



An Athlete's Guide to the Significant Changes in the 2021 Code

ADEL

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What is the purpose of this Athlete's Guide to the 2021 Code?

Our purpose is to help you understand the main changes to the World Anti-Doping Code (Code), especially those that have the greatest impact on you. Protecting your health and your anti-doping rights are at the center of our efforts in protecting clean sport. While nothing replaces the actual words of the Code or your Anti-Doping Organization's (ADO) anti-doping rules (the legally binding documents), this Guide aims to give you a simplified overview of what's coming in 2021.

What is a Code Signatory?

The organizations that have accepted or signed up to the World Anti-Doping Code is called a Signatory. Some organizations had to become a Signatory to participate at events such as the Olympic and Paralympic Games. Other organizations have chosen to become a Code Signatory to further protect their athlete's rights to clean sport.

Code Signatories must comply with the Code and the International Standards.



What is the World Anti-Doping Code?

The World Anti-Doping Code (Code) sets out the anti-doping rules for all sports and all countries. The Code protects your fundamental right, as an athlete, to participate in clean sport. The Code promotes and protects the health, fairness and equal opportunity for you and athletes worldwide.

The Code first came into effect in July 2004. The 2021 Code, which will come into effect on 1 January 2021, is the fourth version.

The Code has been accepted by the entire Olympic Movement as well as by various sports bodies and National Anti-Doping Organizations (NADOs) across the world. It has also been recognized by more than 185 governments, through the UNESCO Convention against Doping in Sport. Both governments and sport bodies are committed to clean sport!

In order to implement the Code, each Signatory has an anti-doping program with anti-doping rules that takes into account the realities of their country and sport. These rules must be in line with the Code and WADA must approve them. It is important that you are aware of the rules that apply to you.

You can find the Code on the World Anti-Doping Agency's (WADA) Web site.

www.wada-ama.org



What are the International Standards?

The World Anti-Doping Agency (WADA), in consultation with the anti-doping community and athletes, has developed International Standards for different technical areas of anti-doping to make sure that there is consistency around the world. The implementation of the International Standards is mandatory for all Code Signatories.

- **International Standard for Education (ISE)** (new in 2021) – ensures that all Anti-Doping Organisations (ADOs) are implementing anti-doping education programs for athletes and athlete support personnel so they are aware of all things anti-doping and the values of clean sport. A key principle of the International Standard is the importance for athletes to be educated before they are tested.

Athlete support personnel is 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 competition.

- **International Standard for the Prohibited List (List)** – this is the list of substances and methods that are banned. You need to be familiar with the List and when substances are banned (in-competition only or at all times). Ensure that your support personnel are also aware of the List. Never take any substance or use any method before consulting the List.
- **International Standard for Therapeutic Use Exemptions (ISTUE)** – outlines the process for athletes to apply for a Therapeutic Use Exemption (TUE), which may allow them to use a banned substance or method to treat a legitimate medical condition.

If you need a TUE, you need to apply to one organization only – check with your IF or NADO. You cannot have a TUE from more than one ADO for the same condition.



NADOs approve TUEs for national-level athletes. These are valid at any national-level event, in any country.

IFs approve TUEs for international-level athletes. These are valid at any international-level

- **International Standard for Testing and Investigations (ISTI)** – describes how anti-doping testing and investigations must be carried out by ADOs, including the Athlete Biological Passport (ABP). Recent changes to the ISTI include:
 - Alcohol is no longer permitted in the doping control station;
 - The acceptable specific gravity reading in a urine sample was changed in 2020;
 - The doping control officer will now securely store your partial sample for you.

- **International Standard for Laboratories (ISL)** – sets out how doping control samples both urine and blood are analyzed and how data related to the samples must be treated. Only laboratories that have been accredited by WADA can analyze samples for doping control purposes. Laboratories have to follow strict standards to become accredited and to keep their accreditation. The ISL also states how testing programs such as the ABP need to be managed by the labs.

The ABP monitors selected blood variables (‘biomarkers of doping’) of an individual athlete over time.



