such a violation is likely to be completely eliminated by application of Article 10.4; or
- some other facts exist that make it clearly unfair, in all the circumstances, to impose a Provisional Suspension prior to a final hearing in accordance with Article 8. This ground is to be construed narrowly and applied only in truly exceptional circumstances. For example, the fact that the Provisional Suspension would prevent the Athlete or other Person participating in a particular Competition or Event shall not qualify as exceptional circumstances for these purposes

7.8.4 If a Provisional Suspension is imposed based on an A Sample Adverse Analytical Finding and subsequent analysis of the B Sample does not confirm the A Sample analysis, then the Athlete shall not be subject to any further Provisional Suspension on account of a violation of Article 2.1. In circumstances where the Athlete (or the Athlete's team) has been removed from a Competition based on a violation of Article 2.1 and the subsequent B Sample analysis does not confirm the A Sample finding, then if it is still possible for the Athlete or team to be reinserted, without otherwise affecting the Competition, the Athlete or team may continue to take part in the Competition. In addition, the Athlete or team may thereafter take part in other Competitions in the same Event.

7.8.5 In all cases where an Athlete or other Person has been notified of an anti-doping rule violation, but a Provisional Suspension has not been imposed on him or her, the Athlete or other Person shall be offered the opportunity to accept a Provisional Suspension voluntarily pending the resolution of the matter. Athletes will receive credit for a provisional suspension against any period of ineligibility which is ultimately imposed.

7.9 Resolution Without a Hearing

7.9.1 An Athlete or other Person against whom an anti-doping rule violation is asserted may admit that violation at any time, waive a hearing, and accept the Consequences that are mandated by these Anti-Doping Rules or (where some discretion as to Consequences exists under these Anti-Doping Rules) that have been offered by USA Powerlifting.

7.9.2 Alternatively, if the Athlete or other Person against whom an anti-doping rule violation is asserted fails to dispute that assertion within the deadline specified in the notice sent by USA Powerlifting asserting the violation, then he/she shall be deemed to have admitted the violation, to have waived a hearing, and to have accepted the Consequences that are mandated by these Anti-Doping Rules or (where some discretion as to Consequences exists under these Anti-Doping Rules) that have been offered by USA Powerlifting.

7.9.3 In cases where Article 7.9.1 or Article 7.9.2 applies, a hearing before a hearing panel shall not be required. Instead USA Powerlifting shall promptly issue a written decision confirming the commission of the anti-doping rule violation and the Consequences imposed as a result, and setting out the full reasons for any period of Ineligibility imposed, including (if applicable) a justification for why the maximum potential period of Ineligibility was not imposed.

7.10 Retirement from Sport

If an Athlete or other Person retires while USA Powerlifting is conducting the results management process, USA Powerlifting retains jurisdiction to complete its results management process. If an Athlete or other Person retires before any results management process has begun and USA Powerlifting would have had results management authority over the Athlete or other Person at the time the Athlete or other Person committed an anti-doping rule violation, USA Powerlifting has authority to conduct results management in respect of that anti-doping rule violation. Conduct by an Athlete or other Person before the Athlete or other Person was subject to the jurisdiction of any Anti-Doping Organization would not constitute an anti-doping rule violation but could be a legitimate basis for denying the Athlete or other Person membership in the organization.

ARTICLE 8 RIGHT TO A FAIR HEARING

Right to a Fair Hearing: Judgments following initial notification will be rendered by the Anti-Doping Hearing Panel. There is a presumption of fairness and members will examine the relevant information in an open manner absent bias.

8.1 Principles for a Fair Hearing

8.1.1 When USA Powerlifting sends a notice to an Athlete or other Person asserting an anti-doping rule violation, and the Athlete or other Person does not waive a hearing in accordance with Article 7.9.1 or Article 7.9.2, then the case shall be referred to the USA Powerlifting Anti-Doping Hearing Panel for hearing and adjudication. Hearing shall be requested by the Athlete before the deadline stated in their adverse finding notification letter.

8.1.2 Hearings shall be scheduled and completed within a reasonable time.

8.1.3 USA Powerlifting Anti-Doping Hearing Panel shall determine the procedure to be followed at the hearing.

8.1.4 USA Powerlifting Anti-Doping Hearing Panel shall act in a fair and impartial manner towards all parties at all times.

8.2 Decisions

8.2.1 At the end of the hearing, or on a timely basis thereafter, the USA Powerlifting Anti-doping Hearing Panel shall issue a written decision that includes the full reasons for the decision and for any period of Ineligibility imposed, including (if applicable) a justification for why the greatest potential Consequences were not imposed.

8.2.2 Disclosure of Decisions

- if the decision is that an anti-doping rule violation was committed, the decision shall be Publicly Disclosed as provided in Article 14.3.2; but

- if the decision is that no anti-doping rule violation was committed, then the decision shall only be Publicly Disclosed with the consent of the Athlete or other Person who is the subject of the decision. USA Powerlifting shall use reasonable efforts to obtain such consent, and if consent is obtained, shall Publicly Disclose the decision in its entirety or in such redacted form as the Athlete or other Person may approve.
- The principles contained at Article 14.3.6 shall be applied in cases involving a Minor.

ARTICLE 9 AUTOMATIC DISQUALIFICATION OF INDIVIDUAL RESULTS

An anti-doping rule violation in connection with an In-Competition test automatically leads to Disqualification of the result obtained in that Competition with all resulting Consequences, including forfeiture of any records up to 2 years prior, medals, points and prizes. For Team Sports, any awards received by individual players will be Disqualified. In addition, if a team award is given to a team where one or more of its members has been disqualified, then the award to that team shall be disqualified.

ARTICLE 10 SANCTIONS ON INDIVIDUALS

10.1 Disqualification of Results in the Event during which an Anti-Doping Rule Violation Occurs

An anti-doping rule violation occurring during or in connection with an Event may, upon the decision of the ruling body of the Event, lead to Disqualification of all of the Athlete's individual results obtained in that Event with all Consequences, including forfeiture of all records up to two years prior, medals, points and prizes, except as provided in Article 10.1.1. Factors to be included in considering whether to Disqualify other results in an Event might include, for example, the seriousness of the Athlete's anti-doping rule violation and whether the Athlete tested negative in the other Competitions.

10.1.1 If the Athlete establishes that he or she bears No Fault or Negligence for the violation, the Athlete's individual results in the other Competitions shall not be Disqualified, unless the Athlete's results in Competitions other than the Competition in which the anti-doping rule violation occurred were likely to have been affected by the Athlete's anti-doping rule violation.

10.2 Ineligibility for Presence, Use or Attempted Use, or Possession of a Prohibited Substance or Prohibited Method

The period of Ineligibility for a violation of Articles 2.1, 2.2 or 2.6 shall be as follows, subject to potential reduction or suspension pursuant to Articles 10.4, 10.5 or 10.6:

10.2.1 The period of Ineligibility shall be four years where:

10.2.1.1 The anti-doping rule violation does not involve a Specified Substance, unless the Athlete or other Person can establish that the anti-doping rule violation was not intentional.

10.2.1.2 The anti-doping rule violation involves a Specified Substance and USA Powerlifting can establish that the anti-doping rule violation was intentional.

10.2.2 If Article 10.2.1 does not apply, the period of Ineligibility shall be two years.

10.2.3 As used in Articles 10.2 and 10.3, the term "intentional" is meant to identify those Athletes who cheat. The term therefore requires that the Athlete or other Person engaged in conduct which he or she knew constituted an anti-doping rule violation or knew that there was a significant risk that the conduct might constitute or result in an anti-doping rule violation and manifestly disregarded that risk. An anti-doping rule violation resulting from an Adverse Analytical Finding for a substance which is only prohibited In-Competition shall be rebuttably presumed to be not intentional if the substance is a Specified Substance and the Athlete can establish that the Prohibited Substance was Used Out-of-Competition. An anti-doping rule violation resulting from an Adverse Analytical Finding for a substance which is only prohibited In-Competition shall not be considered intentional if the substance is not a Specified Substance and the Athlete can establish that the Prohibited Substance was Used Out-of-Competition in a context unrelated to sport performance.

10.3 Ineligibility for Other Anti-Doping Rule Violations

The period of Ineligibility for anti-doping rule violations other than as provided in Article 10.2 shall be as follows, unless Articles 10.5 or 10.6 are applicable:

10.3.1 For violations of Article 2.3 or Article 2.5, the period of Ineligibility shall be four years unless, in the case of failing to submit to Sample collection, the Athlete can establish that the commission of the anti-doping rule violation was not intentional (as defined in Article 10.2.3), in which case the period of Ineligibility shall be two years.

10.3.2 For violations of Article 2.4, the period of Ineligibility shall be one year, subject to reduction down to a a warning, depending on the Athlete's degree of Fault. The flexibility between one year and a warning in this Article is not available to Athletes where a pattern of last-minute whereabouts changes or other conduct raises a serious suspicion that the Athlete was trying to avoid being available for Testing.

10.3.3 For violations of Article 2.7 or 2.8, the period of Ineligibility shall be a minimum of four years up to lifetime Ineligibility, depending on the seriousness of the violation. An Article 2.7 or Article 2.8 violation involving a Minor shall be considered a particularly serious violation and, if committed by Athlete Support Personnel for violations other than for Specified Substances, shall result in lifetime Ineligibility for Athlete Support Personnel. In addition, significant violations of Article 2.7 or 2.8 which may also violate non-sporting laws and regulations shall be reported to the competent administrative, professional or judicial authorities. Those who are involved in doping Athletes or covering up doping should be subject to sanctions which are more severe than the Athletes who test positive.

10.3.4 For violations of Article 2.9, the period of Ineligibility imposed shall be a minimum of two years, up to four years, depending on the seriousness of the violation.

10.4 Elimination of the Period of Ineligibility where there is No Fault or Negligence

If an Athlete or other Person establishes in an individual case that he or she bears No Fault or Negligence, then the otherwise applicable period of Ineligibility shall be eliminated. This Article and Article 10.5.2 apply only to the imposition of sanctions; they are not applicable to the determination of whether an anti-doping rule violation has occurred. They will only apply in exceptional circumstances, for example where an athlete could prove that, despite all due care, he or she was sabotaged by a competitor. Conversely, No Fault or Negligence would not apply in the following circumstances: (a) a positive test resulting from a mislabeled or contaminated vitamin or nutritional supplement (Athletes are responsible for what they ingest (Article 2.1.1) and have been warned against the possibility of supplement contamination); (b) the Administration of a Prohibited Substance by the Athlete's personal physician or trainer without disclosure to the Athlete (Athletes are responsible for their choice of medical personnel and for advising medical personnel that they cannot be given any Prohibited Substance); and (c) sabotage of the Athlete's food or drink by a spouse, coach or other Person within the Athlete's circle of associates (Athletes are responsible for what they ingest and for the conduct of those Persons to whom they entrust access to their food and drink). However, depending on the unique facts of a particular case, any of the referenced illustrations could result in a reduced sanction under Article 10.5 based on No Significant Fault or Negligence.

10.5 Reduction of the Period of Ineligibility based on No Significant Fault or Negligence

10.5.1 Reduction of Sanctions for Specified Substances or Contaminated Products for Violations of Article 2.1, 2.2 or 2.6.

10.5.1.1 Specified Substances

Where the anti-doping rule violation involves a Specified Substance, and the Athlete or other Person can establish No Significant Fault or Negligence, then the period of Ineligibility shall be, at a minimum, a reprimand and no period of Ineligibility, and at a maximum, two years of Ineligibility, depending on the Athlete's or other Person's degree of Fault.

10.5.1.2 Contaminated Products

In cases where the Athlete or other Person can establish No Significant Fault or Negligence and that the detected Prohibited Substance came from a Contaminated Product, then the period of Ineligibility shall be, at a minimum, a reprimand and no period of Ineligibility, and at a maximum, two years Ineligibility, depending on the Athlete's or other Person's degree of Fault.

10.5.2 Application of No Significant Fault or Negligence beyond the Application of Article 10.5.1

If an Athlete or other Person establishes in an individual case where Article 10.5.1 is not applicable that he or she bears No Significant Fault or Negligence, then, subject to further reduction or elimination as provided in Article 10.6, the otherwise applicable period of Ineligibility may be reduced based on the Athlete or other Person's degree of Fault, but the reduced period of Ineligibility may not be less than one-half of the 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 eight years.

10.6 Elimination, Reduction, or Suspension of Period of Ineligibility or other Consequences for Reasons Other than Fault

10.6.1 Substantial Assistance in Discovering or Establishing Anti-Doping Rule Violations. USA Powerlifting may, at it's discretion, suspend a part of the period of Ineligibility imposed in an individual case where the Athlete or other Person has provided Substantial Assistance to an Anti-Doping Organization, criminal authority or professional disciplinary body which results in: (i) the Anti-Doping Organization discovering or bringing forward an anti-doping rule violation by another Person, or (ii) which results in a criminal or disciplinary body discovering or bringing

forward a criminal offense or the breach of professional rules committed by another Person and the information provided by the Person providing Substantial Assistance is made available to USA Powerlifting.

10.6.2 Admission of an Anti-Doping Rule Violation in the Absence of Other Evidence

Where an Athlete or other Person voluntarily admits the commission of an anti-doping rule violation before having received notice of a Sample collection which could establish an anti-doping rule violation (or, in the case of an anti-doping rule violation other than Article 2.1, before receiving first notice of the admitted violation pursuant to Article 7) and that admission is the only reliable evidence of the violation at the time of admission, then the period of Ineligibility may be reduced, but not below one-half of the period of Ineligibility otherwise applicable. This Article is intended to apply when an Athlete or other Person comes forward and admits to an anti-doping rule violation in circumstances where no Anti-Doping Organization is aware that an anti-doping rule violation might have been committed. It is not intended to apply to circumstances where the admission occurs after the Athlete or other Person believes he or she is about to be caught.

10.6.3 Prompt Admission of an Anti-Doping Rule Violation after being Confronted with a Violation Sanctionable under Article 10.2.1 or Article 10.3.1

An Athlete or other Person potentially subject to a four-year sanction under Article 10.2.1 or 10.3.1 (for evading or refusing Sample Collection or Tampering with Sample Collection), by promptly admitting the asserted anti-doping rule violation after being confronted by USA Powerlifting, may receive a reduction in the period of Ineligibility down to a minimum of two years, depending on the seriousness of the violation and the Athlete or other Person's degree of Fault.

10.6.4 Application of Multiple Grounds for Reduction of a Sanction

Where an Athlete or other Person establishes entitlement to reduction in sanction under more than one provision of Article 10.4, 10.5 or 10.6, before applying any reduction or suspension under Article 10.6, the otherwise applicable period of Ineligibility shall be determined in accordance with Articles 10.2, 10.3, 10.4, and 10.5.

If the Athlete or other Person establishes entitlement to a reduction or suspension of the period of Ineligibility under Article 10.6, then the period of Ineligibility may be reduced or suspended, but not below one-fourth of the otherwise applicable period of Ineligibility. [Comment to Article 10.6.4: The appropriate sanction is determined in a sequence of four steps. First, the hearing panel determines which of the basic sanctions (Articles 10.2, 10.3, 10.4, or 10.5) apply to the particular anti-doping rule violation. Second, if the basic sanction provides for a range of sanctions, the hearing panel must determine the applicable sanction within that range according to the Athlete or other Person's degree of Fault. In a third step, the hearing panel establishes whether there is a basis for elimination, suspension, or

reduction of the sanction (Article 10.6). Finally, the hearing panel decides on the commencement of the period of Ineligibility under Article 10.11.