This means it looks for changes in the blood profile of an individual that could indicate doping rather than detecting a specific substance

- **International Standard for Results Management (ISRM)** (new in 2021) – ensures that all anti-doping rule violations (ADRV) including hearing process are dealt with consistently and fairly.
- **International Standard for the Protection of Privacy and Personal Information (ISPPPI)** – outlines the principles ADOs must respect to ensure the privacy and protection of your data when they collect, manage, process and store your personal data for anti-doping purposes.
- **International Standard for Code Compliance by Signatories (ISCCS)** – ensures that Code-compliant anti-doping rules and programs are implemented and enforced consistently across all sports and all countries. This helps you have confidence in the global anti-doping program and our efforts to protect the integrity of sport competition. The ISCCS allows WADA to monitor Signatory compliance with the Code and take action against those who are not compliant.

When does the new Code come into force?

The 2021 World Anti-Doping Code (Code) was approved in November 2019 at the World Conference on Doping in Sport. The changes to the Code come into force on 1 January 2021.



What are Anti-Doping Organizations doing to get ready for the 2021 Code?

World Anti-Doping Code (Code) Signatories need to change their anti-doping rules and programs to be in-line with the 2021 Code by 1 January 2021. It is important you check your Anti-Doping Organization's (ADO) website to get a copy of the new anti-doping rules. Any changes to the anti-doping rules and procedures should be made available.

WADA is helping ADOs prepare for the 2021 Code through its Code Implementation Support Program (CISP). You can find out more on ADeL [<https://adel.wada-ama.org>].

What type of athlete are you?

The World Anti-Doping Code (Code) defines several different levels or types of athletes:

- National-level
- International-level
- Minors
- Protected persons
- Recreational

It is important to always know which group you are in. Your National Anti-Doping Organization (NADO) and International Federation (IF) will have specific definitions for each of these groups of athletes.



What changes have been made to the rationale for the Code?

Health

- Health is now the top rationale for the World Anti-Doping Code (Code).

Your Rights – Athletes' Anti-Doping Rights Act (Athletes' Act)

- The fundamental rationale for the Code includes athletes' rights.
- These rights are found in different articles throughout the Code. The Athletes' Act summarizes these in one place.
- The Athletes' Act was developed by WADA's Athlete Committee in consultation with athletes and other stakeholders worldwide and it aims to explain your anti-doping rights clearly and make these more accessible.
- The Athletes' Act also highlights what the anti-doping community needs to do to protect your rights.
- The Athletes' Act has two parts:
 - Part 1 - your rights that are found in the Code and International Standards
 - Part 2 - recommended athletes' rights that are not found in the Code and International Standards but are rights that athletes believe Anti-Doping Organizations (ADOs) should adopt as best practice.

- The new Athletes' Act is found within the 2021 Code and as a separate document (<https://www.wada-ama.org/en/resources/anti-doping-community/athletes-anti-doping-rights-act>).







Your roles and responsibilities in the 2021 Code

The Code outlines your role and responsibilities related to anti-doping.

Quick reminder:

Responsibilities

To be knowledgeable of and comply with all applicable anti-doping policies and rules.

i *Be available for testing.*

To take responsibility for what you ingest and use.

i **Strict Liability:** *Your body, your responsibility.*

To inform medical personnel of your obligation not to use prohibited substances and prohibited methods and taking responsibility to ensure that any medical treatment does not violate anti-doping policies and rules.

i *Tell doctors and medics that you are an athlete and cannot use banned substances and/or methods. Check all medication does not contain a banned substance before you take it. Ask for help if you are unsure.*

To cooperate with ADOs investigating ADRVs.

i *Help with an anti-doping investigation when asked to.*

Role

To be knowledgeable of and comply with all applicable anti-doping policies and rules.

i *Know the anti-doping rules and stick to them!*

To disclose to your National Anti-Doping Organization (NADO) and International Federation (IF) any decision made by an Anti-Doping Organization (ADO) that is not a Code Signatory relating to committing an anti-doping rule violation (ADRV) within the previous ten years.

i *Tell your NADO or IF if you have committed an ADRV in the last 10 years.*

To disclose the identity of your athlete support personnel to any ADO with authority over you that requests it.

i *Share information about those who support you (coach, physiotherapist, doctor) if asked.*

Definitions: What's new in the 2021 Code?

Anti-doping terms are included in the 'Definitions' section of the World Anti-Doping Code (Code), to help everyone understand what key terms mean. The following definitions have either changed, been added or been clarified in the 2021 Code.