10.7 Multiple Violations

10.7.1 For an Athlete or other Person's second anti-doping rule violation, the period of Ineligibility shall be the greater of:

- six months;
- one-half of the period of Ineligibility imposed for the first anti-doping rule violation without taking into account any reduction under Article 10.6; or
- twice the period of Ineligibility otherwise applicable to the second anti-doping rule violation treated as if it were a first violation, without taking into account any reduction under Article 10.6.

The period of Ineligibility established above may then be further reduced by the application of Article 10.6.

10.7.2 A third anti-doping rule violation will always result in a lifetime period of Ineligibility, except if the third violation fulfills the condition for elimination or reduction of the period of Ineligibility under Article 10.4 or 10.5, or involves a violation of Article 2.4. In these particular cases, the period of Ineligibility shall be from eight years to lifetime Ineligibility.

10.7.3 An anti-doping rule violation for which an Athlete or other Person has established No Fault or Negligence shall not be considered a prior violation for purposes of this Article.

10.7.4 Additional Rules for Certain Potential Multiple Violations

10.7.4.1 For purposes of imposing sanctions under Article 10.7, an anti-doping rule violation will only be considered a second violation if USA Powerlifting can establish that the Athlete or other Person committed the second anti-doping rule violation after the Athlete or other Person received notice pursuant to Article 7, or after USA Powerlifting made reasonable efforts to give notice of the first anti-doping rule violation. If USA Powerlifting cannot establish this, the violations shall be considered together as one single or first violation, and the sanction imposed shall be based on the violation that carries the more severe sanction.

10.7.4.2 If, after the imposition of a sanction for a first anti-doping rule violation, USA Powerlifting discovers facts involving an anti-doping rule violation by the Athlete or other Person which occurred prior to notification regarding the first violation, then USA Powerlifting shall impose an additional sanction based on the sanction that could have been imposed if the two violations had been adjudicated at the same time. Results in all Competitions dating back to the earlier anti-doping rule violation will be Disqualified as provided in Article 10.8.

10.7.5 Multiple Anti-Doping Rule Violations during Ten-Year Period

For purposes of Article 10.7, each anti-doping rule violation must take place within the same ten-year period in order to be considered multiple violations.

10.8 Disqualification of Results in Competitions Subsequent to Sample Collection or Commission of an Anti-Doping Rule Violation

In addition to the automatic Disqualification of the results in the Competition which produced the positive Sample under Article 9, all other competitive results of the Athlete obtained from the date a positive Sample was collected (whether In-Competition or Out-of-Competition), or other anti-doping rule violation occurred, through the commencement of any Provisional Suspension or Ineligibility period, shall, unless fairness requires otherwise, be Disqualified with all of the resulting Consequences including forfeiture of any medals, points and prizes. Nothing in these Anti-Doping Rules precludes clean Athletes or other Persons who have been damaged by the actions of a Person who has committed an anti-doping rule violation from pursuing any right which they would otherwise have to seek damages from such Person.

10.9 Forfeited Prize Money

Forfeited Prize Money shall be reimbursed to USA Powerlifting.

10.10 Financial Consequences

Where an Athlete or other Person commits an anti-doping rule violation, the USA Powerlifting will, in its discretion and subject to the principle of proportionality, elect to a) recover from the Athlete or other Person costs associated with the anti-doping rule violation, regardless of the period of Ineligibility imposed and/or b) fine the Athlete or other Person in an amount up to $2500 and any associated legal and administrative costs. The imposition of a financial sanction or the USA Powerlifting's recovery of costs shall not be considered a basis for reducing the Ineligibility or other sanction which would otherwise be applicable under these Anti-Doping Rules.

10.11 Commencement of Ineligibility Period

Except as provided below, the period of Ineligibility shall start on the date of the final hearing decision providing for Ineligibility or, if the hearing is waived or there is no hearing, on the date Ineligibility is accepted or otherwise imposed.

10.11.1 Delays Not Attributable to the Athlete or other Person

Where there have been substantial delays in the hearing process or other aspects of Doping Control not attributable to the Athlete or other Person, USA Powerlifting may start the period of Ineligibility at an earlier date commencing as early as the date of Sample collection or the date on which another anti-doping rule violation last occurred. All competitive results achieved during the period of Ineligibility, including retroactive Ineligibility, shall be Disqualified. In cases of anti-doping rule violations other than under Article 2.1, the time required for an Anti-Doping Organization to discover and develop facts sufficient to establish an anti-doping rule violation may be lengthy, particularly where the Athlete or other Person has taken affirmative action to avoid detection. In these circumstances, the flexibility provided in this Article to start the sanction at an earlier date should not be used.

10.11.2 Timely Admission

Where the Athlete or other Person promptly (which, in all events, for an Athlete means before the Athlete competes again) admits the anti-doping rule violation after being confronted with the anti-doping rule violation by USA Powerlifting, the period of Ineligibility may start as early as the date of Sample collection or the date on which another anti-doping rule violation last occurred. In each case, however, where this Article is applied, the Athlete or other Person shall serve at least one-half of the period of Ineligibility going forward from the date the Athlete or other Person accepted the imposition of a sanction, the date of a hearing decision imposing a sanction, or the date the sanction is otherwise imposed. This Article shall not apply where the period of Ineligibility has already been reduced under Article 10.6.3.

10.11.3 Credit for Provisional Suspension or Period of Ineligibility Served

10.11.3.1 If a Provisional Suspension is imposed and respected by the Athlete or other Person, then the Athlete or other Person shall receive a credit for such period of Provisional Suspension against any period of Ineligibility which may ultimately be imposed. If a period of Ineligibility is served pursuant to a decision that is subsequently

appealed, then the Athlete or other Person shall receive a credit for such period of Ineligibility served against any period of Ineligibility which may ultimately be imposed on appeal.

10.11.3.2 If an Athlete or other Person voluntarily accepts a Provisional Suspension in writing from USA Powerlifting and thereafter respects the Provisional Suspension, the Athlete or other Person shall receive a credit for such period of voluntary Provisional Suspension against any period of Ineligibility which may ultimately be imposed. A copy of the Athlete or other Person's voluntary acceptance of a Provisional Suspension shall be provided promptly to each party entitled to receive notice of an asserted anti-doping rule violation under Article 14.1. An Athlete's voluntary acceptance of a Provisional Suspension is not an admission by the Athlete and shall not be used in any way as to draw an adverse inference against the Athlete.

10.11.3.3 No credit against a period of Ineligibility shall be given for any time period before the effective date of the Provisional Suspension or voluntary Provisional Suspension regardless of whether the Athlete elected not to compete or was suspended by his or her team. Delays not attributable to the Athlete, timely admission by the Athlete and Provisional Suspension are the only justifications for starting the period of Ineligibility earlier than the date of the final hearing decision.

10.12 Status During Ineligibility

10.12.1 Prohibition Against Participation During Ineligibility

No Athlete or other Person who has been declared Ineligible may, during the period of Ineligibility, participate in any capacity in a Competition or activity. An Athlete or other Person subject to a period of Ineligibility shall remain subject to Testing. For example, subject to Article 10.12.2 below, an Ineligible Athlete cannot participate in a training camp, exhibition or practice organized by USA Powerlifting.

10.12.2 Return to Training

As an exception to Article 10.12.1, an Athlete may return to train with a team or to use the facilities of a club or other member organization of the USA Powerlifting's member organization during the shorter of: (1) the last two months of the Athlete's period of Ineligibility, or (2) the last one-quarter of the period of Ineligibility imposed.