Education

- The 2021 Code now defines education as **'the process of learning to instill values and develop behaviors that foster and protect the spirit of sport, and to prevent intentional and unintentional doping.'**

Tampering

- Tampering was already an anti-doping rule violation (ADRV).
- In the 2021 Code, interfering with the testing process or any other part of doping control is now given as a clear example of tampering.
- Providing false documents or submitting false testimony from witnesses to an Anti-Doping Organization (ADO) is also considered as tampering.

Intentional

- In some cases, when an athlete commits an ADRV, establishing the absence of intention is important for getting a reduction of the sanction.
- For these purposes, **'intentional'** means that the person engaged in a conduct which he or she knew was an ADRV or knew there was a significant risk and disregarded that risk.

In-competition

- Some substances and methods are banned at all times, others are only banned in-competition. So, you need to know when the in-competition period is.
- The **'in-competition'** period starts at 11:59 pm on the day before a competition and lasts until the end of competition and when the sample collection process for that competition has finished.
- International Federations (IFs) can apply to the World Anti-Doping Agency (WADA) to change the in-competition period for a specific reason.
- If approved, this different and sport specific in-competition period will also be followed by Major Event Organization (MEOs) who organize competitions that include the sport.



- *Before any competition:*
- *Read your IF anti-doping rules*
- *Check the in-competition period.*

What is new in education?

- The World Anti-Doping Code (Code) outlines who Anti-Doping Organizations (ADOs) need to or should educate and on what topics.
- It has been mandatory for ADOs to provide anti-doping education since the 2015 Code, but 'education' was not included in the list of defined terms.
- The International Standard for Education (ISE) is a new International Standard that comes into force on 1 January 2021.
- The ISE provides details on how ADOs should plan, deliver, monitor and evaluate anti-doping education programs for you and your support personnel.
- The ISE also states that it is important for ADOs to educate you before you are tested.

GET EDUCATED!



The Code makes it mandatory for ADOs to deliver education programs. It is also up to you to look for the information you need to ensure you are training and competing in line with the values of clean sport and the anti-doping rules.





What is important for retired athletes returning to competition?

- If you are a retired athlete who was in a Registered Testing Pool (RTP) and you wish to return to competition, you cannot compete in an international or national event until you have made yourself available for testing.
- You must give six months written notice to your International Federation (IF) and National Anti-Doping Organization (NADO). This applies even if it is a new/different sport you are competing in.
- IFs and NADOs may require non-RTP athletes to also give notice before returning to competition. It is important to check with your Anti-Doping Organization (ADO) before competing.
- If you compete in an international or national event without giving six-month notice, your results could be disqualified.
- As was already the case in the previous World Anti-Doping Code (Code), the World Anti-Doping Agency (WADA), with the relevant IF or NADO, may grant an exemption to the six-month written notice in exceptional circumstances if the strict application of this rule would be unfair to the athlete.

Coming out of retirement?

Email your IF and NADO to tell them.

Wait for a reply confirming they have received your email and follow their instructions before competing again.



What changes have been made to specific groups of athletes?

'Protected persons' and minors

- A '**Protected Person**' is an athlete
 - under the age of 16; or
 - under 18 and is not included in an RTP and has never competed in any International Event ; or,
 - who, for reasons other than age, has been determined to lack legal capacity under their national legislation.
 - A Protected Person is not an elite 16- and 17-year old.
- A Protected Person who commits an anti-doping rule violation (ADRV) can benefit from more flexible sanctioning rules.
- A '**minor**' is an athlete who is 17-years old or younger.
- As minors, any elite 16- and 17-year old athlete who has committed an ADRV can be exempt from having their sanction made public.



Legal capacity means that a person is recognized by the laws in their country and that they can fully represent themselves in matters of the law such as: make decisions about their life, apply their rights, enter into contracts, speak on their own behalf.

'Recreational Athletes' - More Flexibility in the Consequences Applied

- '**Recreational athletes**' athletes' is a new category of athletes in the 2021 World Anti-Doping Code (Code).
- Recreational athletes who commit an anti-doping rule violation (ADRV) can benefit from the same flexibility in sanctioning as Protected Persons.
- It is up to each National Anti-Doping Organization (NADO) to define who would be considered a recreational athlete however, this cannot include any athlete who, in the previous five years prior to committing an ADRV has:
 - Been an international-level or national-level athlete;
 - Represented a country in an international event in an open category; or
 - Been in a Registered Testing Pool (RTP) or other Whereabouts Pool maintained by an International Federation (IF) or NADO.