10.12.3 Violation of the Prohibition of Participation During Ineligibility

Where an Athlete or other Person who has been declared Ineligible violates the prohibition against participation during Ineligibility described in Article 10.12.1, the results of such participation shall be Disqualified and a new period of Ineligibility equal in length up to the original period of Ineligibility shall be added to the end of the original period of Ineligibility. The new period of Ineligibility may be adjusted based on the Athlete or other Person's degree of Fault and other circumstances of the case.

Where an Athlete Support Person or other Person assists a Person in violating the prohibition against participation during Ineligibility, USA Powerlifting shall impose sanctions for a violation of Article 2.9 for such assistance.

10.12.4 Withholding of Financial Support during Ineligibility

In addition, for any anti-doping rule violation not involving a reduced sanction as described in Article 10.4 or 10.5, some or all sport-related financial support or other sport-related benefits received by such Person will be withheld by USA Powerlifting.

10.13 Automatic Publication of Sanction

A mandatory part of each sanction shall include automatic publication, as provided in Article 14.3.

ARTICLE 11 CONSEQUENCES TO TEAMS

11.1 If a member of a team is found to have committed a violation of these Anti-Doping Rules during an Event where a team ranking is based on the addition of individual results (points), in addition to any Consequences imposed upon the individual Athlete committing the anti-doping rule violation, the points of the Athlete committing the violation will be subtracted from the team result and may not be replaced by the resulting points of another team member.

11.1.1 If two or more members of a team are found to have committed a violation of these Anti-Doping Rules during an Event where a team ranking is based on the addition of individual results (points), the team shall be eliminated from the ranking.

11.2 Where one member of a team has been notified of an anti-doping rule violation under Article 7 in connection with an Event, the ruling body for the Event shall conduct appropriate Target Testing of all members of the team during the Event Period.

ARTICLE 12 SANCTIONS AND COSTS ASSESSED AGAINST SPORTING BODIES

12.1 USA Powerlifting shall assess fines, being $2,500 USD for first and second offences. Additional administrative and legal costs may be assessed. Anti-doping violations shall not burden the cost of membership for the organization's membership.

12.2 The Athlete or other Person shall be obligated to reimburse USA Powerlifting for all costs (including but not limited to laboratory fees, hearing expenses and travel) related to a violation of these Anti-Doping Rules.

12.3 Failure to pay fines, Participation

If any of the above fines are imposed the offending Athlete or other Person shall not participate in any Event in any capacity including athlete, coaching, officiating, volunteering, etc. until the fine is paid.

Fines imposed under this article shall be paid within 30 days of invoicing and if not so paid within 60 days USA Powerlifting shall remain suspended from participation in any USA Powerlifting activities until the time the fine is paid to USA Powerlifting.

ARTICLE 13 APPEALS

13.1 Decisions Subject to Appeal

Decisions made by the Anti-Doping Hearing Panel shall be final.

ARTICLE 14 CONFIDENTIALITY AND REPORTING

14.1 Information Concerning Adverse Analytical Findings, Atypical Findings, and Other Asserted Anti-Doping Rule Violations

14.1.1 Notice of Anti-Doping Rule Violations to Athletes and other Persons

Notice to Athletes or other Persons of anti-doping rule violations asserted against them shall occur as provided under Articles 7 and 14 of these Anti-Doping Rules. Notice to an Athlete or other Person who is a member of USA Powerlifting may be accomplished by delivery of the notice to USA Powerlifting's Representative(s) such as State Chair or Team Coach.

14.1.2 Content of an Anti-Doping Rule Violation Notice

Notification of an anti-doping rule violation under Article 2.1 shall include: the Athlete's name, and whether the test was In-Competition or Out-of-Competition, the date of Sample collection, the analytical result reported by the laboratory. Notice of anti-doping rule violations other than under Article 2.1 shall include the rule violated and the basis of the asserted violation.

14.1.3 Confidentiality

The recipient organizations shall not disclose this information beyond those Persons with a need to know (which would include the appropriate personnel, and team in a Team Sport) until USA Powerlifting has made Public Disclosure or has failed to make Public Disclosure as required in Article 14.3.

14.1.4 USA Powerlifting shall ensure that information concerning Adverse Analytical Findings, Atypical Findings, and other asserted anti-doping rule violations remains confidential until such information is Publicly Disclosed in accordance with Article 14.3, and shall include provisions in any contract entered into between USA Powerlifting and any of its employees (whether permanent or otherwise), contractors, agents and consultants, for the protection of such confidential information as well as for the investigation and disciplining of improper and/or unauthorized disclosure of such confidential information.

14.2 Notice of Anti-Doping Rule Violation Decisions and Request for Files

14.2.1 Anti-doping rule violation decisions rendered shall include the full reasons for the decision, including, if applicable, a justification for why the greatest possible Consequences were not imposed.

14.3 Public Disclosure

14.3.1 The identity of any Athlete or other Person who is asserted by USA Powerlifting to have committed an anti-doping rule violation may be Publicly Disclosed by USA Powerlifting only after notice has been provided to the Athlete or other Person in accordance with Article 7.3, 7.4, 7.5 or 7.6.

14.3.2 No later than twenty days after it has been determined in a final appellate decision or such appeal has been waived, or a hearing in accordance with Article 8 has been waived, or the assertion of an anti-doping rule violation has not been timely challenged, USA Powerlifting willPublicly Report the disposition of the matter, the anti-doping rule violated, the name of the Athlete or other Person committing the violation, the Prohibited Substance or Prohibited Method involved (if any), and the Consequences imposed.

14.3.3 In any case where it is determined, after a hearing or appeal, that the Athlete or other Person did not commit an anti-doping rule violation, the decision may be Publicly Disclosed only with the consent of the Athlete or other Person who is the subject of the decision. USA Powerlifting shall use reasonable efforts to obtain such consent. If consent is obtained, USA Powerlifting shall Publicly Disclose the decision in its entirety or in such redacted form as the Athlete or other Person may approve.

14.3.4 Publication shall be accomplished at a minimum by placing the required information on USA Powerlifting's website or publishing it through other means and leaving the information up as long as USA Powerlifting deems necessary.

14.3.5 Neither USA Powerlifting, nor any official, shall publicly comment on the specific facts of any pending case (as opposed to general description of process and science) except in response to public comments attributed to the Athlete or other Person against whom an anti-doping rule violation is asserted, or their representatives.

14.3.6 The Public Reporting required in Article 14.3.2 shall not be required where the Athlete or other Person who has been found to have committed an anti-doping rule violation is a Minor. Any optional Public Reporting in a case involving a Minor shall be proportionate to the facts and circumstances of the case.

14.4 Statistical Reporting

USA Powerlifting will report the results of all Doping Controls carried out throughout the year on a report annually submitted to the National Governing Board. Atypical and Anti-Doping Rule Violations will be reported once investigations and/or judgements are complete.

14.5 Data Privacy

14.5.1 USA Powerlifting may collect, store, process or disclose personal information relating to Athletes and other Persons where necessary and appropriate to conduct their anti-doping activities under these Anti-Doping Rules.

14.5.2 Any Participant who submits information including personal data to any Person in accordance with these Anti-Doping Rules shall be deemed to have agreed, pursuant to applicable data protection laws and otherwise, that such information may be collected, processed, disclosed and used by such Person for the purposes of the implementation of these Anti-Doping Rules

ARTICLE 15 APPLICATION AND RECOGNITION OF DECISIONS

USA Powerlifting will consider recognizing the measures taken by other bodies which have conducted testing on its members.