Whereabouts information is provided by some athletes to support out-of-competition testing. Information that may have to be provided includes; overnight address, 60-minute time-slot every day of the year, contact details and regular activities such as training, work, school/university.

What has changed to substances and how they are detected?

Specified and Non-Specified

- Substances on the Prohibited List (List) are classified as 'specified' or 'non-specified'.
- Specified substances are more likely to have a reason for appearing in an athlete's sample as these banned substances may be in medications easily available over the counter.
- The World Anti-Doping Agency (WADA) List Expert Group may decide to classify some prohibited methods as specified, whereas it was impossible before.

Substances of Abuse

- Some banned substances will be identified as 'Substances of Abuse' by WADA's List Expert Group.
- If an athlete can prove they used the substance out-of-competition and that it was unrelated to sport performance, a three-month sanction can be applied.
- The sanction can be reduced to one month if the athlete completes a rehabilitation program approved by the Anti-Doping Organization (ADO).



The **List** is updated every year.

The new List is published on WADA's website (wada-ama.org) in October and will come into force the 1 January the following year.

It is possible to make changes to the List more than once a year, but ADO's will have 3 months to communicate these changes to you before they come into force.



Substances added or removed from the List

- When substances are added to or removed from the List, they cannot, unless specifically stated otherwise, be analyzed for in an athlete's sample that has already been collected.
- An athlete currently serving a period of ineligibility (a ban from sport) for a substance that has been removed from the List, can apply to the relevant Results Management Authority (RMA) to ask for a reduction in the period of ineligibility.



The RMA is the ADO that is responsible for conducting the results management for a case.

Procedures Related to Opening Samples

- A sample can be split into two and used for the initial analysis. The leftover part of the sample will be stored. This means that the B-sample, for example, could be split in two and become a new A-sample and B-sample. All split samples can be used to confirm an initial finding.
- The laboratory and/or the ADO with RMA must notify the athlete of the opportunity to observe the opening of a sample container. You also have the right to be present for the splitting of the sample.
- However, if the athlete is not present, the sample can still be opened, split and analyzed. The opening may be done in the presence of an independent witness.



An Adverse Analytical Finding means there is a banned substance in the athlete's sample and this is reported to an ADO by a WADA-accredited laboratory.

Remember: Risk related to Supplements and Other Products

- Contaminants in supplements is a risk for athletes as these ingredients are not listed on the label and often unknowingly entered the supplement product during the production process.
- Athletes will have to establish the exact origin of the banned substance if they have an Adverse Analytical Finding (AAF) that they believe is related to supplement use.



***Remember**, you must always **assess the risk** before deciding to use a supplement and research any product before you use it. Not taking this risk seriously and not trying to **minimize the risk** may mean you will not benefit from a reduced sanction if you test positive because the supplement you used was contaminated.*

What has changed to how data and samples can be used?

Use of Information from sample analysis

- Samples can be used to verify and improve the quality of detection methods, to develop new methods, or to help establish thresholds (for reporting banned substances found in samples). With your consent, samples can also be used for anti-doping research.
- Data from analyzing samples and other anti-doping information can also be used for these purposes.
- But before samples or data can be used for these purposes, laboratories and Anti-Doping Organizations (ADOs) must take measures so that no one can know who a sample or data belongs to. They cannot be traceable back to you or any other athlete.

Use of Other Laboratories

- Only results from a World Anti-Doping Agency (WADA)-approved or a WADA-recognized laboratory can be used to establish an adverse analytical finding (AAF).
- However, analysis by non-WADA-approved/-recognized labs can be used to support an investigation.

WADA's right to take possession

- WADA can take immediate possession of samples and anti-doping data from a laboratory or ADO.

Code of Conduct, Eligibility, Medical and Safety Rules

- Your ADOs probably have safety, eligibility, medical or Code of Conduct rules in place to keep you safe and your sport fair.

- The World Anti-Doping Code (Code) does not stop its Signatories from having these types of rules that are used for purposes other than anti-doping in order to protect you.
- Where needed and to avoid having to collect additional samples from you, ADOs can use doping control samples and data from the analysis of those samples to enforce these rules.



Make sure you are fully aware of all the rules and Codes of conduct that you need to abide by to participate safely and fairly in your sport.