ARTICLE 16 INCORPORATION OF USA POWERLIFTING'S ANTI-DOPING RULES AND OBLIGATIONS OF MEMBERSHIP

16.1 All USA Powerlifting members shall comply with these Anti-Doping Rules.

16.2 All who participates as coach, trainer, manager, team staff, or official in a Competition or activity authorized or organized by USA Powerlifting agree to be bound by these Anti-Doping Rules and to submit to the results management authority of USA Powerlifting or designated the designated Anti-Doping Organization as a condition of such participation.

16.3 All members shall report any information suggesting or relating to an anti-doping rule violation to USA Powerlifting and shall cooperate with investigations conducted by any Anti-Doping Organization with authority to conduct the investigation.

ARTICLE 17 STATUTE OF LIMITATIONS

No anti-doping rule violation proceeding may be commenced against an Athlete or other Person unless he or she has been notified of the anti-doping rule violation as provided in Article 7, or notification has been reasonably attempted, within ten years from the date the violation is asserted to have occurred.

ARTICLE 18 EDUCATION

USA Powerlifting may implement information, education and prevention programs for doping-free sport at their discretion.

ARTICLE 19 AMENDMENT AND INTERPRETATION OF ANTI-DOPING RULES

19.1 These Anti-Doping Rules may be amended from time to time by USA Powerlifting.

19.2 These Anti-Doping Rules shall be interpreted as an independent and autonomous text and not by reference to existing law or statutes.

19.3 The headings used for the various Parts and Articles of these Anti-Doping Rules are for convenience only and shall not be deemed part of the substance of these Anti-Doping Rules or to affect in any way the language of the provisions to which they refer.

19.4 Anti-doping rule violations taking place prior to the Effective Date count as "first violations" or "second violations" for purposes of determining sanctions under Article 10 for violations taking place after the Effective Date.

19.5 The retrospective periods in which prior violations can be considered for purposes of multiple violations under Article 10.7.5 and the statute of limitations set forth in Article 17 are procedural rules and should be applied retroactively; provided, however, that Article 17 shall only be applied retroactively if the statute of limitations period has not already expired by the Effective Date. Otherwise, with respect to any anti-doping rule violation case which is pending as of the Effective Date and any anti-doping rule violation case brought after the Effective Date based on an anti-doping rule violation which occurred prior to the Effective Date, the case shall be governed by the substantive anti-doping rules in effect at the time the alleged anti-doping rule violation occurred unless the panel hearing the case determines the principle of "lex mitior" appropriately applies under the circumstances of the case.

19.6 With respect to cases where a final decision finding an anti-doping rule violation has been rendered prior to the Effective Date, but the Athlete or other Person is still serving the period of Ineligibility as of the Effective Date, the Athlete or other Person may apply to the USA Powerlifting Anti-Doping Hearing Panel which had results management responsibility for the anti-doping rule violation to consider a reduction in the period of Ineligibility in light of these Anti-Doping Rules.

19.7 For purposes of assessing the period of Ineligibility for a second violation under Article 10.7.1, where the sanction for the first violation was determined based on rules in force prior to the Effective Date, the period of Ineligibility which would have been assessed for that first violation had these Anti-Doping Rules been applicable, shall be applied.

ARTICLE 20 ADDITIONAL ROLES AND RESPONSIBILITIES OF ATHLETES AND OTHER PERSONS

20.1 Roles and Responsibilities of Athletes

20.1.1 To be knowledgeable of and comply with these Anti-Doping Rules.

20.1.2 To be available for Sample collection at all times, with due regard to an Athlete's human rights and privacy, legitimate anti-doping considerations sometimes require Sample collection late at night or early in the morning.

20.1.3 To take responsibility, in the context of anti-doping, for what they ingest and use.

20.1.4 To inform medical personnel of their obligation not to Use Prohibited Substances and Prohibited Methods and to take responsibility to make sure that any medical treatment received does not violate these Anti-Doping Rules.

20.1.5 To disclose to USA Powerlifting any decision by a different federation that the Athlete committed an anti-doping rule violation within the previous ten years.

20.1.6 To cooperate with USA Powerlifting or Anti-Doping Organizations investigating anti-doping rule violations.

20.1.7 Failure by any athlete to cooperate in full with Anti-Doping Organizations investigating anti-doping rule violations may result in a charge of misconduct.

20.2 Roles and Responsibilities of Athlete Support Personnel

20.2.1 To be knowledgeable of and comply with these Anti-Doping Rules.

20.2.2 To cooperate with the Athlete Testing program.

20.2.3 To use his or her influence on Athlete values and behavior to foster anti-doping attitudes.

20.2.4 To disclose to USA Powerlifting any decision by a different federation that he or she committed an anti-doping rule violation within the previous ten years.

20.2.5 To cooperate with USA Powerlifting anti-doping rule violations.

20.2.6 Failure by any Athlete Support Personnel to cooperate in full with anti-doping rule violations may result in a charge of misconduct.

20.2.7 Athlete Support Personnel shall not Use or Possess any Prohibited Substance or Prohibited Method without valid justification.

20.2.8 Use or Possession of a Prohibited Substance or Prohibited Method by an Athlete Support Personnel without valid justification may result in a doping violation charge.

APPENDIX 1 DEFINITIONS

Administration: Providing, supplying, supervising, facilitating, or otherwise participating in the Use or Attempted Use by another Person of a Prohibited Substance or Prohibited Method. However, this definition shall not include the actions of bona fide medical personnel involving a Prohibited Substance or Prohibited Method used for genuine and legal therapeutic purposes or other acceptable justification and shall not include actions involving Prohibited Substances which are not prohibited in Out-of-Competition Testing unless the circumstances as a whole demonstrate

that such Prohibited Substances are not intended for genuine and legal therapeutic purposes or are intended to enhance sport performance.

Adverse Analytical Finding: A report from an accredited laboratory or other accredited forensic laboratory that identifies in a Sample 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.

Anti-Doping Organization: An entity that is responsible for adopting rules for initiating, implementing or enforcing any part of the Doping Control process.

Athlete: Any Person who competes in sport

Athlete Locator Form (ALF): USA Powerlifting's internal online form used to capture Athletes whereabouts for the sole purpose of out of competition testing.

Athlete Support Personnel: Any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel, parent or any other Person working with, treating or assisting an Athlete participating in or preparing for sports Competition.

Attempt: 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.

Atypical Finding: A report from an-accredited laboratory or accredited forensic laboratory which requires further investigation as provided by the International Standard for Laboratories or related Technical Documents prior to the determination of an Adverse Analytical Finding.

Competition: In Powerlifting, Competition means a single lifting session out of the series of lifting sessions during the Event Period.

Consequences of Anti-Doping Rule Violations ("Consequences"): 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 on account of an anti-doping rule violation for a specified period of time from participating in any Competition or other activity or funding as provided in Article 10.12.1; (c) Provisional Suspension means the Athlete or other Person is barred temporarily from participating in any Competition or activity prior to the final decision at a hearing conducted under Article 8; (d) Financial Consequences means a financial sanction imposed for an anti-doping rule violation or to recover costs associated with an anti-doping rule violation; and (e) Public Disclosure or Public Reporting means the dissemination or distribution of information to the general public or Persons beyond those Persons entitled to earlier notification in accordance with Article 14.

Contaminated Product: A product that contains a Prohibited Substance that is not disclosed on the product label or in information available in a reasonable Internet search.

Disqualification: See Consequences of Anti-Doping Rule Violations above.

Doping Control: All steps and processes from test planning through to ultimate disposition of any appeal including all steps and processes in between such as provision of whereabouts information, Sample collection and handling, laboratory analysis, TUEs, results management and hearings.

Event: A Competition conducted under the sanction of USA Powerlifting.

Event Venues: Those venues so designated for the Event.

Event Period: The time between the beginning and end of an Event, as established for the Event. For the purposes of anti-doping, "in-meet" shall be defined as 12 hours before weigh-ins begin, through the conclusion of all sessions in the event, including final awards ceremonies.