Further Analysis of Samples

- A sample can be analyzed many times before an athlete is notified of a potential violation.
- If the sample is negative the ADO that initiated the test or WADA can securely store the sample and do further analysis.
- Any ADOs with authority over you can further analyze a negative sample but they must get permission from the ADO that initiated the test or from WADA.



For example, the International Paralympic Committee (IPC) may save samples collected during a Paralympic Games and then store the samples once the initial analyses are completed. A NADO may then ask for permission from the IPC to conduct further analysis on the stored sample.

What has changed with how results are managed?

- The International Standard for Results Management (ISRM) is a new International Standard that comes into force on 1 January 2021.
- The ISRM lists all the steps to be followed by an Anti-Doping Organization (ADO) with Results Management Authority (RMA) regarding a potential anti-doping rule violation (ADRV). It also lists what information needs to be provided to the athlete and at what time during the whole process.
- Any consequences imposed by an ADO on an athlete who has committed an ADRV will be recognized by all other ADOs that are World Anti-Doping Code (Code) Signatories.
- This means that if an athlete is provisionally suspended by one International Federation (IF) or National Anti-Doping Organization (NADO), all other organizations will uphold that suspension.
- Things are a little different during a major event. A Major Event Organization (MEO) can determine an ADRV and impose sanctions that are related to that event (e.g. canceling results, removing accreditation, provisionally suspending), however the results management and sanctioning can be conducted by the relevant IF.



For example, if a sprinter, who also competes in bobsled, any provisional suspension will apply to both sports.



What changes have been made to Anti-Doping Rule Violations (ADRV) and sanctions?

What is Doping?

Doping is defined as the occurrence of one or more of the anti-doping rule violations outlined in the Code. These are:

Presence of a prohibited substance, its metabolites or markers in an athlete's sample.

Positive test

Use or attempted use by an athlete of a banned substance or method. This includes Athlete Biological Passport (ABP) cases.

Using or trying to use a banned substance

Evading, refusing or failing to submit to sample collection by an athlete

Not going to the doping control station when notified or refusing to take a test or not giving a complete sample.

Whereabouts failures by an athlete

Not being where you say you will be or missing a test during your 60-minute time slot, not submitting your Whereabouts on time, or submitting incomplete or wrong information.

Tampering or attempted tampering with any part of doping control by an athlete or other person

Interfering with the testing or doping control process, including during the prosecution of a case.

Possession of a prohibited substance or method by an athlete or athlete support person

Having a banned substance in your possession.

Trafficking or attempted trafficking of any prohibited substance or method by an athlete or other person

Handling, transporting, selling or attempting to sell banned substances.

Administration or attempted administration by an athlete or other person to any athlete of any prohibited substance or method.

Giving or trying to give a banned substance to an athlete

Complicity or attempted complicity by an athlete or other person

Helping or trying to help cover up an ADRV.

Prohibited association by an athlete or other person

Working with or seeking help/services from someone who is serving a period of ineligibility.

Acts by an athlete or other person to discourage or retaliate against reporting to authorities – NEW!

Actions that frighten someone from reporting suspected doping, or acts of revenge against those who have reported.

The Changes

Complicity

- 'Attempted' was added to the Anti-Doping Rule Violation (ADRV) for complicity.
- The Complicity ADRV is now – **'Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an ADRV or an attempted ADRV is considered an ADRV'**.
- Sanctions can range from two years to a lifetime ban.

Prohibited Association

- You are not allowed to associate or work with any Athlete Support Personnel who is serving a period of ineligibility.
- Doing so is an ADRV – Prohibited Association.
- Anti-Doping Organizations (ADOs) have to make available a list of any suspended Athlete Support Personnel. They do not have to provide you with advanced notice that a person is suspended. For a case of Prohibited Association, the ADO must only establish that the athlete knew the person was suspended.

Protection for Individuals Reporting Violations

- Discouraging someone from reporting information relating to doping activities (including non-compliance with the Code) is a new ADRV.

- Retaliating against another person for reporting information relating to doping activities is a new ADRV.
 - Sanctions can range from two years to a lifetime ban.



Whistleblowing is an essential part of keeping sport clean. Athletes and those involved in sport should report any suspicions of doping behavior to the relevant ADO.

WADA SpeakUp platform allows you to do so anonymously.

Flexibility in Sanctioning for Refusal or Tampering

- In exceptional circumstances, the sanction for refusing to be tested or tampering with the testing process can be from two to four years.