Fault: Fault is any breach of duty or any lack of care appropriate to a particular situation. Factors to be taken into consideration in assessing an Athlete or other Person's degree of Fault include, for example, the Athlete's or other Person's experience, whether the Athlete or other Person is a Minor, special considerations such as impairment, the degree of risk that should have been perceived by the Athlete and the level of care and investigation exercised by the Athlete in relation to what should have been the perceived level of risk. In assessing the Athlete's or other Person's degree of Fault, the circumstances considered must be specific and relevant to explain the Athlete's or other Person's departure from the expected standard of behavior. Thus, for example, the fact that an Athlete would lose the

opportunity to earn large sums of money during a period of Ineligibility, or the fact that the Athlete only has a short time left in his or her career, or the timing of the sporting calendar, would not be relevant factors to be considered in reducing the period of Ineligibility under Article 10.5.1 or 10.5.2.

Financial Consequences: see Consequences of Anti-Doping Rule Violations, above.

In-Competition: "In-Competition" means the period commencing twelve hours before the start of the first weigh-in of each Competition through the end of the last Sample collection process and the last awards ceremony related to a Competition, whichever comes last.

Individual Sport: Any sport that is not a Team Sport.

Ineligibility: See Consequences of Anti-Doping Rule Violations above.

International Event: An Event or Competition where USA Powerlifting sanctions an event to be held in an international venue or invites athletes from other nations for the purpose of providing international competition. Under such cases, the technical rules of USA Powerlifting shall be observed. Note, international lifters may be permitted to lift in an USA Powerlifting event, this however does not constitute an "international event".

International-Level Athlete: Athletes who compete in sport at the international level, as defined by USA Powerlifting.

Metabolite: Any substance produced by a biotransformation process.

Minor: A Person who has not reached the age of eighteen years.

National Event: National Event as defined by USA Powerlifting is the Open Divisions of Open Nationals, Bench Nationals and Raw Nationals, in which qualifying criteria may be established.

National-Level Athlete: Athletes who compete in a National Event as defined by USA Powerlifting.

No Fault or Negligence: The Athlete or other Person'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 or otherwise violated an anti-doping rule. Except in the case of a Minor, for any violation of Article 2.1, the Athlete must also establish how the Prohibited Substance entered his or her system.

No Significant Fault or Negligence: The Athlete or other Person'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. Except in the case of a Minor, for any violation of Article 2.1, the Athlete must also establish how the Prohibited Substance entered his or her system.

Out-of-Competition: any period which is not In-Competition for any given athlete.

Participant: Any Athlete or Athlete Support Person.

Person: A natural Person or an organization or other entity.

Possession: The actual, physical Possession, or the constructive Possession (which shall be found only if the Person has exclusive control or intends to exercise control over the Prohibited Substance or Prohibited Method or the premises in which a Prohibited Substance or Prohibited Method exists); provided, however, that if the Person does not have exclusive control over the Prohibited Substance or Prohibited Method or the premises in which a Prohibited Substance or Prohibited Method exists, constructive Possession shall only be found if the Person knew about the presence of the Prohibited Substance or Prohibited 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 never intended to have Possession and has renounced Possession by explicitly declaring it to USA Powerlifting. Notwithstanding anything to the contrary in this definition, the purchase (including by any electronic or other means) of a Prohibited Substance or Prohibited Method constitutes Possession by the Person who makes the purchase.

Pro: Any athlete who has been designated by USA Powerlifting as having received Pro status.

Prohibited List: The List identifying the Prohibited Substances and Prohibited Methods as published in the most recent version of the WADA Code.

Prohibited Method: Any method so described on the Prohibited List.

Prohibited Substance: Any substance, or class of substances, so described on the Prohibited List.

Provisional Hearing: For purposes of Article 7.9, an expedited abbreviated hearing occurring prior to a hearing

under Article 8 that provides the Athlete with notice and an opportunity to be heard in either written or oral form.

Provisional Suspension: See Consequences of Anti-Doping Rule Violations above.

Publicly Disclose or Publicly Report: See Consequences of Anti-Doping Rule Violations above.

Registered Testing Pool: The pool of highest-priority Athletes established by USA Powerlifting, who are subject to Out-of-Competition Testing as part of USA Powerlifting's testingplan and therefore are required to provide whereabouts information.

Representative: USA Powerlifting State Chairpersons, State-level or above referees, or Event organizers, or other USA Powerlifting personnel.

Sample or Specimen: Any biological material collected for the purposes of Doping Control.

Strict Liability: The rule which provides that under Article 2.1 and Article 2.2, it is not necessary that intent, Fault, negligence, or knowing Use on the Athlete's part be demonstrated by USA Powerlifting in order to establish an anti-doping rule violation.

Substantial Assistance: For purposes of Article 10.6.1, a Person providing Substantial Assistance must: (1) fully disclose in a signed written statement all information he or she possesses in relation to anti-doping rule violations, and fully cooperate with the investigation and adjudication of any case related to that information, including, for example, presenting testimony at a hearing if requested to do so by USA Powerlifting or an Anti-Doping

Organization or hearing panel. Further, the information provided must be credible and must comprise an important part of any case which is initiated or, if no case is initiated, must have provided a sufficient basis on which a case could have been brought.

Tampering: Altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly; obstructing, misleading or engaging in any fraudulent conduct to alter results or prevent normal procedures from occurring.

Target Testing: Selection of specific Athletes for Testing based on criteria set forth by USA Powerlifting.

Team: A group of athletes whose scores contribute to a team placement.

Testing: The parts of the Doping Control process involving test planning, Sample collection, Sample handling, and Sample transport to the laboratory.

Trafficking: Selling, giving, transporting, sending, delivering or distributing (or Possessing for any such purpose) a Prohibited Substance or Prohibited Method (either physically or by any electronic or other means) by an Athlete, Athlete Support Person or any other Person subject to the jurisdiction of an Anti-Doping Organization to any third party; provided, however, this definition shall not include the actions of "bona fide" medical personnel involving a Prohibited Substance used for genuine and legal therapeutic purposes or other acceptable justification, and shall not include actions involving Prohibited Substances which are not prohibited in Out-of-Competition Testing unless the circumstances as a whole demonstrate such Prohibited Substances are not intended for genuine and legal therapeutic purposes or are intended to enhance sport performance.

TUE: Therapeutic Use Exemption, as described in Article 4.4.

Use: The utilization, application, ingestion, injection or consumption by any means whatsoever of any Prohibited Substance or Prohibited Method.

WADA: The World Anti-Doping Agency.

APPENDIX 2 EXAMPLES OF THE APPLICATION OF ARTICLE 10

EXAMPLE 1.

Facts: An Adverse Analytical Finding results from the presence of an anabolic steroid in an In-Competition test (Article 2.1); the Athlete promptly admits the anti-doping rule violation; the Athlete establishes No Significant Fault or Negligence; and the Athlete provides Substantial Assistance.

Application of Consequences:

1. The starting point would be Article 10.2. Because the Athlete is deemed to have No Significant Fault that would be sufficient corroborating evidence (Articles 10.2.1.1 and 10.2.3) that the anti-doping rule violation was not intentional, the period of Ineligibility would thus be two years, not four years (Article 10.2.2).
2. In a second step, the panel would analyze whether the Fault-related reductions (Articles 10.4 and 10.5) apply. Based on No Significant Fault or Negligence (Article 10.5.2) since the anabolic steroid is not a Specified Substance, the applicable range of sanctions would be reduced to a range of two years to one year (minimum one-half of the two year sanction). The panel would then determine the applicable period of Ineligibility within this range based on the Athlete's degree of Fault. (Assume for purposes of illustration in this example that the panel would otherwise impose a period of Ineligibility of 16 months.)
3. In a third step, the panel would assess the possibility for suspension or reduction under Article 10.6 (reductions not related to Fault). In this case, only Article 10.6.1 (Substantial Assistance) applies. (Article 10.6.3, Prompt Admission, is not applicable because the period of Ineligibility is already below the two-year minimum set forth in Article 10.6.3.) Based on Substantial Assistance, the period of Ineligibility could be suspended by three-quarters of 16 months.* The minimum period of Ineligibility would thus be four months. (Assume for purposes of illustration in this example that the panel suspends ten months and the period of Ineligibility would thus be six months.)
4. Under Article 10.11, the period of Ineligibility, in principle, starts on the date of the final hearing decision. However, because the Athlete promptly admitted the anti-doping rule violation, the period of Ineligibility could start as early as the date of Sample collection, but in any event the Athlete would have to serve at least one-half of the Ineligibility period (i.e., three months) after the date of the hearing decision (Article 10.11.2).
5. Since the Adverse Analytical Finding was committed in a Competition, the panel would have to automatically Disqualify the result obtained in that Competition (Article 9).
6. According to Article 10.8, all results obtained by the Athlete subsequent to the date of the Sample collection until the start of the period of Ineligibility would also be Disqualified unless fairness requires otherwise.
7. The information referred to in Article 14.3.2 must be Publicly Disclosed, unless the Athlete is a Minor, since this is a mandatory part of each sanction (Article 10.13).
8. The Athlete is not allowed to participate in any capacity in a Competition or other sport-related activity under the authority of any Signatory or its affiliates during the Athlete's period of Ineligibility (Article 10.12.1). However, the Athlete may return to train with a team or to use the facilities of a club or other member organization of a Signatory or its affiliates during the shorter of:

(a) the last two months of the Athlete's period of Ineligibility, or (b) the last one-quarter of the period of Ineligibility imposed (Article 10.12.2). Thus, the Athlete would be allowed to return to training one and one-half months before the end of the period of Ineligibility.

EXAMPLE 2.

Facts: An Adverse Analytical Finding results from the presence of a stimulant which is a Specified Substance in an In-Competition test (Article 2.1); the Anti-Doping Organization is able to establish that the Athlete committed the anti-doping rule violation intentionally; the Athlete is not able to establish that the Prohibited Substance was Used Out-of-Competition in a context unrelated to sport performance; the Athlete does not promptly admit the anti-doping rule violation as alleged; the Athlete does provide Substantial Assistance.

Application of Consequences:

1. The starting point would be Article 10.2. Because the Anti-Doping Organization can establish that the anti-doping rule violation was committed intentionally and the Athlete is unable to establish that the substance was permitted Out-of-Competition and the Use was unrelated to the Athlete's sport performance (Article 10.2.3), the period of Ineligibility would be four years (Article 10.2.1.2).
2. Because the violation was intentional, there is no room for a reduction based on Fault (no application of Articles 10.4 and 10.5). Based on Substantial Assistance, the sanction could be suspended by up to three-quarters of the four * The minimum period of Ineligibility would thus be one year.
3. Under Article 10.11, the period of Ineligibility would start on the date of the final hearing decision.
4. Since the Adverse Analytical Finding was committed in a Competition, the panel would automatically Disqualify the result obtained in the Competition.
5. According to Article 10.8, all results obtained by the Athlete subsequent to the date of Sample collection until the start of the period of Ineligibility would also be Disqualified unless fairness requires otherwise.
6. The information referred to in Article 14.3.2 must be Publicly Disclosed, unless the Athlete is a Minor, since this is a mandatory part of each sanction (Article 10.13).
7. The Athlete is not allowed to participate in any capacity in a Competition or other sport-related activity under the authority of any Signatory or its affiliates during the Athlete's period of Ineligibility (Article 10.12.1). However, the Athlete may return to train with a team or to use the facilities of a club or other member organization of a Signatory or its affiliates during the shorter of:

(a) the last two months of the Athlete's period of Ineligibility, or (b) the last one-quarter of the period of Ineligibility imposed (Article 10.12.2). Thus, the Athlete would be allowed to return to training two months before the end of the period of Ineligibility.

EXAMPLE 3.

Facts: An Adverse Analytical Finding results from the presence of an anabolic steroid in an Out-of-Competition test (Article 2.1); the Athlete establishes No Significant Fault or Negligence; the Athlete also establishes that the Adverse Analytical Finding was caused by a Contaminated Product.

Application of Consequences:

1. The starting point would be Article 10.2. Because the Athlete can establish through corroborating evidence that he did not commit the anti-doping rule violation intentionally, i.e., he had No Significant Fault in Using a Contaminated Product (Articles 10.2.1.1 and 10.2.3), the period of Ineligibility would be two years (Articles 10.2.2).
2. In a second step, the panel would analyze the Fault-related possibilities for reductions (Articles 10.4 and 10.5). Since the Athlete can establish that the anti-doping rule violation was caused by a Contaminated Product and that he acted with No Significant Fault or Negligence based on Article 10.5.1.2, the applicable

range for the period of Ineligibility would be reduced to a range of two years to a reprimand. The panel would determine the period of Ineligibility within this range, based on the Athlete's degree of Fault. (Assume for purposes of illustration in this example that the panel would otherwise impose a period of Ineligibility of four months.)

3. According to Article 10.8, all results obtained by the Athlete subsequent to the date of Sample collection until the start of the period of Ineligibility would be Disqualified unless fairness requires otherwise.
4. The information referred to in Article 14.3.2 must be Publicly Disclosed, unless the Athlete is a Minor, since this is a mandatory part of each sanction (Article 10.13).
5. The Athlete is not allowed to participate in any capacity in a Competition or other sport-related activity under the authority of any Signatory or its affiliates during the Athlete's period of Ineligibility (Article 10.12.1). However, the Athlete may return to train with a team or to use the facilities of a club or other member organization of a Signatory or its affiliates during the shorter of:

(a) the last two months of the Athlete's period of Ineligibility, or (b) the last one-quarter of the period of Ineligibility imposed (Article 10.12.2). Thus, the Athlete would be allowed to return to training one month before the end of the period of Ineligibility.

EXAMPLE 4.

Facts: An Athlete who has never had an Adverse Analytical Finding or been confronted with an anti-doping rule violation spontaneously admits that she Used an anabolic steroid to enhance her performance. The Athlete also provides Substantial Assistance.

Application of Consequences:

1. Since the violation was intentional, Article 10.2.1 would be applicable and the basic period of Ineligibility imposed would be four years.
2. There is no room for Fault-related reductions of the period of Ineligibility (no application of Articles 10.4 and 10.5).
3. Based on the Athlete's spontaneous admission (Article 10.6.2) alone, the period of Ineligibility could be reduced by up to one-half of the four years. Based on the Athlete's Substantial Assistance (Article 10.6.1) alone, the period of Ineligibility could be suspended up to three-quarters of the four years.* Under Article 10.6.4, in considering the spontaneous admission and Substantial Assistance together, the most the sanction could be reduced or suspended would be up to three-quarters of the four years. The minimum period of Ineligibility would be one year.
4. The period of Ineligibility, in principle, starts on the day of the final hearing decision (Article 10.11). If the spontaneous admission is factored into the reduction of the period of Ineligibility, an early start of the period of Ineligibility under Article 10.11.2 would not be permitted. The provision seeks to prevent an Athlete from benefitting twice from the same set of circumstances. However, if the period of Ineligibility was suspended solely on the basis of Substantial Assistance, Article 10.11.2 may still be applied, and the period of Ineligibility started as early as the Athlete's last Use of the anabolic steroid.
5. According to Article 10.8, all results obtained by the Athlete subsequent to the date of the anti-doping rule violation until the start of the period of Ineligibility would be Disqualified unless fairness requires otherwise.
6. The information referred to in Article 14.3.2 must be Publicly Disclosed, unless the Athlete is a Minor, since this is a mandatory part of each sanction (Article 10.13).