Tampering

- Tampering during the results management process is considered as a separate first violation.
- The sanction for tampering during the results management process is two to four years and it will be added to any existing sanction for the original violation.

Agravating Circumstances

- In cases where there are special or exceptional circumstances, an additional sanction of up to two years can be applied.

Substantial Assistance

- A suspended sanction can now be given if substantial assistance provided helps to establish non-compliance with the World Anti-Doping Code (Code) and/or International Standards or helps to uncover other types of sport integrity violations.
- The reduction in the sanction is dependent on the assistance provided actually helps the Anti-Doping Organization (ADO). If the information provided does not help, the period of ineligibility will not be reduced.
- The World Anti-Doping Agency (WADA) can agree to not publicly disclose an ADRV in exchange for substantial assistance.

Results Management Agreements

- An athlete or other person who commits an Anti-Doping Rule Violation (ADRV) and is facing a four-year sanction can have their sanction reduced by one year if they admit to the ADRV within 20 days of the notice of charge.



Substantial assistance is when information is provided that helps an ADO bring other cases against individuals or any non-conformity by a Signatory, as examples.

- An ADO, athlete or other person and WADA can enter into a 'Case Resolution Agreement' where the applicable sanction can be agreed upon based on the facts of the case.
- Case Resolution Agreements cannot be appealed.
- An athlete who is negotiating a Case Resolution Agreement is entitled to share their story under a 'Without Prejudice Agreement'.



A Notice of Charge is the official communication received from the ADO that states an ADRV has occurred.



A Without Prejudice Agreement means that anything agreed cannot be used later in a hearing unless agreed by both the athlete and the ADO.

Improvements to the Multiple Violations Rules

- How the period of ineligibility for a second ADRV is determined has been changed to be more proportionate and not so dependent on the order in which the two violations occurred.



For example, as part of an investigation or the reanalysis of stored samples, an AAF may be discovered in a sample was collected more than 12 months before an already discovered ADRV.

Both ADRVs are considered as a first violation.

The sanction for the later discovered ADRV will be added to the existing period of ineligibility.

Forfeited Prize Money

- If an Anti-Doping Organization (ADO) collects forfeited prize money from an athlete as a result of an ADRV, the ADO will take reasonable measures to distribute the prize money to the athletes who would have been entitled to it.
- It is up to the rules of the sporting body if any rankings based on prize money is reconsidered.

Sanctions for Violation of a Provisional Suspension

- An athlete who is provisionally suspended from sport but continues to participate during this time will not be given any credit (time already served) for this period.
- Athletes who continue to compete while provisionally suspended will have their results cancelled.

Sanctions for a signatory's non-compliance and the impact on athletes

- The International Standard for Code Compliance by Signatories (ISCCS) outlines the process and consequences for Signatories that are not compliant with the World Anti-Doping Code (Code).
- As a last resort, consequences for not being compliant with the Code could include athletes not being allowed to compete in international competitions..



What is new with hearings & appeals?

- More rigorous standards for fair hearings, including requiring hearing panels to be operationally independent from the Results Management Authority (RMA), the investigation and any decisions to proceed with the case. In addition, the appeal body also needs to be institutionally independent from the RMA.
- It is up to the athlete or other person to establish that any delays in the hearing process is not their fault.
- Any party (organization or individual) who makes an appeal can submit new evidence, legal arguments and claims that were not presented in the original hearing. Any new evidence must be linked to the same cause of action or the same general facts or circumstances dealt with in the original hearing.
- Where the structure of the national level appeal body is not fair, impartial, and operationally and institutionally independent, the athlete or other person has the right to appeal to the Court of Arbitration for Sport (CAS).



Conclusion

- This Athlete Guide is a summary of the most significant changes in the 2021 World Anti-Doping Code (Code) that could have the biggest impact on you and other athletes. We have also included a few reminders of key anti-doping topics that athletes should always be aware of.
- You can learn more about the 2021 Code and the International Standards through the World Anti-Doping Agency's (WADA) Anti-Doping Education and Learning platform (ADEL). Register or visit now at <https://adel.wada-ama.org>.
- Please see WADA's Web site (<http://www.wada-ama.org>) to check out the Code and International Standards.
- Remember to consult your NADO and IF to understand the changes made to their Anti-Doping Rules and to consult the education material and programs they have made available for you.





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