7. The Athlete is not allowed to participate in any capacity in a Competition or other sport-related activity under the authority of any Signatory or its affiliates during the Athlete's period of Ineligibility (Article 10.12.1). However, the Athlete may return to train with a team or to use the facilities of a club or other member organization of a Signatory or its affiliates during the shorter of:

(a) the last two months of the Athlete's period of Ineligibility, or (b) the last one-quarter of the period of Ineligibility imposed (Article 10.12.2). Thus, the Athlete would be allowed to return to training two months before the end of the period of Ineligibility.

EXAMPLE 5.

Facts: An Athlete Support Person helps to circumvent a period of Ineligibility imposed on an Athlete by entering him into a Competition under a false name. The Athlete Support Person comes forward with this anti-doping rule violation (Article 2.9) spontaneously before being notified of an anti-doping rule violation by an Anti-Doping Organization.

Application of Consequences:

1. According to Article 10.3.4, the period of Ineligibility would be from two up to four years, depending on the seriousness of the violation. (Assume for purposes of illustration in this example that the panel would otherwise impose a period of Ineligibility of three years.)
2. There is no room for Fault-related reductions since intent is an element of the anti-doping rule violation in Article 2.9 (see comment to Article 10.5.2).
3. According to Article 10.6.2, provided that the admission is the only reliable evidence, the period of Ineligibility may be reduced down to one-half. (Assume for purposes of illustration in this example that the panel would impose a period of Ineligibility of 18 months.)
4. The information referred to in Article 14.3.2 must be Publicly Disclosed unless the Athlete Support Person is a Minor, since this is a mandatory part of each sanction (Article 10.13).

EXAMPLE 6.

Facts: An Athlete was sanctioned for a first anti-doping rule violation with a period of Ineligibility of 14 months, of which four months were suspended because of Substantial Assistance. Now, the Athlete commits a second anti-doping rule violation resulting from the presence of a stimulant which is not a Specified Substance in an In-Competition test (Article 2.1); the Athlete establishes No Significant Fault or Negligence; and the Athlete provided Substantial Assistance. If this were a first violation, the panel would sanction the Athlete with a period of Ineligibility of 16 months and suspend six months for Substantial Assistance.

Application of Consequences:

1. Article 10.7 is applicable to the second anti-doping rule violation because Article 10.7.4.1 and Article 10.7.5 apply.
2. Under Article 10.7.1, the period of Ineligibility would be the greater of:
3. six months;

one-half of the period of Ineligibility imposed for the first anti-doping rule violation without taking into account any reduction under Article 10.6 (in this example, that would equal one-half of 14 months, which is seven months); or

twice the period of Ineligibility otherwise applicable to the second anti-doping rule violation treated as if it were a first violation, without taking into account any reduction under Article 10.6 (in this example, that would equal two times 16 months, which is 32 months). Thus, the period of Ineligibility for the second violation would be the greater of (a), (b) and (c), which is a period of Ineligibility of 32 months.

In a next step, the panel would assess the possibility for suspension or reduction under Article 10.6 (non-Fault-related reductions). In the case of the second violation, only Article 10.6.1 (Substantial Assistance) applies. Based on Substantial Assistance, the period of Ineligibility could be suspended by three-quarters of 32 months.* The minimum period of Ineligibility would thus be eight months. (Assume for purposes of illustration in this example that the panel suspends eight months of the period of Ineligibility for Substantial Assistance, thus reducing the period of Ineligibility imposed to two years.)

1. Since the Adverse Analytical Finding was committed in a Competition, the panel would automatically Disqualify the result obtained in the
2. According to Article 10.8, all results obtained by the Athlete subsequent to the date of Sample collection until the start of the period of Ineligibility would also be Disqualified unless fairness requires otherwise.
3. The information referred to in Article 14.3.2 must be Publicly Disclosed, unless the Athlete is a Minor, since this is a mandatory part of each sanction (Article 10.13).
4. The Athlete is not allowed to participate in any capacity in a Competition or other sport-related activity under the authority of any Signatory or its affiliates during the Athlete's period of Ineligibility (Article 10.12.1). However, the Athlete may return to train with a team or to use the facilities of a club or other member organization of a Signatory or its affiliates during the shorter of:

(a) the last two months of the Athlete's period of Ineligibility, or (b) the last one-quarter of the period of Ineligibility imposed (Article 10.12.2). Thus, the Athlete would be allowed to return to training two months before the end of the period of Ineligibility

APPENDIX 3– Guidelines for Identification, Reporting, Authorized Persons, Storing the Samples, Exceptional Circumstances

1. **Identification of an Athlete selected to provide a Sample**

   The Athlete selected to provide a Sample must show his/her identification whether by passport or other reliable identification card. This ensures the selected Athlete is the Athlete who is notified. The method of identification of the Athlete shall be recorded on the doping control documentation, but not the ID number on the document.

2. **Delayed reporting to the Doping Control Station/leaving the Doping Control Station temporarily**

The DCO/Chaperone may at his/her discretion consider any reasonable third party request or any request by the Athlete for permission to delay reporting to the Doping Control Station following acknowledgment and acceptance of notification, and/or to leave the Doping Control Station temporarily after arrival, and may grant such permission if the Athlete can be continuously chaperoned and kept under direct observation during the delay.

Delayed reporting to/temporary departure from the Doping Control Station may be permitted e.g. for the following activities:

For In-Competition Testing:

1. Participation in a presentation ceremony;
2. Fulfilment of media commitments;
3. Performing a warm down;
4. Obtaining necessary medical treatment;
5. Locating a representative and/or interpreter;
6. Obtaining photo identification; or
7. Any other reasonable circumstances, as determined by the DCO, taking into account any instructions of the Testing

For Out-of-Competition Testing:

1. Locating a representative;
2. Completing a training session;
3. Receiving necessary medical treatment;
4. Obtaining photo identification; or
5. Any other reasonable circumstances, as determined by the Doping Control Officer, taking into account any instructions of the Testing

3. Persons authorized to present during the Sample Collection Session USA Powerlifting's criteria for who may be authorized to present during the Sample Collection Session in addition to the Sample Collection Personnel includes at a minimum the following:

1. An Athlete's entitlement to be accompanied by a representative and/or interpreter during the Sample Collection Session, except when the Athlete is passing a urine Sample;
2. A Minor Athlete's entitlement

–and the witnessing DCO/Chaperone's entitlement to have a representative observe the witnessing DCO/Chaperone when the Minor Athlete is passing a urine Sample, but without the representative directly observing the passing of the Sample unless requested to do so by the Minor Athlete;

3. The entitlement of an Athlete with an impairment to be accompanied by a representative

4. **Sample Storage**

4.1 The DCO has the responsibility for ensuring, that all Samples are stored in a manner that protects their identity, integrity and security prior to transport from the Doping Control Station.

4.2 Samples must not be left unattended, unless they are locked away in a refrigerator or cupboard, for example. Access shall be restricted to authorized Sample collecting personnel.

4.3 Where possible, Samples should be stored in a cool environment. Warm conditions should be avoided.

4.4 The DCO shall follow the USA Powerlifting's system to ensure that instructions for the type of analysis to be conducted are provided to the laboratory.

4.5 The DCO shall complete the Chain of Custody form. The laboratory copy of this form should be placed in the transport bag with the Samples, and sealed.Documentation identifying the Athlete shall not be included with the Samples.

4.6 The DCO shall keep the Samples secured and under his or her control until they are passed to the shipping courier.